



Welcome to the fourth edition of our newsletter in This Together Tipperary. Previous issues can be found on www.tipperarycoco.ie. The in this together campaign emphasises the

importance of collective support. This newsletter is part of an overall communication campaign showcasing community support in County Tipperary since March and as we progress into 2020.

Let's keep Tipperary talking – In this Together Tipperary “Let’s Keep Tipperary Talking” and together we can reduce the feeling of loneliness and isolation that some may be experiencing during the COVID-19 emergency, according to the County Tipperary Community Response Forum. Community groups and individuals can reach out and keep:

T	A	L	K	I	N	G
<ul style="list-style-type: none"> •Take the time to chat – together we can get through this 	<ul style="list-style-type: none"> •Ask your neighbour how they are doing 	<ul style="list-style-type: none"> •Let your neighbour have your contact details 	<ul style="list-style-type: none"> •Keep in regular contact by telephone or video call 	<ul style="list-style-type: none"> •Initiate chats with a friendly wave or smile 	<ul style="list-style-type: none"> •Never feel alone – Tipperary Community Call Helpline is here to help You 	<ul style="list-style-type: none"> •Get talking – Its good for you and your community

Remember that some people find it difficult to ask for help so an encouraging smile or wave can make that vital connection. Friends, neighbours, family and community groups – we can all play a part in reducing loneliness and keeping Tipperary connected.

County Tipperary Community Response Forum also want to remind people that anyone who needs help or is experiencing loneliness can call 0761 06 5000 or email covid19@tipperarycoco.ie , or you can call the ALONE National Helpline 0818 222 024. Other supports can be found at YourMentalHealth.ie or gov.ie/together.

If you would like to provide content to the next issue of this Newsletter or add your organisation as a group that receives this on a mailing list please email InThisTogether@tipperarycoco.ie



Use hashtag #inthistothertipp on your social media to showcase all the good work in County Tipperary

It is really important for our own and others mental health is to stay connected with each other.

Using online services or digital literacy can be challenging for many people

Age Action have development some useful resources to help, you could ask someone to print them for you Check out [Age Action](#)



Institute for Future Media & Journalism



In the week before the lockdown, Cahir Social and Historical Society started to film short, 3-minute videos at historical sites around the town of Cahir. We realised that this situation presented us with an opportunity to expand our Society's social media work while the lectures and concerts that feature in our traditional programme were postponed. These films were shot by Gerard Sheehan and Joan Walsh and devised and presented by our Society's President, Mr. Joe Walsh. Our PRO, Michelle Crimmins, was responsible for the dissemination of what has become collectively known as the "Curiosities of Cahir" series.

Since 21st March, these videos have been uploaded onto our Facebook page and website (www.cahirhistoricalsociety.com) at a rate of once every four or five days. At a time when we have all been confined to base, people have never had so much time to appreciate their surroundings and to remember past and both current and former sons and daughters of Cahir have been greatly cheered by our videos. Particularly popular episodes were our first film from the grave of the "Foxy Earl" on Old Church Street, sacred well at Tobar Íosa and the "Covered Walk" between the former Convent of Mercy and St. Mary's.C. The availability of social media has enabled our Society to engage with thousands of people in a meaningful and safe way and we will continue to use this medium into the future, although perhaps not quite with the of the pandemic. Finally, none of this could have happened without the wit, charm and knowledge the

series presenter, Joe Walsh. Our community is deeply fortunate to have someone in our ranks who has talent and passion for the history of the town.



Covid-19 Response Hub

Coronavirus
Response Hub
Tipperary County
Council

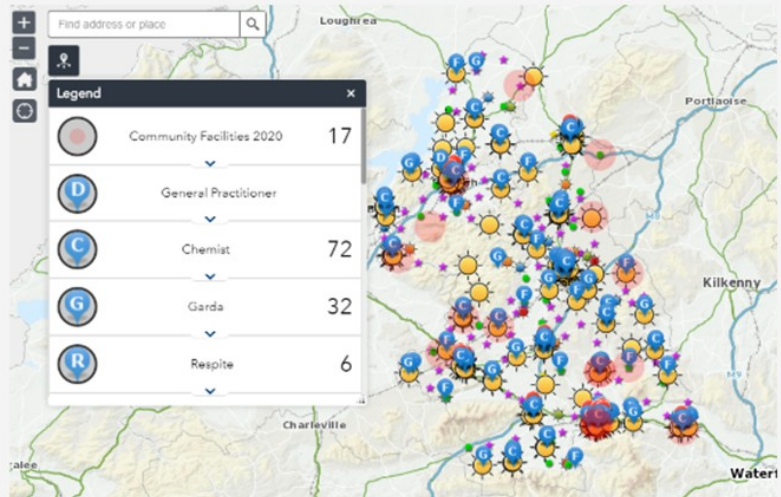
Information and mapping
resource for use in Tipperary
during Covid-

Visit www.tipperarycoco.ie and
view the COVID 19 Hub.

