



**KEEP WELL**  
IN YOUR COMMUNITY



Riadas na hÉireann  
Government of Ireland

In This Together  
Tipperary  
Newsletter

2021

Issue no. 40



Welcome to edition no. 40 of our newsletter 'In This Together Tipperary'. Previous issues can be found on [www.tipperarycoco.ie](http://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 2020 and while the Keep Well



campaign continues. This issue contains information on:

- Address from TCC Cathaoirleach & CE
- Healthy Communities
- Christmas tips & recipes
- Cahir Castle film location
- HSE Information
- Christmas Library services



*Nollaig Shona Daoibh*



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](mailto:InThisTogether@tipperarycoco.ie)



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



At Christmastime 2020, none of us could ever have envisaged what lay ahead of us for 2021. We anticipated a year of positivity with the impending vaccine rollout and subsequent 'return to normal', but unfortunately it wasn't meant to be.

However, brighter days are ahead, and with the combined team of our Chief Executive, Mr. Joe Mac Grath, the members and staff of TCC, we will endeavour to rise to the challenges of 2022, just as we did in 2021, despite the many obstacles that were put in our way.

As Cathaoirleach of TCC I am extremely grateful for the commitment and dedication of each member of our team, and wish to express my appreciation to each and every one of you for keeping the show on the road, despite the hurdles placed along the way.

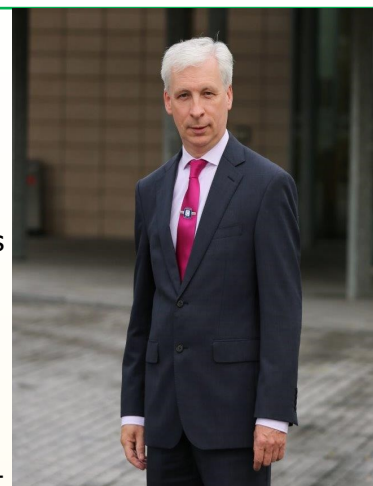
I would like to acknowledge the strength and resilience of our frontline staff, without whom we could not have come this far. I would also like to remember all those we lost in 2020, especially to Covid.

Finally, I would like to wish you and your families a happy and safe new year and we will all look forward to brighter happier days in 2022.

Marie Murphy, Cathaoirleach.



2021 has once again been a difficult and very surreal year for all of us from both a work and personal perspective. This time last year we would never have believed that a public health pandemic would still be having such a significant impact on our daily



lives. Just when the vaccination programme was so successfully rolled out and we thought life was starting to return to normal, we were once again hit with restrictions which affect our day to day living and that of our families, friends and communities.

Notwithstanding all these constant challenges, the elected members and staff of Tipperary County Council continue to work together with other public sector agencies to respond with energy and enthusiasm to serve the needs of the people and communities of Tipperary. We will endeavour to serve our county to our best standard of excellence for as long as this pandemic continues. To quote Aristotle, *"We are what we repeatedly do. Excellence, therefore, is not an act but a habit"*.

One positive thing to come from the pandemic is a better understanding of getting back to basics and the importance of supporting our families, close friends, neighbours and communities. We must focus on the goodness of humanity and the power of human connection. This spirit of human solidarity is slowly becoming more infectious than the virus itself. Although we may have to be physically apart from each other for a while, we can still come together in ways we never have before.

On that note I would like to sincerely thank our Cathaoirleach, Cllr. Marie Murphy, the elected members and the staff of Tipperary County Council for your support, commitment and hard work throughout the year. As we draw towards a new year, hopefully a better one for us all, my wish for every one of you is for good health and wellbeing for 2022.

We're all in this together, and we will succeed together.

Joe MacGrath, Chief Executive.



### **Clonmel designated as one of the Sláintecare Healthy Communities Phase 1 locations**

Healthy Communities is a new cross-government initiative to deliver increased health and wellbeing services to 19 community areas across Ireland. The programme will be delivered in partnership with the HSE, local authorities, local communities, statutory, voluntary and community groups. Clonmel has been identified as one of the 19 communities across the country and is one of 3 communities across the South East Community Health Network (CHO5). It will focus on the ED's of Clonmel West Urban, Clonmel East Urban, Clonmel Rural and Inishlounaght.

The Healthy Communities in Clonmel will be a partnership to coordinate interventions that address the social determinants of health at a local level with community engagement.

