



# Tipperary Town

## Directory of Services



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# Introduction

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## Tipperary Town Directory of Services:

This Directory of Services provides information on many of the statutory, community and some business services available to Tipperary Town, some of which are outside of the town.

There is information on each service, with contact phone numbers, websites and e-mails included. There is a summary at the end.

You can find an online version of this directory using this web link below or use the QR code on the back cover:

<https://tipptownrevitalisation.ie/portfolio/tipperary-town-directory-of-services/>

The Directory is a work in progress and if you feel it needs any amendment or you would like to add your group's or organisation's details to the directory contact us by email at [admin@tipptownrevitalisation.ie](mailto:admin@tipptownrevitalisation.ie)

Thanks to everyone who was involved in compiling the Tipperary Town Directory of Services 2024, which includes many of the statutory and non-statutory organisations, agencies and community groups in Tipperary Town and County.

Thanks to Ceola Ryan and Alan Manning for their support in researching and compiling this Directory of Services.

This Tipperary Town Directory of Services 2024 was compiled by Tipperary Town Revitalisation between 2023 and 2024. This project was carried out in collaboration with the SICAP Programme in Knockanrawley Resource Centre and Tipperary South Development Company, and in collaboration also with the Tipperary Local Development Committee, CYPSC Tipperary, and Ecovision, all of whom funded the printing of this Directory of Services.

## Tipperary Town Revitalisation:

Tipperary Town Revitalisation was established in 2020 to address the many issues that have impacted on the development of Tipperary Town. It has developed and oversees the implementation of a Strategy and Action Plan to revitalise the town.

Tipperary Town Revitalisation is made up of eighteen members from the community and voluntary, state and private sectors, and meets monthly, supplemented by several working groups that drive projects and the implementation of the Strategy & Action Plan.

Tipperary Town Revitalisation and its partners and stakeholders are working to deliver numerous projects in the areas of Enterprise, Social Inclusion, Education, Public Realm and the Environment, with many more to come.

For more information on the Tipperary Town Revitalisation visit:

<https://tipptownrevitalisation.ie/>

# Creches / Playschools



## Daisychain, Knockanrawley Childcare

062 52688

Knockanrawley Resource Centre, Tipperary Town

annemurphy@knockanrawley.ie

<https://knockanrawley.ie>

Daisychain, located in Knockanrawley Resource Centre is a community pre-school that offers full-time, part-time & Sessional (a.m. & p.m.) hours to children looking for childcare.

## Canon Hayes Childcare

062 52022

Canon Hayes Recreation Centre, Avondale Crescent, Tipperary Town, Co. Tipperary

[sportscomplex@canonhayesrecreationcentre.ie](mailto:sportscomplex@canonhayesrecreationcentre.ie)

<https://canonhayesrecreationcentre.ie/>

Canon Hayes Childcare, located in Canon Hayes Recreation Centre, is a community pre-school that offers sessional (a.m.) hours.

## Little Orchard Pre School and After School

087 2898215

Rossmore, Dundrum Road, Tipperary Town

[littleorchardchildcare@outlook.com](mailto:littleorchardchildcare@outlook.com)

Little Orchard Pre/School & After-School, located in Rossmore, Dundrum Road, is a private Pre/School, that offers full-time, part-time and sessional (a.m.) hours.

## Naíonra Lus na Gréine

062 31240

Gaelscoil Thiobraid Árann, Knockanrawley, Tipperary Town

[lusnagreinenionaonra@hotmail.com](mailto:lusnagreinenionaonra@hotmail.com)

Naíonra Lus na Gréine, located in Gaelscoil Thiobraid Arann, is a private pre-school and offers sessional (a.m.) hours.

## Difficulty finding placement

If you are unable to secure a pre-school place for your child you should contact – [www.citizensinformation.ie/en/education/pre-school-education-and-childcare/early-childhood-care-and-education-scheme/#e07e73](http://www.citizensinformation.ie/en/education/pre-school-education-and-childcare/early-childhood-care-and-education-scheme/#e07e73)

[www.myccc.ie/where-is-my-nearest-ccc](http://www.myccc.ie/where-is-my-nearest-ccc)

[www.ncs.gov.ie/en/childcare-search/](http://www.ncs.gov.ie/en/childcare-search/)

# Schools



## The Monastery Boys Primary School

062 52656

Saint Patrick's Avenue, Tipperary Town

monasteryschooltipp@gmail.com

<https://themonasteryschool.ie>

The Monastery School is an all-boys senior primary school, catering for pupils from second to sixth class. We enable each child to thrive in his learning and personal growth, and to develop his potential for the future. We offer a wide range of extra-curricular activities including sports, music, choirs, quizzes, chess and languages. We encourage a spirit of goodwill and cooperation in our school community with positive partnerships with families and the wider community.

## St. Michael's Girls National School

062 33527

St Michael's St, Tipperary Town

stmichaelsgnsinfo@gmail.com

<http://www.stmichaelsgirlsns.ie>

Bearing the name of the Parish, St. Michael's G.N.S. is a catholic primary school steeped in history and tradition and is proud to be the longest established provider of Primary Education for girls in Tipperary Town. St. Michael's G.N.S. has a welcoming and friendly atmosphere and pupils are encouraged to participate and achieve.

## St. Michael's Junior Boys School

062 51913

St Michael's St, Tipperary Town

stmichaelsjbs@gmail.com

<https://www.stmichaelsjbs.ie>

In St. Michael's J.B.S. they aim to provide a happy, active, safe environment where they include, encourage and respect each other. They are a school which believes in the value of every child and your child's happiness is central to the ethos of St. Michael's Junior J.B.S. The three years spent in St. Michael's J.B.S. will afford each child the opportunity to experience a broad range of experiences which include sport, music, drama and art.

## Gaelscoil Thiobraid Arann

062 31240

Knockanrawley, Tipperary Town

tgaelscoil@yahoo.ie

<https://www.gsthiobraidearann.ie>

Gaelscoil Thiobraid Arann is the only co-educational and Irish Language school in Tipperary Town. They practice immersion in their school and there is no formal English class until the last term in Naíónán Mhóra (Senior Infants). This is the best recommended way to teach the second language in all countries where the second language is an option. The benefits of immersion can be clearly seen since it was started in the school.