This hub contains maps of County Tipperary and
showcase business, community and volunteers
who have registered so you can check out for
resources that you may require during
restrictions in the county.

The hub is also updated daily with statistics
nationally and for Tipperary in relation to COVID
cases and links to best practice and advice.

Tipperary Covid-19 Community Resilience



Quitting to Stay Quit in the South East

“Supporting Pregnant Women to Quit and
Stay Quit” operates as a dedicated
support for pregnant women, taking
referrals across the four maternity
hospitals and primary care and
community services settings in the South
East (counties Carlow, Kilkenny, South
Tipperary, Waterford and Wexford)

Quitting to Stay Quit in the South East

For more information on this program or
to access the service

Contact: Kate Cassidy Senior Health
Promotion Officer
Phone: 087 6529847
Email: Kate.cassidy@hse

Contact: David Phelan Smoking Cessa-
tion Officer
Phone: 087 1098689
Email: david.phelan1@hse.ie

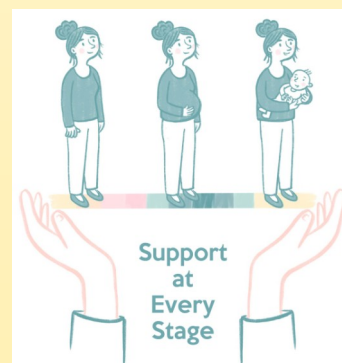
Contact the Quit line

- Quit website: www.quit.ie
- Free Helpline: 1800 201 203
- Email support: support@quit.ie
- Free text support: text Quit to 50100
- Facebook: www.facebook.com/HSEquit
- Twitter: [Tweet@HSEQuitTeam](https://twitter.com/HSEQuitTeam)

Sláintecare.
and South East Community Healthcare

Supporting
Pregnant Women
to Quit and
Stay Quit

Right Care. Right Place.
Right Time.



An Early Intervention Approach to ADHD - Free APP



- It provides **clear information** about Attention Deficit Hyperactivity Disorder
- It gives users **proven strategies** to try at home with their children
- These strategies are **based on over 30 years of research** and are effective in helping to manage inattentive, hyperactive and impulsive behaviours

We will not contact you or share your information with anyone

**DOWNLOAD
THE APP
AT...**

changinglivesinitiative.com

Tipperary Tourism

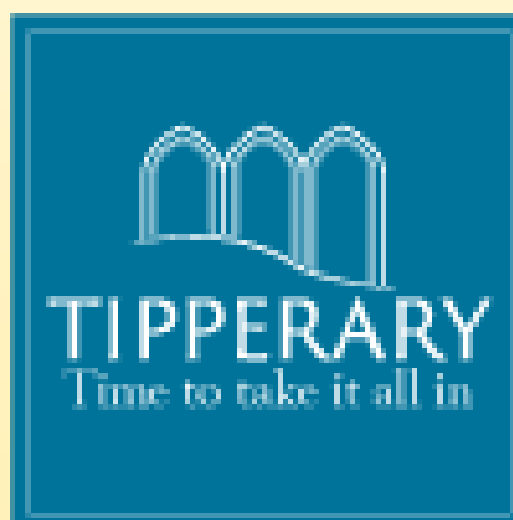
Tipperary Tourism has embarked on a nationwide marketing campaign in a bid to reboot the county's tourism trade.

This national campaign will champion local amenities, businesses and activities which Tipperary is famous for. As part of this marketing drive, Tipperary Tourism is asking its locals to support their county by booking staycations within the county, attending local attractions and spending locally. Boasting a land mass of 4303 square kilometres, Tipperary is one of Ireland's largest counties featuring a multitude of vibrant activities and businesses for families, couples and adventure seekers to support and enjoy.

Tipperary Tourism is appealing for people to tag **@visittipperary** and use the hashtag **#VisitTipperary**

#SupportYourCounty #StayLocal when posting images.

For more information on accommodation, activities and vouchers please visit: <https://tipperary.com/homepage>



Five Ways to Wellbeing

The Five Ways to Wellbeing are simple actions to practice each day to maintain or improve our mental health and wellbeing.

CONNECT – Make time to connect each day

BE ACTIVE – Look for ways to be active everyday

TAKE NOTICE – Be aware of the world around you and what you are feeling

KEEP LEARNING – Try something new or rediscover an old interest

GIVE – Giving to others is good for you, Do something nice for someone else

In response to the COVID-19 pandemic, Mental Health Ireland are delighted to offer the Five Ways to Wellbeing during Tough Times workshop online <https://www.mentalhealthireland.ie/training/>



Check out the article on Tipperary PPN website by Gina Delaney Development Officer with Mental Health Ireland on Five Ways to Wellbeing for Tough Times <https://www.ppntipperary.ie/in-this-together-tipperary/>

CITIZENS INFORMATION SERVICE

While our offices remain closed to the public our phone service is operating as normal.