Tipperary County Council has been tasked at a local level with elements of the Sláintecare Healthy Communities Programme. Tipperary County Council, under the oversight of Tipperary Local Community Development Committee (LCDC), will establish a Local Implementation Team. This will be supported by a Local Development Officer employed by Tipperary County Council.

Clonmel was identified as one of the chosen 19 national communities. As part of the Department of Health's investment in the 19 communities, a total fund of €4.75m has been made available, which equates to up to €250,000 per community. The focus of the Sláintecare Healthy Communities Community Enhancement Scheme is to support projects that will positively impact on the health and wellbeing of those who live within the 19 communities.

### **Newsletter new Format 2022**

This is the last fortnightly 'In this Together' newsletter. From 2022 we will produce the newsletter on the last Friday of every month. The newsletter will transition to a broader community focused newsletter showcasing supports and content of interest to community based groups and individuals.

If you would like to submit content for inclusion, content must be submitted to [inthisogether@tipperarycoco.ie](mailto:inthisogether@tipperarycoco.ie) before the second last Friday of each month.

We would like to thank all those who have contributed to the newsletter in the last 18 months and to those of you who took the time to read it.

We wanted to highlight the community supports and the great work happening across the county. Thank you to all of those who have made the newsletter a useful and helpful read.

We would like to take the opportunity to wish everyone a safe and peaceful Christmas and better things for us all in 2022.

Fiona, Tracey & Angela



**NENAGH & BALLINA-KILLALOE DEMENTIA CAFÉ**

**Virtual Festive Cafe**

THURSDAY 16TH DECEMBER @7PM

**MAUREN FINNERTY COMMUNITY GARDA**

HOW SHE SUPPORTS PEOPLE LIVING WITH DEMENTIA & FAMILIES IN OUR COMMUNITY

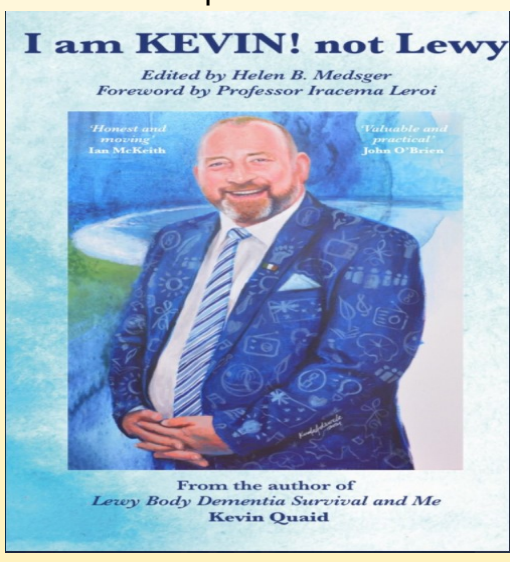
**CAROLINE HYLAND**  
AUTHOR OF "CAN YOU SEE WHAT I SEE?"  
AN ILLUSTRATED BOOK THAT PROMOTES LIVING WELL WITH DEMENTIA & ENCOURAGES PEOPLE TO SEE THE PERSON FIRST

**CHRISTMAS SONGS & MUSIC WITH CELIA DONOGHUE**

Email for Zoom link to join us:  
ballinakillaloe.dementiacafe@gmail.com

**ALL ARE WELCOME!**

Kevin Quaid Book, I am Kevin! Not Lewy, speaks about living with Lewy Body Dementia. Kevin has been a great supporter of the Tipperary Understand Together campaign and attending our online meetings and Dementia Cafes. His book is available through Tipperary Library Service and borrowbox.ie within Tipperary and from all good bookshops.



**Information Guide to Services for Older People in County Tipperary**

*Updated May 2019*

Tipperary Age Friendly will update and reprint the all county Information Guide. If you have content for inclusion or update please email [agefriendly@tipperarycoco.ie](mailto:agefriendly@tipperarycoco.ie) before 10th of January 2022



**Cahir Castle** has been nominated for the prestigious European Film Location Awards – a fantastic opportunity to promote Ireland and Tipperary as a film location.

Nominated by **Screen Ireland** as the location for **The Green Knight** Cahir Castle has captured the imagination of multiple film-makers thanks to its defensive castle design, which was at the cutting edge in the thirteenth century. In David Lowery's 2021 film – a fantasy retelling of the famous medieval story of Sir Gawain and the Green Knight – Cahir Castle features as the Camelot of Arthurian legend, a role it has starred in before in the 1981 film Excalibur.