<b>St. Joseph's Girls Primary School</b>	<b>086 7855932</b>
Murgasty Rd, Carronreddy, Co. Tipperary	
stjosephsnstipp@gmail.com	
<a href="https://stjosephstipp.edublogs.org">https://stjosephstipp.edublogs.org</a>	
St. Joseph's places a strong emphasis on the holistic development of each pupil. As well as the academic subjects, the pupils in St. Joseph's have many opportunities to engage in art, drama, music and sport.	
<b>St. Ailbe's Secondary School</b>	<b>062 51905</b>
Rosanna Road, Tipperary Town, E34H596	
officeadmin@stailbes.com	
<a href="https://www.stailbes.ie">https://www.stailbes.ie</a>	
St. Ailbe's School has a proud tradition of providing for the educational needs of its students. The school is situated on a superb site with exposed playing fields. The school has a highly qualified and dedicated staff who give willingly and generously of their time and effort to provide an ever increasing range of extra-curricular activities for their students.	
<b>St. Anne's Secondary School</b>	<b>062 51747</b>
Rosanna Rd, Tipperary Town	
info@stannesschool.ie	
<a href="https://stannesschool.ie">https://stannesschool.ie</a>	
St. Anne's is a Catholic voluntary secondary school for girls, established by the Sisters of Mercy, over one hundred and thirty years ago. Their dedicated teaching staff provide a positive academic environment where students are encouraged to excel.	
A comprehensive programme is in place to ease the transition from primary school so that new students can more easily adjust to what should be a great adventure, establishing themselves as integrated happy individuals with a sense of their own worth.	
<b>The Abbey Secondary School</b>	<b>062 52299</b>
Station Rd, Tipperary Town	
abbeyoffice@eircom.net	
<a href="https://abbeyschool.ie">https://abbeyschool.ie</a>	
At the Abbey, they pride themselves on the provision of a balanced holistic education where students of all academic abilities are helped to achieve their potential. This is coupled with a broad extra-curricular programme that reaches out to the many varied interests of all their students. Under the trusteeship of the Edmund Rice Schools Trust (ERST), the values of the Edmund Rice tradition are fully realised in their students, as they journey towards independence and finding their place in society as fully rounded young men.	

Youthreach

062 75225 / 087 7554774

Tipperary FET College – Cappawhite, Co. Tipperary. E34 A320

jbarry@tipperaryetb.ie

<https://tipperary.etb.ie/further-education/youthreach-youthreach-progression>

Youthreach is Ireland's primary national initiative addressing the challenges encountered by young people, aged 16 to 20, who have exited the mainstream school system with minimal or no qualifications. This education and training programme's objective is to equip early school leavers (16-20 years) with the knowledge, skills and confidence necessary to fully engage in society and advance to further education, training and employment opportunities.

# Further Education & Training



## Tipperary ETB

052 6191424

admissions@tipperaryetb.ie

[www.fetchcourses.ie](http://www.fetchcourses.ie)

Tipperary ETB is dedicated to student success, providing further education and training opportunities from levels 1-6 on the NFQ (National Framework of Qualifications). We offer life-changing opportunities through study, projects and work experience. Whether starting anew or continuing your education, our staff will support your journey. 'Your journey, our commitment'.

Courses can be applied for directly online at [www.fetchcourses.ie](http://www.fetchcourses.ie)

## Tipperary FET College (Community Services Centre)

085 8789945

Tipperary Town – St. Michael's Street (Community Services Centre)

[sbrennan\\_1@tipperaryetb.ie](mailto:sbrennan_1@tipperaryetb.ie)

[https://tipperary.etb.ie](http://https://tipperary.etb.ie)

Diverse lifelong further education and training (FET) opportunities for individuals over 16. FET encompasses part-time and full-time courses such as: Post Leaving Certificate (PLC) programmes, Traineeships, Community Education, Language and Literacy courses.

Courses can be applied for directly online at [www.fetchcourses.ie](http://www.fetchcourses.ie)

## Tipperary FET College (Construction Skills Training Centre)

052 6191433

Bansha Road, Tipperary Town, E34 W973

[courses@tipperaryetb.ie](mailto:courses@tipperaryetb.ie)

[https://tipperary.etb.ie](http://https://tipperary.etb.ie)

The Construction Skills Training Centre offers specialised training in various construction trades including Plastering (basic skills), Retrofit Insulation Skills, Near Zero Energy Building and Dry Lining. It provides hands-on experience, industry-recognised certifications and safety training. The centre aims to equip individuals with the skills needed for employment in the construction industry, promoting career advancement and workforce development.

Courses can be applied for directly online at [www.fetchcourses.ie](http://www.fetchcourses.ie)

## Adult Guidance & Information Service

067 32282 / 05261 91424

[adultguidance@tipperaryetb.ie](mailto:adultguidance@tipperaryetb.ie)

[https://tipperary.etb.ie](http://https://tipperary.etb.ie)

The Adult Guidance and Information Service offers impartial advice and support to adults exploring education, training and career options. It assists with course selection, career planning and personal development, ensuring individuals make informed decisions to enhance their skills and employability.

Tipperary ETB Adult Literacy Service

05261 91424

Tipperary Innovation ENGINE, Rosanna Road, Tipperary. E34 HK73

Tipperary ETB Adult Literacy Service located in Tipperary Engine (formerly Tipperary Technology Park Rosanna Road) is a confidential basic adult education service for those whose skills range from very low-level literacy, digital and language skills to those who want to improve their basic skills. Learners are given opportunities to work towards accreditation at NFQ (National Framework of Qualifications) levels 1, 2 or 3. Education is also provided in the areas of Family Learning and Special Education Needs. English language learners are given the opportunities to work towards accreditation at NFQ and Common European Framework of Reference.

# Health & Wellbeing



## Primary Care Centre

062 87266

Rosanna Road, Tipperary Town, E34K682

<https://www.tipperaryprimarycare.ie>

Fax Number Tipperary Primary Care Centre 062-87290

Main Tipperary Primary Care Centre Number for HSE 062-87200 (Prompt Function)

### General Practitioner

- Doctor's Surgery
- Women's Health
- Men's Health
- Vaccines

- Minor Procedures
- Medical Certificates (Illness Benefit / Work Certificates)
- Medical Reports
- Prescriptions
- Paediatric Health - 087 9807421
- Dietitian 062-87233 / 087 2261317
- Civil Registration Service - Births Deaths and Marriages: 062-87236
- Disability Services - 087-6296461
- CIPC Counsellor - 086-0296327
- Home Help Office - 062-87234
- Older Persons Services 087-0989088
- Chronic Disease Management
- Substance Misuse Councillor 052-6177900

### Primary Care

- Public Health Nursing – Covers Tipperary Town, Bansha, Emly, Dundrum, Cappawhite - 062-87210/ 062-87248/ 062-87209
- Physiotherapy - 062-87224
- Occupational Therapy - 062-87219
- Speech and Language Therapy 062- 87227/ 062-87226/ 087 1188949/ 062-87226/ 062-87231
- Dentistry 062-87239/ 062-87241 / 062-87241

## Substance Misuse Service South Tipperary

05261 77900

The Substance Misuse Service provides a free confidential drug, alcohol and gambling treatment service that works with young people and adults who want help to deal with a drug or alcohol problem and who want to build a healthier and happier life for themselves. We also provide support to friends, families and carers.