Thurles Office: 0761 07 6510
Clonmel Office: 0761 07 6460
Tipperary Office: 0761 07 6540
Nenagh Office: 0761 07 6470
Roscrea Office: 0761 07 6480

Email Queries to tipperary@citinfo.ie
www.citizensinformation.ie

Citizens Information Services provide free, confidential and impartial information, advice and advocacy services to the public on social services, rights and entitlements.

National Play Day took place on Saturday July 4th, and the theme for National Play Day was Playful Communities Playful homes , 10 support agencies in the county geographically spread in Tipperary supported this Department of Children and Youth Affairs grant and we will feature a piece on them in the upcoming issues to showcase all of the great work around the county.



Children at Bridgewater House Direct Provision Centre in Carrick-on-Suir marked National Play Day in style last Saturday thanks to a €300 grant from Tipperary County Council.

The council allocated the grant to the Friends of Bridgewater House Group, which used the money to purchase outdoor toys for the children ranging from hula hoops and bubbles to sand tables.

Bridgewater House community liaison officer Martina Walsh said the children at the centre had a lovely day playing with all the new toys. She said the Friends of Bridgewater House Group wish to thank the council for the grant



Martina Walsh with children from Bridgewater House Direct Provision Centre in Carrick-on-Suir showing the toys purchased with the grant the Friends of Bridgewater House Group received.

Tipperary Education and Training Board (TETB) Community Education engaging with learners online.

Since the shutdown of all further education centres on March 12th TETB have been looking at new ways to engage with our learners.

Community Education conducted many online classes with Community Groups through different online platforms. We have a great group in Ballagh who completed an online arts and crafts course and have now moved onto Sustainability at Home .



We are lucky enough to work with some great tutors, who took to recording short videos for our website, like ducks to water! We now have a range of video on the TETB Website from Cookery to Mindfulness to Bush Crafts and Arts and Crafts. These videos are free and available to everyone to watch. If you follow this [link](#) to view the range of videos, or got to the TETB website <http://tipperary.etb.ie/> , go to Further Education , then Community Education , then Community Education Lessons.

We now also have some great online programme available to people, particularly in the areas of Food Safety and Covid 19 Safety for Hospitality workers. All our courses can be viewed on fetchcourses.ie.



Family Meals during Covid Times

A recent survey by Bord Bia showed that more Irish families are eating together as a family as a result of the Covid 19 response. For many families cooking favourite dishes and creating new tasty meals has become a focal point in the day, creating a sense of routine and comfort. However, meal times can be challenging and many families can struggle to balance the needs of everyone in the house. It may be helpful

to create a rota for preparing the food and for the clean up afterwards.

Involve the family, if possible, in planning the meals, try include some family favourites and look at the time spent around the kitchen table as a chance to catch up with how everyone is managing and what's going on for them. Above all don't be too hard on yourself if it doesn't go to plan – tomorrow is another day!

“Tipperary PPN website www.ppntipperary.ie is the host for the community resources for In This Together for Tipperary



As part of the In This Together Campaign we have setup a Tipperary Community [YouTube Channel](#) showcasing videos and content produced in Tipperary promoting community and support families coping at home & cocooning.

Face coverings will also be required in shops and shopping centres



Wearing a cloth face covering is also recommended in situations where it is difficult to practise social distancing, for example in shops

Please see www.tipperaryvolunteercentre.ie or call 062-64775 to register as a volunteer, search for volunteer opportunities, organisation or advertise your organisation volunteer vacancies.



ALONE setup a dedicated Coronavirus helpline for Older People **0818 222 024**, if you have any concerns or queries about COVID 19 call ALONE's dedicated support line 8am to 8pm.



Visit www.events.whatsonintipp.ie to register your community event or to see what events are happening, albeit in a virtual world within the county. You can register your event free of charge on this website and showcase your event and broaden the base for participants.



50808 is a first of its kind for Ireland: a free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis - big or small.

From breakups or bullying, to anxiety, depression and suicidal feelings, our Crisis Volunteers are available 24/7 for anonymous text conversations. Our aim is to provide immediate support in the short term and connect people to resources that will help them in the future.

The service is funded by the Health Service Executive (HSE)

Tipperary Covid19 Community Response

If you know a vulnerable person who may need help with collection and delivery of essential items like food, 'meals-on-wheels', household items, fuel or medicine.

The **#Tipperary** COVID-19 Community Response team are here to help every day from 9am-5pm - please call or email

Call **0761 06 5000**

Email covid19@tipperarycoco.ie or covidsupport@tipperarycoco.ie

Website <http://www.tipperarycoco.ie/covid19> Covid19 Response Hub



Údarás Áitiúla Éireann
Local Authorities Ireland



Rialtas na hÉireann
Government of Ireland