Please vote for Cahir Castle at <https://eufcn.com/location-award-2021/#cahir-castle>

Voting closes January 31, 2022 with the winner being announced at Berlin European Film Market in February 2022.



A Co. Tipperary man who has volunteered with his local sports club for nearly half a century was today named as the winner of the 2021 Community Hero Award by The Wheel, the national association of charities and community organisations.

Seamus O'Doherty (79) has volunteered in various roles with the Hillview Sports Club in Clonmel since his twenties. He has served as President through several terms and he is known locally as "Mr Hillview" for his long association with the club.

Among his many duties, Seamus is responsible for the club's fundraising, and with the fear of the club doors closing this year due to the pandemic, he was finally persuaded to host online Bingo. Apart from making a success of the online Bingo, he has also learned how to access the internet and he has become a capable Zoom user. Seamus is also involved in a host of other initiatives, like the annual Wheelchair Association Dinner and the Ramadan celebration for the local Muslim Community.

Presented by The Wheel, the Community Hero Award is a lifetime achievement award honouring a volunteer who has made an extraordinary contribution to their community throughout their lifetime. The award was presented as part of The Wheel's annual Charity Impact Awards. This year, 87 people and organisations were nominated for the Awards, and the entries reflect the huge effort charities made this year to support the people and communities they serve, often under very challenging financial circumstances.

## **Collaboration between Tipperary Rural Traveller Project (TRTP) and Tipperary County Council Library Service**

Over a six week period TRTP collaborated with Cashel Library to deliver a tailored library induction Programme that had a really positive impact on all of the 21 children that took part, their families, the Library service and TRTP. We worked together to create a programme the children loved!

Included in our programme was:

- Library tour, Library card for each child
- Art workshop on Identity
- Library resources the children may not have known about- Clubs, Lego fun, Sensory pop up tent, Magic Table
- Author visit – Oein DeBhairduin and Leanne McDonagh (illustrator)- "Why the Moon Travels" Skein Press
- Author and celebrated storyteller Eddie Lenihan visit
- Celebration event with certificates awarded

As a result of this really powerful programme the children all feel really welcome and comfortable in their local library- this genuinely felt inclusion has significant impact for all of these children.



The Library has become a source for books in areas of interest for these children, they are comfortable searching for books and information to support their school work now, they understand how it is a social and cultural space for them that respects their unique culture. These Traveller children will carry this positive experience into their homes and families, and hopefully with themselves for the rest of their lives so that the Library Service will always be part of lifelong learning for them. At the end of this programme many of the children spoke movingly of what the six weeks meant for them.

Further Collaborations are planned for between TRTP Family Learning and Cashel Library.

### Creating Wellness Series: Connecting Communities

The Creating Wellness Series was devised by artist Brigid Teehan of Beehouse Arts and local writer Jenny Cox on behalf of STAN (South Tipperary Action Network) and South Tipperary Mental Health to raise awareness around mental health whilst connecting people within the community through creativity.

The series kicked off in October with the Ways to Wellness Day held at Place4U, a taster day of mindfulness through arts and crafts facilitated by Brigid Teehan.

In November, 2 Knit & Natter Sessions were held in Mai's Cafe inviting people to come along and enjoy a natter over a cuppa and a bit of knitting with Jenny Cox and textile artist Phillipa Kennedy. Jenny and Phillipa then held an Urban Knitting Workshop at the Tipperary Museum of Hidden History where a small group of varying ages came together to knit, make pom-poms and tassels, and try their hand at the circular knitting machine. The knitted creations from all of these events, along with donations from an online call out and from the Presentation Secondary School and Killurney National School, were then used to Yarn Bomb Mick Delahunty Square, bringing wonderful colour and texture to this public area.

Also in November was the World Traditional Decorations Workshop devised and held by Veronika Bodova in the Clonmel Community Resource Centre, packed full of cool crafts from different cultures. Brigid Teehan and Catherine Starling also held an online workshop to create beautifully original and natural decorations for placement on the Community Wishing Tree.