Anyone can self-refer and we facilitate services in:

- Tipperary town
- Cashel
- Clonmel
- Carrick on Suir

Our recovery team includes Counsellors, Outreach workers, Persons that work specifically with young people, Drug Education Officer, GPs and Nurses.

## HSE Adult Mental Health Service

062 82124

St Vincent's Day Hospital Station Road, Tipperary Town

Tipperary Community Mental Health Team is a secondary tier mental health service offering a multi-disciplinary team approach for those requiring assessment and intervention. Referrals to the Tipperary Community Mental Health Service are made via GP or Emergency Department.

**Child and Adolescent Mental Health Service (CAMHS)****05261 77436**

South Tipperary Therapy services, St. Luke's Campus, GlenConnor Road, Clonmel

Child and Adolescent Mental Health Service (CAMHS) is a medical service for those with severe and enduring mental illness. CAMHS also advises regarding ADHD (Attention Deficit Hyperactivity Disorder). It is a Consultant led community based service provided by a multidisciplinary team. Conditions treated in CAMHS include:

- Moderate to Severe Depressive Disorders
- Severe Anxiety Disorders
- Mood disorders
- Eating disorders
- Psychosis and schizophrenia
- Suicide ideation, where there is likely psychiatric cause
- ADHD

CAMHS is unable to be of assistance to those suspected to have a diagnosis of Autism Spectrum Disorder (ASD) unless the primary service provider (Disability services) is already involved.

**Eligibility:** Young people who are suspected of having a psychiatric disorder that is affecting their ability to function in day-to-day activities up to the age of 17 years in the South of the county.

**Referral:** As with all medical services, referrals are only accepted from another medical practitioner, i.e., GP or medical doctor after the child or young person has been seen and assessed by same.

**Contact Details:**

South Tipperary CAMHS Team 1

Address: South Tipperary Therapy services, St. Luke's Campus, GlenConnor Road, Clonmel

Tel. (052) 617 7436

**Hours of Business:**

South Tipperary CAMHS Team 1 : Monday – Friday, 9.00 a.m. – 5.00 p.m.

**Geographical remit:**

CAMHS Team 1 covers Primary Care Team (PCT) Areas of Tipperary town, Slieve Ardagh (Killenaule, Fethard, Mullinahone) and Cashel

**Cuan Croi Day Centre****062 82123**

St. Vincents Hospital, Station Road, Tipperary Town

Cuan Croi is an adult day centre accessed via the Tipperary Community Mental Health Service.

**Mount Sion Hostel****062 52199**

Murgasty Road, Tipperary Town

Mount Sion is a HSE high support residence accessed via Tipperary Community Mental Health Service.

**Psychiatry of Later Life****05261 77491**

Referrals to (POLL) are made via GP for over 65s.

## Public Health Nurses

Public Health Nurses (PHNS) are registered nurses employed by the Health Service Executive (HSE). They are often based in your local health centre and work in the community, covering a specific geographical area. Public Health Nurses work in schools, health centres, daycare, community centres and in people's homes. The following are contact numbers of the public health nurses in Primary Care.

- Bansha 062 87212
- Cappawhite 062 87207
- Dundrum 062 87208
- Emly 06287211
- Tipperary Town east urban 062 87248
- Tipperary Town west urban 062 87209
- Tipperary 062 87210

**HSE (STI) services Waterford** **051 842646**

Sexually Transmitted Infection Clinic, University Hospital Waterford

**HSE (STI) services Nenagh** **061 482382**

Sexually Transmitted Infection Clinic, University Hospital Nenagh

theclinic@hse.ie

Sexual health prevention and treatment services include a broad range of health care at different levels, both public and private, throughout the health care system. The main elements include prevention of sexually transmitted infections (STIs) and clinical care for those with STIs, contraception, screening for diseases such as genital chlamydia, psychosexual counseling and support, and specialised services for high-risk groups and diseases.

HSE public STI screening services are almost exclusively based in hospitals and special community clinic settings around Ireland and are free. STI screening is free of charge and confidential.

## SH24 STI services

<https://sh24.ie>

Free home testing is available in every county across Ireland. Anyone who is aged 17 or over can order a free STI test to their home or to any other valid postal address in Ireland. There are a set number of kits available each day. If there are no more kits available when you try and order, please try again the next morning.

## Hospitals and Homes for Older Persons

**St. Vincent's Day Care Centre** **062 82105**

St. Vincent's Hospital, Station Road, Tipperary Town, E34 H982

stvincentsdaycare6@gmail.com

St. Vincent's is a 5 day service for the older person, run by a committee and assisted by the HSE on the ground floor of the old St. Vincent's hospital, covering Tipperary Town and Emly to Dundrum and surrounding areas. They do many activities, ie: Bingo, cards. Lunch etc is provided. At St. Vincent's Day Centre they aim to provide a safe haven, in which the physical and social wellbeing of everyone is nurtured in a caring environment. The centre encourages mutual respect and recognises the individuality of all.

**Cluainn Arann Welfare Home** **062 52186**

Avondale Crescent, Tipperary Town

Cluain Arann Community Nursing Unit	062 52186
Avondale Crescent, Tipperary Town	
Chronic Disease (CDM) Programme	051 603962 / 603969 / 603967
<a href="https://www.hse.ie/eng/services/list/2/primarycare/chronic-disease-management-programme">https://www.hse.ie/eng/services/list/2/primarycare/chronic-disease-management-programme</a>	
<p>The Structured Chronic Disease Management (CDM) Programme aims to prevent and manage patient chronic diseases using a population-approach. It helps you identify and manage GMS and GP visit card patients at risk of chronic disease or who have been diagnosed with one or more specified chronic diseases. This programme is for patients who have a medical card or GP visit card and have a diagnosis of one or more of the listed conditions below:</p> <ul style="list-style-type: none"> <li>▪ Type 2 diabetes</li> <li>▪ Asthma</li> <li>▪ Chronic obstructive pulmonary disease (COPD)</li> <li>▪ Cardiovascular disease, including heart failure, heart attack (angina), stroke and irregular heartbeat (atrial fibrillation)</li> </ul>	
Gold Star Disability services	087 6296461
Tipperary Primary Care Centre, Rosanna Road, Tipperary Town	
anne.bradshaw@hse.ie	
<a href="https://www.disabilityawareness.ie">https://www.disabilityawareness.ie</a>	
<p>The HSE Gold Star Disability Project aims to work together with people with disabilities, volunteers and all community members to raise disability awareness and to improve integration of people with disabilities in local communities. The project aims to assist communities in ensuring that premises, services and activities offered are accessible and welcoming to all.</p>	
<p>The Gold Star project is community based and is set up to work towards universal access for all. There is no statutory budget commitment for the project and all project work and achievements to date have been realised through engagement with people with disabilities, volunteers and collaboration with the private, public and community and voluntary sectors.</p>	
<p>The HSE Gold Star project is part of the Disability Services Team in CHO Area 5 and is headed up by a Development Worker who engages with the community to identify and deliver the projects. Referrals are made to the project from the Disability Team, including the PHNS (Public Health Nurses), Physios, Occupational Therapists and the Speech and Language Therapist teams.</p>	
<p>Everyone in the community is invited to engage with the project and to come together to identify access issues and barriers to full participation and to work together with an interagency approach to address the barriers and to find the most practical and cost effective solutions to the issues.</p>	
<p>The project works closely with Tipperary CoCo and co-deliver a number of issues based initiatives (e.g. Sign of the Times ISL website development, Back in 5 parking campaign with CoCo and IWA, development of the Let's Able Not Label Gold Star Disability Awareness Training Programme GSDAT)</p>	
<p>The following are some of the projects underway:</p>	
<ol style="list-style-type: none"> <li>1. The Tipperary Gold Star coordinator is supporting the national roll out of the Gold Star model. To date the project has rolled out in Dun Laoighaire/Rathdown Dublin, Bray, Co. Wicklow, Wexford Town Centre, Kilkenny City, and is currently underway in Galway.</li> </ol>	

