



Just a reminder that we are still providing email and phone supports where possible throughout all programmes. Feel free to contact our offices in Nenagh, Thurles and Roscrea or if you have a more direct number, please give us a call or text.... We hope that you remain safe and well during this time.

*If you would like to volunteer in your community please call Sara on 086-0481743*



volunteer centre  
Ionad d'Obair Dheonach Thobraid Árann  
TIPPERARY

Website: [www.ntdc.ie](http://www.ntdc.ie)

Facebook: @NTDC

Twitter: @NorthTippDevComp

Locations:

Nenagh 067-56676      receptionHO@ntdc.ie  
Thurles 0504-90579      thurlesreception@ntdc.ie  
Roscrea 0505-24166      reception@ntdc.ie

## LIST OF THURLES PHARMACIES

All Pharmacies are operating normal hours. During the **Covid 19** crisis, individual pharmacies have put in place local delivery arrangements. Please check with your Pharmacy as to what specific arrangements they have by phoning in advance. Social distancing measures are in place in all pharmacies.

Liberty Pharmacy	(0504) 90604
Thurles SC Pharmacy	(0504) 24586
Mocklers	(0504) 21421
Hickeys	(0504) 21423
Mahers CarePlus Pharmacy	(0504) 58960
Mc Cabes (Ryan's)	(0504) 21473
Sammons	(0504) 21104
Lloyds Pharmacy	(0504) 22184
Boots Dunnes Stores	(0504) 24594

THURLES SHOPPING CENTRE DETAILS Following on from the Government announcement in relation to the closure of non-essential retail, that the following stores, that meet the Government criteria, remain open in the Shopping Centre.

Dunne's Stores (Grocery & Drapery)
Thurles Pharmacy
Boots
An Post
Holland & Barrett
Specsavers (Emergency only)
Eurogiant



Social Inclusion & Community Activation Programme

Coronavirus **COVID-19**

#Covid19 #flattenthecurve #staysafe

SICAP North Tipperary are available to offer supports during this time. This leaflet aims to provide you with essential contact phone numbers from local operators here in Thurles

(Disclaimer: This list is not exhaustive)

For more information please contact our offices:

**Thurles**      **0504-90579**  
thurlesreception@ntdc.ie  
**Nenagh**      **067-56676**  
receptionHO@ntdc.ie  
**Roscrea**      **0505-24166**  
reception@ntdc.ie

## DELIVERY / TAKE AWAYS & DELI'S

Borza, Cathedral St	(0504) 58550
Roma, The Square	(0504) 91091
Ginos Diner, The Square	(0504) 90430
Ranna Ghor, The Square	(0504) 58401
Stars of India, The Mall	(0504) 21800
Town House Deli, The Mall	(0504) 22348
Naomi's Cafe, Friar St	(0504) 26266

## HEALTH FOOD STORES.

Health & Harmony	(0504) 28682
Healthy Haven	(0504) 58659
Holland & Barrett	(0504) 26651

\*Please call to find out individual arrangements during

**COVID 19**

## NATIONAL HELPLINES

Asthma Advice	1800 44 54 64
COPD Advice Line	1800 83 21 46
HSE.ie	1850 24 1850
ALONE Covid 19	0818 222 024.

During the **COVID 19** Crisis Tipperary County Council is providing a contact number **0761 06 5000** and email [covid19@tipperarycoco.ie](mailto:covid19@tipperarycoco.ie) with the lines open from **8.00am to 8.00PM seven days**

## SUPERMARKETS & SHOPS

Aldi	1800 991 828	
Barry's SuperValu	(0504) 21626	D
Dunnes Stores	(0504) 24644	
McDevitt's	(0504) 21599	D
Lidl	(0504) 29205	
Tesco	(0504) 21855	D
Centra Kickham St	(0504) 23476	
Centra The Mall	(0504) 23778	D
O' Dwyer's Centra	(0504) 21049	D
Mace Mitchel St	(0504) 21193	
Doyle's Corner	(0504) 20898	

## SERVICE STATIONS & SHOPS

Ahearne's Abbey Rd	(0504)23268
Harveys	(0504) 29277
Circle K Kickham St	(0504) 28830
Super Spar Turtalla	(0504) 22525

## BUTCHERS & FISH SHOP

Premier Meats	(0504) 20193	D
Liam Champion	(0504) 21209	D
Lacey's Friar St	(0504) 21447	D
Daly's Fish Shop	(0504) 90424	

\* "D" refers to availability of **Delivery service**

## USEFUL LOCAL NUMBERS

Fire, Ambulance & Gardai	999
An Garda Siochana	(0504) 25100
An Post	(0504) 21258
Dept. of Social Protection	(0504) 67100
Thurles Credit Union	(0504) 91700
AIB Thurles	(0504) 22055
Ulster Bank	(0504) 24491
Bank of Ireland	(0504) 21511
Thurles Order of Malta	(087) 2390111
Thurles Lions Club	(087) 3983672
Citizens Information	076 107 6510
St Vincent de Paul Co. Tipperary	(061) 317327
St. Vincent de Paul Local Contact	(086) 8437786
Hospital of the Assumption	(0504) 27 700
St. Mary's Health Centre	(0504) 23211
Thurles Parish Office	(0504) 90731
Rev. James Purcell P.P.	(0504) 22505
Rev. Joe Walsh C.C.	(0504) 22505
Rev. Vincent Stapleton C.C.	(0504) 22688
Local Link Tipperary	076 1066140
The Blue Door	085 2246371
Mid-West Shine (supporting People affected by Mental Ill Health)	087 7878222