These elements were all brought together for the Mistletoe Cafe on December 5th held in the Hidden Cafe at Place4U, a wonderfully nostalgic and touching event showcasing all the Clonmel Christmas memories that had been sent in by the public along with the Christmas Stories video. These photographs and decorations are now on display at no.15 Parnell Street. The final event of the series will be held on Monday 20th December in the walled garden marquee at Clonacody House. 'Solstice: From Darkness to Light' will be an evening of Spoken Word featuring poems that were submitted to an online call out at the start of November. Over 50 poems were received by Jenny Cox and Eileen Acheson all of which will be on display in the Poetry Gallery at the Clonmel Library from 11th December onward.



<b>T</b>	<b>A</b>	<b>L</b>	<b>K</b>	<b>I</b>	<b>N</b>	<b>G</b>
<ul style="list-style-type: none"> <li>•Take the time to chat – together we can get through this</li> </ul>	<ul style="list-style-type: none"> <li>•Ask your neighbour how they are doing</li> </ul>	<ul style="list-style-type: none"> <li>•Let your neighbour have your contact details</li> </ul>	<ul style="list-style-type: none"> <li>•Keep in regular contact by telephone or video call</li> </ul>	<ul style="list-style-type: none"> <li>•Initiate conversations with a friendly wave or smile</li> </ul>	<ul style="list-style-type: none"> <li>•Never feel alone – Contact Alone Helpline who is here to help you 1818 222 024 8am-8pm</li> </ul>	<ul style="list-style-type: none"> <li>•Get talking – Its good for you and your community</li> </ul>

# About the Irish Health Service

**Part 1** gives information on how to access different types of health care, the services that are free and how the GP, Pharmacy and hospital systems work.

**Part 2** gives information about specialist services (dental treatments, eye tests, hearing aids, vaccinations) and some of the staff you may meet in the health system.

**Part 3** advises what to do in an emergency.



## About the Irish health system

A guide for refugees and other migrants



**Breth sistemit shëndetësor irlandez**  
Nji udhëzues për refugjatët dhe migrantët e tjerë



حول نظام الرعاية الصحية الأيرلندي دليل اللاجئين والمهاجرين الآخرين



**За ирландската здравна система**  
Ръководство за бежанци и други мигранти



درباره سیستم بهداشتی ایرلند یک راهنمای پناهندهگان و بقیه مهاجران



**À propos du système de santé irlandais**  
Guide pour les réfugiés et les migrants



ახლადმოსულითა და მკვიდრებისათვის ირლანდიის სისტემის შესახებ ინფორმაცია



درباره سیستمی تندرستی ایرلندی راهنمای پناهندهگان و مهاجران و کسانی که چشمانی تر



د آئرلیندی روغتیای سیستم په اړه د مهاجریانو او نورو کورنیو لپاره لارښود



**Irlandzki system opieki zdrowotnej**  
Poradnik dla uchodźców i migrantów



**Sobre o sistema de saúde irlandês**  
Um guia para refugiados e outros migrantes



**Informații referitoare la sistemul de sănătate irlandez**  
Ghid pentru refugiați și alți migrați



**Wax ku saabsan sistemka caafimaadka Irishka**  
Hagaha qaxootiga iyo muhaajirinta kale



**El sistema sanitario irlandés**  
Guía para refugiados y otros migrantes



آرش نظام صحت په متعلق پناه گزینیو او نورو دیگر مهاجرین کی ګانډی



National Social Inclusion Office  
Health Service Executive  
[www.hsesocialinclusion.ie](http://www.hsesocialinclusion.ie)

**#myhealthmylanguage**





# Clonmel Christmas Trail

## 14th - 21st of December



Follow the map &  
Unscramble the hidden letters to  
spell out a Christmas Tale to be in with a chance  
to win a Mystery Prize

Maps available at  
Clonmel Library or scan  
QR Code

Return your entries to Clonmel Library  
Selection boxes for first 50 correct  
answers!

Comhairle Contae Thiobraid Árann  
Tipperary County Council  
Library Service

### CLONMEL



### CHRISTMAS TRAIL

- ▲ Follow the trail map to the Christmas Scenes around the town.
- ▲ Find and unscramble the hidden letters to spell a famous Christmas story.
- ▲ Return your entries to Clonmel Library to be in with a chance of winning a prize.
- ▲ Selection boxes for first 50 correct answers!



T H E \_\_\_\_\_

NAME: \_\_\_\_\_ PHONE NO: \_\_\_\_\_

A Government of Ireland initiative

Think before you meet up.