2. Gold Star is represented on myriad of national and local disability groups and networks.
3. Working on a train the trainers project to upskill and enable a group of people with disabilities to deliver a suite of GSDAT programmes in community settings.
4. Development of the Irish Sign Language training website (Sign of the Times project). Working on developing a model for best practice for engaging with members of the Deaf community.
5. Music and Art Therapy programme roll out – engaging young and older people with autism in music therapy, engaging people with disabilities in themed art projects.
6. A group of people with disabilities are currently trained with the Gold Star project to head up a suite of access audits of 10 Broadband Connection Points in partnership with Tipperary CoCo across the County of Tipperary.

How to engage with the project: Referrals are made through the Disability Services team, disability agencies and self-referrals.

### **Mental health services and supports**

<https://www.light-it-up.ie/>

There are different types of support available for people with mental health difficulties. Many of the supports listed here are provided by agencies with the support of the HSE. You can access most of the services without a referral.

For more information you can:

- Talk to a GP.
- Call the HSE YourMentalHealth Information Line on freephone 1800 111 888, any time day or night.

They can help you find supports and services for your needs.

For Emergencies Call 112 / 999 or visit the emergency department in your local hospital.

### **Samaritans**

**116 123**

[jo@samaritans.ie](mailto:jo@samaritans.ie)

[www.samaritans.ie](http://www.samaritans.ie)

Samaritans services are available 24 hours a day, for confidential, non-judgmental support. Freephone 116 123, any time

### **Text 50808**

**Text HELLO to 50808**

[www.text50808.ie](http://www.text50808.ie)

A free, 24/7 service, providing everything from a calming chat to immediate support for people going through mental health or emotional crisis. Free-text HELLO to 50808 to chat with a trained volunteer, any time. Visit [text50808.ie](http://text50808.ie)

### **Aware**

**1800 804848**

[supportmail@aware.ie](mailto:supportmail@aware.ie)

[www.aware.ie](http://www.aware.ie)

Information, support and peer groups for people experiencing anxiety, mild to moderate depression, bipolar disorder and mood-related conditions. Support also for friends and family members. Freephone 1800 80 48 48, 10 a.m. to 10 p.m. every day.

<b>Pieta</b>	<b>1800 247247</b>
<a href="http://www.pieta.ie">www.pieta.ie</a>	
Free individual counselling, therapy and support for people who self-harm or are thinking about suicide and people who have been bereaved by suicide.	
Freephone 1800 247 247, any time	
Text HELP to 51444 - standard message rates apply	
<b>Turn2Me</b>	
<a href="http://www.turn2me.ie">www.turn2me.ie</a>	
Free online counselling and online support groups for young people aged 12 to 17 and adults.	
<b>Bodywhys</b>	<b>01 2107906</b>
<a href="mailto:alex@bodywhys.ie">alex@bodywhys.ie</a>	
<a href="http://www.bodywhys.ie">www.bodywhys.ie</a>	
Services for adults and young people with eating disorders, and their families. Services include email and helpline support, online chat support groups for various groups, virtual video support groups and family programmes.	
Phone 01 2107906 - Monday, Wednesday and Sunday from 7.30 p.m. to 9.30 p.m. and Saturday from 10.30 a.m. to 12.30 p.m.	
<b>LGBT Ireland</b>	<b>1800 929539</b>
<a href="mailto:info@lgbt.ie">info@lgbt.ie</a>	
<a href="http://www.lgbt.ie">www.lgbt.ie</a>	
Phone or online support for the LGBTI+ community - by phone, instant messaging or at peer support groups.	
Email <a href="mailto:info@lgbt.ie">info@lgbt.ie</a> Freephone 1800 929 539 - Monday to Thursday 6.30 p.m. to 10 p.m., Friday 4 p.m. to 10 p.m., Saturday and Sunday 4 p.m. to 6 p.m. Transgender Family Support Line: 01 907 3707	
<b>Practitioner Health</b>	<b>085 7601274</b>
<a href="mailto:confidential@practitionerhealth.ie">confidential@practitionerhealth.ie</a>	
<a href="http://www.practitionerhealth.ie">www.practitionerhealth.ie</a>	
Confidential support and help for doctors, dentists and pharmacists.	
<b>ADHD Ireland</b>	
<a href="mailto:info@adhdireland.ie">info@adhdireland.ie</a>	
<a href="http://www.adhdireland.ie">www.adhdireland.ie</a>	
Support and information for young people and adults with ADHD and their carers and families.	

## MyMind

hq@mymind.org

[www.mymind.org](http://www.mymind.org)

Online and in person counselling services, including options for free appointments and sessions.

## National Counselling Service

<https://www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service>

The HSE National Counselling Service is available free of charge across the country. Counselling is available in person, by phone or by online video.

## SilverCloud Health Online CBT

<https://www.silvercloudhealth.com/ie/hse-digital-mental-health>

Online Cognitive Behaviour Therapy (CBT) is available to help manage mental health and wellbeing. The HSE and SilverCloud Health provide internet-based CBT for people over the age of 18 in programmes that run for up to 8 weeks. You need a referral from one of the following to access the service:

- Your GP
- Primary Care Psychology
- The National Counselling Service
- Jigsaw

## Helplink online counselling

helplinksupport@helplink.ie

[www.helplink.ie](http://www.helplink.ie)

Online counselling for youths and couples for general issues, bereavement and addiction. Available 7 days a week.

## Exchange House Ireland National Traveller Mental Health Service

info@exchangehouse.ie

[www.exchangehouse.ie](http://www.exchangehouse.ie)

Individual mental health supports, education, training and advocacy for people in the Traveller community.