**R.S.V.P.**

Risk, Symptoms, Venue, People.

Ask yourself the questions overleaf and assess  
your level of risk or visit [gov.ie/riskaware](http://gov.ie/riskaware)

**#BeRiskAware**



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Government of Ireland

## RISK

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**Am I vaccinated / have I received my booster?**

Being vaccinated offers good protection against severe illness and hospitalisation and lowers the risk to you and others.

**Am I more vulnerable than others?**

Activities involving meeting others is higher risk so you need to take steps to protect yourself.

**Will I be there longer than 2 hours?**

The shorter the duration of an activity, the lower the risk.

**Will the event be indoors?**

Indoor activity is riskier than outdoor activity.

**If the activity is indoors, will there be adequate ventilation?**

Let fresh air in to reduce the risk of COVID-19.

## SYMPTOMS

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**Do I have symptoms that could be associated with COVID-19?**

If you are displaying any symptoms, you should stay at home and arrange a PCR test – do not go out.

**Does anyone I'm meeting have symptoms that could be associated with COVID-19?**

Feel comfortable asking the people you are meeting if they have symptoms and if they do, advise them to stay at home and book a PCR test.

## VENUE

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**Can I keep a safe distance from others?**

By keeping your distance from others, you can reduce your risk – be aware that this may be more difficult in some places.

**Will the venue be crowded?**

Avoiding crowded places will reduce the risk associated with an activity.

**Will I/we wear masks?**

Wearing masks reduces the risk for everyone.

**Is it a well-managed premises?**

If a venue is not following public health guidance, including checking your vaccine pass, there may be a higher risk. You should take your business elsewhere.

## PEOPLE

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**How many people am I meeting?**

The more people you meet, the greater the risk.

**How many households are meeting up?**

Getting together with your own household is lower risk. The more households you meet with, the greater the risk.

**Am I meeting vulnerable people?**

You should take particular care if you are meeting with vulnerable people. You should take steps to protect them such as wearing a mask or taking an antigen test before meeting them.

**Are the people I am meeting vaccinated / have they received their booster?**

Being vaccinated offers good protection against severe illness and hospitalisation and lowers the risk to you and others.

## Tipperary County Council Library Service introduces Sign of the Times: Irish Sign Language stories for children

Fostering a love of stories and reading in all children is at the heart of Tipperary County Council Library Services' mission. The Library Service is delighted to be partnering with Tipperary Gold Star, Healthy Tipperary and the Community and Economic Development Section in producing 'Sign of the Times', a series of Irish sign language stories for children.

This project aims to raise public awareness of Irish Sign Language (ISL). This was achieved by creating a series of ISL children's stories available through the Library Service website and social media channels.

The stories were signed by Mary Kiely (of the Midwest Deaf School in Limerick). Her experience and advice were invaluable in delivering this project. The stories were filmed in Clonmel Library and voiced by the library staff.

The stories are available at <https://www.tipperarylibraries.ie/sign-of-the-times/>

Plans are already well underway for the next series Sign of the Times videos.

### BUYING AND STORING YOUR TURKEY

**A fresh turkey stored in your fridge should be cooked within two days of purchase**






**STORE IT ON THE BOTTOM SHELF OF THE FRIDGE, ON A DEEP PLATE OR DISH TO CATCH ANY JUICES AND KEEP IT COVERED**

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**A frozen turkey should be put into your freezer without delay. When needed, defrost in your fridge. Allow 24 hours for every 2-2.5kg – it can take up to 3 days to defrost a 7.5kg turkey**

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**YOU'LL KNOW A FROZEN TURKEY IS COMPLETELY THAWED WHEN:**

- ✓ BODY IS SOFT
- ✓ LEGS CAN BE MOVED
- ✓ NO ICE CRYSTALS IN THE CAVITY



### Christmas Buns

**Ingredients:**

- 200g sultanas
- 100g glace cherries
- 60ml brandy / whiskey
- 200g self raising flour
- 1 teasp mixed spice
- 200g butter (at room temperature)
- 200g dark brown sugar
- 4 eggs
- About 50g icing sugar (optional)

**Method:**

1. Preheat the oven to 180°C. Line 2 bun trays with paper cases.
2. Cut the cherries into thirds, place in a small bowl, add the sultanas and brandy.
3. Put the flour into a bowl & whisk in the mixed spice with a dry whisk
4. Beat the butter & sugar together until pale and creamy
5. Add one egg at a time and beat in 2 big tablespoons of the flour after each egg until all combined.
6. Mix in the sultanas and any remaining brandy in the bowl
7. Divide between 24 bun cases and bake at 180°C. for about 20 mins until golden
8. Cool on a wire rack and dust with icing sugar before serving.