## Traveller Counselling Service

[www.travellercounselling.ie](http://www.travellercounselling.ie)

Counselling supports for people in the Traveller community.

## Connect Counselling

1800 477477

[www.connectcounselling.ie](http://www.connectcounselling.ie)

Telephone counselling service for survivors of physical, emotional and sexual abuse, including former residents of mother and baby homes. You can talk in confidence with a trained counsellor. Freephone 1800 477 477, Wednesday to Sunday from 6pm to 10 p.m.

<b>Minding Creative Minds</b>	<b>1800 814244</b>
www.mindingcreativeminds.ie	
Free 24/7 wellbeing and support programme for people in the Irish Creative Sector, including counselling.	
<b>Civil Registration Service Tipperary Town</b>	<b>062 87236</b>
<a href="https://www2.hse.ie/services/births-deaths-and-marriages/find-a-civil-registration-service/?service_area=Tipperary&amp;id=264">https://www2.hse.ie/services/births-deaths-and-marriages/find-a-civil-registration-service/?service_area=Tipperary&amp;id=264</a>	
HSE Civil Registration Services for registering births, deaths or marriages.	
<b>Shine</b>	
support@shine.ie	
www.shine.ie	
Support services for people living with mental health difficulties and their families.	
<b>Grow Mental Health</b>	<b>0818 474474</b>
info@grow.ie	
www.grow.ie	
Grow provides weekly meetings in locations all over Ireland, to help people recover from various forms of mental health problems. Additional practical resources and information are available.	
<b>HSE Social Prescribing Service</b>	
allirelandsocialprescribingnetwork@hscni.net	
www.allirelandsocialprescribing.ie	
Social prescribing connects you with activities and supports in your area. These include walking and running groups, reading groups, self help, adult education, men's sheds, gardening, arts and creativity. Social prescribing aims to reduce social isolation and improve mental health and wellbeing.	
A health professional can refer you or you can access the service without a referral.	
<b>Jigsaw</b>	<b>0504 60023</b>
tipperary@jigsaw.ie	
www.jigsaw.ie	
Mental health advice and support – online and in person – for young people aged 12 to 25 years old, and for parents or concerned adults.	
<b>Childline</b>	<b>Text 50101, 1800 666 666</b>
www.childline.ie	
Ireland's 24-hour listening service for young people up to the age of 18. Childline is a service from the ISPCC. Freephone 1800 666 666 or Text 50101 any time. Chat online at childline.ie any time.	

<b>BeLonG To Youth Services</b>	<b>01 6706223</b>
info@belongto.org	
Support, information and groups for lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland, their parents and carers, and other professionals.	
<b>Minding Your Wellbeing Programme</b>	
<a href="https://www.tipperarycoco.ie/community/health-and-wellbeing-initiatives/minding-your-wellbeing-programme">https://www.tipperarycoco.ie/community/health-and-wellbeing-initiatives/minding-your-wellbeing-programme</a>	
Brought to you by HSE Health and Wellbeing, this evidence-based programme provides a unique opportunity for people to learn more about mindfulness, gratitude, self-care and resilience.	
<b>Spunout</b>	<b>Free-text SPUNOUT to 50808</b>
<a href="https://spunout.ie">https://spunout.ie</a>	
Spunout is Ireland's youth information website created by young people, for young people. Articles and information for young people on many topics, including mental health.	
Free-text SPUNOUT to 50808 to chat with a trained volunteer, any time.	
<b>Barnardos</b>	<b>1800 910 123</b>
info@barnardos.ie	
www.barnardos.ie	
Services for children, families and communities, to transform the lives of vulnerable children affected by adverse childhood experiences. Barnardos also provide a Children's Bereavement Service.	
Freephone 1800 910 123, Monday to Friday 10 a.m. to 2 p.m.	
<b>CARI</b>	<b>0818 924567</b>
hello@cari.ie	
Therapy for children and young people who have been affected by child sexual abuse. CARI also provide information, support and counselling to non-abusing parents, carers and siblings.	
Phone 0818 924567, Monday to Friday 9 a.m. to 5 p.m.	
<b>ALONE</b>	<b>0818 222024</b>
www.alone.ie	
ALONE is a national organisation that enables older people to age at home. Our work is for all older people and aims to improve physical, emotional and mental wellbeing. We have a National network of staff and volunteers who provide an integrated system of Support Coordination, Practical Supports, Befriending, a variety of Phone Services, Social Prescribing, Housing with Support and Assistive Technology. We use individualised support plans, to address health, financial benefits and supports, social care, housing, transport and other arising needs using technology and our network to harness other services.	
Our mission is to enable older people to age in the place of their choice and work to ensure quality of life and well-being. Our vision is a society where older people are included as valued and empowered members of the community. We can be contacted through our National Support and Referral Line on 0818 222 024 or at ALONE.ie	

<b>The Alzheimer Society of Ireland</b>	<b>1800 341341</b>
helpline@alzheimer.ie	
Emotional support and information on supports and services.	
The Dementia Resource Hub lists information and online resources for people with dementia, families and carers.	
Visit <a href="http://alzheimer.ie">alzheimer.ie</a> or <a href="http://understandtogether.ie">understandtogether.ie</a>	
Freephone 1800 341 341, Monday to Friday 10 a.m. to 5 p.m., and Saturday 10 a.m. to 4 p.m.	
<b>Seniorline</b>	<b>1800 804591</b>
<a href="http://www.thirdageireland.ie">www.thirdageireland.ie</a>	
Confidential listening service for older people provided by trained older volunteers. Phone 1800 804 591, 10 a.m. to 10 p.m. every day.	
<b>Age Friendly Ireland</b>	<b>046 9097000</b>
<a href="http://www.agefriendlyireland.ie">www.agefriendlyireland.ie</a>	
Programmes and networks to support older people.	
<b>Minding Your Mental Health</b>	
<a href="mailto:info@translateireland.ie">info@translateireland.ie</a>	
<a href="http://www.translateireland.ie">www.translateireland.ie</a>	
Multilingual video messages presented by doctors and other health professionals living and working in Ireland. The videos are available in Romanian, Polish, Arabic, English, French, Lithuanian, Russian, Irish and Portuguese.	
<b>Stress Control</b>	
<a href="mailto:info@stresscontrol.org">info@stresscontrol.org</a>	
<a href="http://www.stresscontrol.ie">www.stresscontrol.ie</a>	
Stress Control classes to learn stress management skills and tips for minding your mental health, from the HSE. The programmes are for 3 weeks on Mondays and Thursdays and recommences at varying intervals.	
<b>Suicide or Survive</b>	<b>1890577577</b>
<a href="mailto:info@suicideorsurvive.ie">info@suicideorsurvive.ie</a>	
<a href="http://www.suicideorsurvive.ie">www.suicideorsurvive.ie</a>	
Free workshops and programmes on mental health, wellness and recovery.	

## Mental health issues

<https://www2.hse.ie/mental-health/issues>

You can speak to your GP or visit the HSE website if you are feeling any of the following:

- Agoraphobia
- Alzheimer's disease
- Anger
- Anxiety
- Anxiety disorders in children
- Anxiety in young people
- Baby blues
- Binge eating disorder (BED)
- Bipolar disorder
- Borderline personality disorder
- Bulimia
- Chronic traumatic encephalopathy (CTE)
- Clinical depression
- Depression in young people
- Eating disorders
- Fabricated or induced illness by caregivers
- Generalised anxiety disorder
- Hypochondria - health anxiety
- Hoarding disorder
- Insomnia
- Low mood
- Munchausen's syndrome
- Obsessive compulsive disorder (OCD)
- Panic attacks
- Panic disorder
- Phobias
- Postnatal depression
- Post-traumatic stress disorder (PTSD)
- Psychosis
- Schizophrenia

# GPs & Dentists



<b>Primary Care Centre</b>	<b>062 87266</b>					
<b>Primary Care Centre Rosanna Road, Tipperary Town</b>						
<a href="https://www.tipperaryprimarycare.ie">https://www.tipperaryprimarycare.ie</a>						
Dr. Caroline O'Connor	<b>062 51657</b>	Dr. Tom Purcell	<b>062 51657</b>			
Dr. Michael Sheahan	<b>062 51657</b>	Dr. Emma Richardson	<b>062 51657</b>			
<b>GPs</b>						
<b>Kyle Court Clinic</b>	<b>062 51687</b>					
17 Blind St, Tipperary						
Dr. Omer Bhatti	<b>062 51687</b>	Dr. Breda Lonergan	<b>062 51687</b>			
Dr. Chris Ryan	<b>062 51687</b>	Dr. Iver Hanrahan	<b>062 51687</b>			
<b>Medicentre</b>	<b>062 52655</b>					
4 Main Street, Tipperary Town						
Dr. Bastiaan van Eynatten						
<b>Care Doc</b>	<b>0818 300 365, 059 913 8100</b>					
St. Vincent's Health Care Centre, Station Rd, Tipperary Town						
<a href="https://www.caredoc.ie">https://www.caredoc.ie</a>						
<b>Dentists</b>						
<b>The Dental and Orthodontic Centre</b>	<b>062 52566</b>					
23 Bank Place, Tipperary Town						
<a href="https://dentalorthodonticcentre.ie">https://dentalorthodonticcentre.ie</a>						
info@dentalorthodonticcentre.ie						
<b>Dr. Siobhan Stapleton</b>	<b>062 82544</b>					
1 James Court, James St., Tipperary Town						
stapleton.siobhan@gmail.com						
<b>Arramore Dental</b>	<b>062 80408</b>					
Kickham Place, Tipperary Town						

# Pharmacies



<b>Costigan's Pharmacy</b>	062 31530
3 Kylecourt Blind St, Tipperary Town	
<b>Kirby's Chemist</b>	062 51142
3 Main St, Tipperary Town	
<b>StayWell Shane Kelly's Pharmacy</b>	062 51125
52-53 Main St, Tipperary Town	
<b>McCauley Pharmacy</b>	062 80296
Primary Care Centre, Rosanna Road, Tipperary Town	
tipperary@smcc.ie	
<b>Crosses's Pharmacy</b>	062 51150
58 Main Street, Tipperary Town	
crossespharmacy@gmail.com	
<a href="https://www.crossespharmacy.ie">https://www.crossespharmacy.ie</a>	
<b>Pure Pharmacy</b>	062 31415
Tipp Town Shopping Centre, Limerick Road, Tipperary Town	

# Community Services



## Irish Wheelchair Association

062 52744

Brodeen, Cashel Road, Tipperary town

[tiptown@iwa.ie](mailto:tiptown@iwa.ie)

Irish Wheelchair Association Tipperary operates community centres with day services, member transport, training, holidays, outings, school leaver activities and outreach programmes.

While our main base location is Tipperary Town, we also provide services in Cashel & Carrick on Suir. Our service operates Monday through to Friday from 9 a.m. to 5 p.m. with occasional weekend & out of hours activity.

Irish Wheelchair Association is the centre of all local communities across Ireland. We have a national fleet of over 100 wheelchair accessible buses (5 based in South Tipperary) that are specifically adapted to meet the needs of people with physical disabilities.

Our buses and hardworking bus drivers & programme assistants connect people across the county with our services. In many cases, people simply would not be able to attend our services without our buses, as there is no public transport service available to them. They would be confined to their homes.

Our buses can be seen in every corner of the country, transporting people to and from a wide range of our services, community activities and day outings. We are very fortunate that Tipperary ETB provide us with Tutors so that our members can take part in a range of courses of their choice.

Different activities that take place in the centre range from Arts & Crafts, Cookery, Mental Health & Well-being, Computer Skills, Exercise Programmes, Horticulture, Day trips out, concerts, shows, nights out, holidays & more."

## Tipperary Comhairle na nÓg

17 Bank Place, Tipperary Town

[pauline.strappe@youthworktipperary.ie](mailto:pauline.strappe@youthworktipperary.ie)

Comhairle na nÓg are child and youth councils in the 31 local authorities of the country, which give children and young people the opportunity to be involved in the development of local services and policies.

## EcoVision

067 61031

2nd Floor, Friar's Court, Nenagh, Co. Tipperary, E45 KN59.

[info@ecovision.ie](mailto:info@ecovision.ie)

<https://ecovision.ie>

EcoVision is a community-led, not-for-profit organisation with over a decade of experience in energy upgrades and retrofitting for homes, businesses, and community buildings. With a growing focus on education and community outreach, EcoVision's mission is to help communities in Tipperary and surrounding areas reduce their carbon footprint, while creating local employment opportunities and delivering lasting community benefits.

**Tipperary Town Community Centre****062 51622**

St. Michael's Street, Tipperary Town

b.english@tipperarycommunitycouncil.ie

Tipperary Town Community Centre offers a range of supports and services. Meals on Wheels-Homecooked Meals delivered daily to Tipperary Town and its environs. Over 65s and anyone who may not be able to provide a daily meal. 3 courses just €5 per day.

SAS-Senior Alert Scheme (SAS): Panic alarms provided to over 65s. Food cloud and FEAD PROGRAMME: Non perishable food provided to people who cannot afford daily provisions

**Mustard Seed Restaurant** Our Community Restaurant provides daily homemade food at reduced prices. The restaurant is a warm, friendly environment and a way for people to connect with others. The restaurant is open to all members of the public five days per week, Monday through Friday, from 9 a.m. to 1.30 p.m. Community Rooms-Space and rooms to let for community groups, training, meetings etc.

The centre also houses Citizens Information and the Tipperary Town FET Centre.