# Our Rights, Your Responsibilities

# Responding To Childhood Domestic Violence and Abuse

1. **SEE US.** Don't ignore us. We have lived with it too.



*Listen to us*  
WE MIGHT BE YOUNG  
BUT OUR VOICES AND OPINIONS  
MATTER!

14. Allow us to ask questions- even if we have to ask them 10 times.

15. Allow us to **PROCESS THIS INFORMATION** in our own time and then come back to us.



Do things to help us **keep Calm-** and comfort us.

3. *Believe*  
everything we say

4. **BE KIND**  
to us because we feel too all the pain too

13. DON'T PUT US UNDER PRESSURE BY ASKING ONE QUESTION AFTER ANOTHER REALLY QUICKLY.

17. **BE PATIENT.** We have lived with this for so long it has become the norm.

5. ALWAYS TELL CHILDREN IT'S NOT YOUR FAULT

12. ASK us questions about the problem when playing with us.

18. ALLOW US OUR **INDEPENDENCE**

6. Introduce yourself, explain your job and be clear to us.



7. Talk to us in a soft tone. **NO RAISED VOICES.**

11. **TALK** about fighting and hurting with us - don't shy away from it.

19. We should be asked to give an opinion about what's going to happen next.

8. *Take time* to get to know us. Don't rush and don't start with the hard stuff.

10. Be tuned into our needs.

9. Always ask us how we feel, even if we look happy: sometimes we can look happy but really we are **hurting.**




20. *Keep us safe*  
We have no control over what happens in the family.



## Tips for an eco-friendly Christmas

1. SOURCE A SUSTAINABLE TREE... THEN DISPOSE OF IT RESPONSIBLY
2. CHOOSE DECORATIONS THAT WILL LAST A LIFETIME
3. OPT FOR ECO-FRIENDLY AND FAIRTRADE GIFTS
4. THINK TWICE ABOUT GIFT WRAPPING
5. PLAN YOUR CHRISTMAS DINNER TO MINIMISE WASTE
6. COOK LESS MEAT AND SOURCE INGREDIENTS CONSCIOUSLY
7. TAKE REUSABLE BAGS CHRISTMAS SHOPPING
8. OPT FOR NATURAL CHRISTMAS CANDLES
9. CONSIDER YOUR CHRISTMAS CARD LIST
10. AVOID DISPOSABLE CUTLERY, CROCKERY AND CUPS WHEN HOSTING
11. REPLACE YOUR ADVENT CALENDAR WITH A REUSABLE OPTION
12. MAKE YOUR CHRISTMAS LIGHTS LEDS
13. OPT FOR A REAL, DIY CHRISTMAS WREATH
14. CHOOSE ORGANIC, WHATEVER YOUR TIPPLE OF CHOICE
15. CHOOSE GIFTS THAT ARE DESIGNED TO LAST

 Comhairle Contae Thiobraid Árann  
Tipperary County Council

Visit [www.events.whatsonintipp.ie](http://www.events.whatsonintipp.ie) to register your community event or to see what events are happening.

Please see [www.tipperaryvolunteercentre.ie](http://www.tipperaryvolunteercentre.ie) or call 062-64775 to register as a volunteer, search for volunteer opportunities, organisation or advertise your organisation volunteer



### 2022 series of online Workshops on Loss and Bereavement

Details of the online 2022 series of Workshops on Loss and Bereavement can be found on the following link [Irish Hospice Foundation Events | Eventbrite](https://www.irishhospicefoundation.ie/events). Please feel free to circulate details of this series to your contacts/networks and those you think the workshops would be relevant to.

Details can also be found at the following link <https://hospicefoundation.ie/our-supports-services/education-training/our-workshops-webinars/> but more detailed information on each of the topics and booking/costs/payment procedure can be found on the Eventbrite link

**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 [gov.ie](http://gov.ie) for COVID updates

**You are not alone, help is at hand.**



"Tipperary PPN website [www.ppntipperary.ie](http://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.