**Youth Work Ireland Tipperary****062 52604**

Bank Place, Tipperary Town

info@youthworktipperary.ie

<https://youthworktipperary.ie>**Tipperary Youth Project:**

The Tipperary Youth Project works with young people from 10-24 years of age through informal education and personal development opportunities. The project provides group work, drop-ins and one to one support. We provide a safe inclusive space for all our young people. We offer a broad range of activities from cookery, arts & crafts and sports to relationship building and foreign exchange opportunities. We provide emotional, mental and educational support to our young people.

This project is funded by the Department of Children, Equality, Disability, Integration and Youth, and the Education Training Board.

**Contact:**

Gillian Quinn

Phone 087 7720222

Email: [gillian.quinn@youthworktipperary.ie](mailto:gillian.quinn@youthworktipperary.ie)

Chloe Quinn

Phone 083 8685477

Email: [chloe.quinn@youthworktipperary.ie](mailto:chloe.quinn@youthworktipperary.ie)**TAR Youth Diversion Project:**

The TAR Youth Project works with young people aged 12-18 years who are at risk of involvement in anti-social and criminal behaviour. The project works on a one to one basis as well as with small groups and offers family support. Referrals come from the Garda Juvenile Liaison Officer and from other services such as the School Completion Programme, Educational Welfare Officer, Tusla and CAHMs. The project focuses on building strong relationships with young people, each young person has an individual care plan with targeted interventions. Young people are provided with a range of supports as well as opportunities to develop pro-social skills and recreational activities.

This project is funded by the Department of Justice

**Contact:**

Claire Turner  
Phone: 085 8009921  
Email: [claire.turner@youthworktipperary.ie](mailto:claire.turner@youthworktipperary.ie)

Katie Rafferty  
Phone: 087 2860998  
Email: [katie.rafferty@youthworktipperary.ie](mailto:katie.rafferty@youthworktipperary.ie)

**Youth Information:**

The Youth Information Project aims to support and empower young people through providing reliable and accessible information on their rights and options in order to address their needs, interests and wellbeing. We provide direct one to one support with accessing entitlements such as social welfare, housing and medical care and finding employment and educational opportunities and supports. We outreach to community settings such as schools and library to deliver workshops. We assist with CAO and SUSI grant applications. We provide information in a way that is accessible, non-judgmental and understandable for young people. We sign-post and refer young people to relevant specialist services.

This project is funded by the Department of Children, Equality, Disability, Integration and Youth, and the Education Training Board.

Contact: Moira Merrigan  
Phone: 087 2860992  
Email: [moira.merrigan@youthworktipperary.ie](mailto:moira.merrigan@youthworktipperary.ie)

**Rural Outreach Project:**

This project supports volunteer-led youth clubs which run in rural villages in Tipperary and East Limerick. The Rural Project Workers offer the volunteer youth leaders a range of training, supports and networking opportunities as well as access to funding in order to equip them to deliver high quality youth work in a rural setting. The project also runs regional events and seasonal activities.

This project is funded by the Department of Children, Equality, Disability, Integration and Youth, and the Education Training Board.

Contact: Pauline Strappe  
Phone: 087 772 6777  
Email: [Pauline.strappe@youthworktipperary.ie](mailto:Pauline.strappe@youthworktipperary.ie)

**Targeted Youth Employability Support Initiative:**

The project provides young people aged 15-24 years old with support, advocacy and opportunities in order to help them to engage with employment and education. The project is person-centred and flexible and meets young people on a one to one basis to support them in developing skills and interests that are relevant to them. Young people can self-refer or be referred by another service and intake is ongoing throughout the year.

This project is funded by the Department of Children, Equality, Disability, Integration and Youth, and the Education Training Board.

Contact: Clara Quinn  
Phone: 087 484 2471  
Email: [clara.quinn@youthworktipperary.ie](mailto:clara.quinn@youthworktipperary.ie)

**Community Employment Project:**

The CE scheme is intended to help people who are long-term unemployed or otherwise disadvantaged to get back to work by offering them a part-time work programme of 19.5 hours per week, in a local community-based organisation.

Our CE scheme combines an opportunity for real work experience in a youth work organisation along with personalised training and development programmes to aid and enhance employability and progression prospects. Our Community Employment Scheme has 17 participants and is funded by the Department of Social Protection.

Contact: Caroline Burke  
Phone: 087 7726 999  
Email [caroline.burke@youthworktipperary.ie](mailto:caroline.burke@youthworktipperary.ie)

#### **Creative Places:**

Creative Places Tipperary Town is one of seventeen locations nationally to take part in an Arts Council initiative aimed at getting more of us involved in arts and cultural activities. It is about people with curious minds collaborating with artists and other curious people, and involves sharing stories and making art.

In Tipperary Town the project has several strands, including: activities for the general public such as Family and Adult Art Club and National Holiday Celebrations, special projects for community interest groups like youth clubs, older peoples' groups, or disability support services, and development of the cultural sector through work to support artists and other creative practitioners to access funding, connect with others and collaborate with the community.

#### Contact Details:

Aysegul Yuzel  
Phone: 083 174 1680  
Email: [aysegul.yuzel@youthworktipperary.ie](mailto:aysegul.yuzel@youthworktipperary.ie)

#### General Enquiries

Email: [creative.places@youthworktipperary.ie](mailto:creative.places@youthworktipperary.ie)

#### **Ukrainian Youth and Family Support Project:**

This project, funded by TUSLA, supports Ukrainian Young people and Families in their transition to living in Tipperary. We offer them practical assistance such a translation service, assistance with form filling, accessing services and accompanying individuals to attend appointments. We provide fun activities for young people and help them to avail of opportunities by arranging transport to our youth centre and to other places for recreational activities.

#### Contact:

Emma Quinn  
Phone 087 4774733  
Email: [emma.quinn@youthworktipperary.ie](mailto:emma.quinn@youthworktipperary.ie)

Kateryna Rodrigues  
Phone 083 1939645  
Email: [kateryna.rodrigues@youthworktipperary.ie](mailto:kateryna.rodrigues@youthworktipperary.ie)

#### **WorkAbility Project:**

The project supports young people aged 16 - 29 years with a Disability and or a Mental Health support need. We work together with the young person to set out and achieve goals in the areas of training, education and employment along with personal development. The key aim for the intended target group is to give young people an opportunity to develop practical and functional skills which enable them to participate fully in their communities. Young people attend weekly one to one meetings with the project worker along with relevant group training/sessions.

This project is funded through the Department of Social Protection and the European Union and administered by Pobal.

Contact:

Laura Ryan

Phone: 083 1792999

Email: laura.ryan@youthworktipperary.ie

**Mid Tipperary Drug Initiative (MTDI):**

This community based drug initiative funded by the HSE provides a range of supports to individuals and their families who have been affected by substance misuse. The project provides preventative and early intervention programmes, one to one supports, family supports and referral pathways to treatment options.

Contact:

Dolores Allen

Phone: 083 8684587

Email: dolores.allen@youthworktipperary.ie

**Roma Health Project:**

The Tipperary Roma Health Project works towards achieving equality of health outcomes for the Roma community through building health literacy; improving access and/or developing health service pathways, supporting access to health information and addressing adverse social determinants of health faced by the Roma community. The project works with individuals, families and through community events to offer supports, information and promote health and well-being.

Contact:

Sandra Lakaciauskaite

Phone: 087 6938304

E-mail: sandra.lakaciauskaite@youthworktipperary.ie

**Knockanrawley Resource Centre**

**062 52688**

Knockanrawley, Tipperary Town E34 D832

knockanrawleyrc@gmail.com

<https://knockanrawley.ie>

Knockanrawley Resource Centre (KRC) provides a holistic, whole-of-community approach to community empowerment and development and is a one-point access to an extensive range of individual, family and community supports, services and information.

Knockanrawley Resource Centre provides the following community supports:

- Parent and Family Support
- Community Childcare
- Education and Training
- Community Support
- Family Therapy and Counselling
- Parenting Groups, Peer Support Groups, Nutrition Education, Bereavement Support, Parenting when separated
- Full Time and Part Time seasonal childcare, Before and After School Care, Summer Camps
- Pathways to Employment Support (QQI Level 4), Variety of short development courses
- Personal Development, Confidence Building courses, Pre-employment supports, Education Support, Community Employment Scheme, Organic Garden
- Systemic Family Therapy, Support for individual, couples and families to build resilience and overcome life stresses

### **Slaintecare Community Food & Nutrition Project:**

This initiative is based in KRC and is part of the HSE Slaintecare Healthy Communities programme. The programme aims to improve wellbeing in populations that experience disadvantage by embedding supports and programmes within local communities. The project has a focus on providing nutrition and food related education to different groups in the community.

For more information please contact Grainne Ni Eidhin, Sláintecare Community Food and Nutrition Worker.

Email: [grainnenieidhin@knockanrawley.ie](mailto:grainnenieidhin@knockanrawley.ie)

Phone: 062 52688

### **Knockanrawley Workability Project:**

The Workability project provides people with disabilities the opportunity to gain the confidence and self -belief to become work ready and move closer to the labour market.

Using person centered supports, we provide training and mentoring to each individual project participant.

Through a suite of projects, the individual is assisted to identify areas of interest as well as areas of potential.

Following this, a progression route is identified based on their preference, potential and needs.

The Workability Project focuses on the ability of the participant rather than their disability. The programme promotes positive pathways into education, training and employment for all participants.

Project Co-Ordinator: Evelyn Nevin

Phone: 083 3000639

Email: [abilityknockanrawley@gmail.com](mailto:abilityknockanrawley@gmail.com)

Project Co-Ordinator Support Worker: Emily Kearney

Phone: 083 1947159

### **The KRC Parent and Family Support Programme (PFSP):**

The KRC Parent and Family Support Programme (PFSP) is a holistic programme that offers bespoke and evidence-based parenting support skills on an individual, couple and / or group setting. It serves the needs of parents/ carers of young children, adolescents, those with additional needs and also to parents who are parenting while separated.

We offer an interactive, Baby, Parent and Toddler group, childrens' activities and a Parents Club Hub, which offers peer support and activities. The HSE Healthy Food Made Easy course is also facilitated through the programme.

For further details please contact Helen Buckley

Phone: 083 4238915

Email: [helenbuckley@knockanrawley.ie](mailto:helenbuckley@knockanrawley.ie)

### **KRC Community Development Programme:**

Knockanrawley Resource Centre CLG is consortium partner with South Tipperary Development CLG for SICAP Tipperary South.

KRC delivers SICAP supports specifically in Tipperary Town and surrounding areas which has some of the highest levels of deprivation and disadvantage in the county.

Through our programme we work with targeted individuals and communities facing inequality & poverty.

Target groups include long term unemployed, people who have experienced educational disadvantage, lone parents, older adults, new communities, Travellers and Roma & other groups experiencing disadvantage.

We support the development of Community Based Organisations. We do this by establishing, supporting, listening, connecting, training & building capacity & progression opportunities for Local Community Groups.

We are presently supporting groups such as Residents groups, Men's shed, Boys Club (group for men 18-40) Women's shed, women's groups, Syrian Community Group, Tipperary Community Food Initiative, Dementia Café & Young at Heart older adults etc

As well as group work we offer individual support by providing people with a space to develop a personal action plan & set clear achievable goals.

In response to these individuals, groups & activities we provide a large community education programme in collaboration with a variety of stakeholders & volunteers such as ETB, Ed Rice, Creative Places etc

We deliver courses such as driver theory preparation, personal development, gardening course, crafts, ukulele & Failte Isteach conversational English to mention but a few.

For more information please contact Teresa Normile - Community Development Coordinator  
Phone: 083 0112149  
Email: [teresanormile@knockanrawley.ie](mailto:teresanormile@knockanrawley.ie)

### **Tipperary Men's Shed:**

Men's Shed is a dedicated, friendly and welcoming meeting place where men come together and undertake a variety of mutually agreed activities. Men's Sheds are open to all men regardless of age, background or ability. It is a place where you can share your skills and knowledge with others, learn new skills and develop your old skills. New members are always welcome and can be assured that there is something of interest for everyone as the men have ownership of their Shed and projects and decide their own programme of events. An objective of Men's Sheds is to enhance or maintain the well-being of the participating men.

Contact Teresa Normile

083 0112149  
[teresanormile@knockanrawley.ie](mailto:teresanormile@knockanrawley.ie)

**MooreHaven****062 52437**

O' Brien Street, Tipperary Town

info@moorehaven.ie

<https://www.moorehaven.ie>

The MooreHaven Centre provides supports to adults with an intellectual disability in the mild to moderate range of Intellectual Disability through MooreHaven's day, residential and respite services. They aim to provide a climate of caring and learning through the delivery of person-centred programmes by skilled and committed Staff who make the difference.

The MooreHaven Centre provides a training programme and a day service to adults with a moderate / mild intellectual disability. The training programme funded by the HSE is for 2.5 years duration during which time the learners work on a variety of QQI Modules for certification at Levels 1, 2 and 3.

Learners can draw from a number of modules including:

Personal Decision Making, Reading and Writing, Setting Learning Goals, Personal Safety, Food Choice and Health, Computer Skills, Health Related Fitness, Word Processing and Career Preparation

The Tipperary Education Training Board (TETB) fund adult literacy classes in the day service. We also access funding through Waterford Leader Partnership CLG., for the social farming project and we are also one of the five key organisations who are involved with the Ability Programme running in South Tipperary. Within the day service, we provide a range of activities off-site, which include tennis, soccer and the local gym. We also access the local swimming pools, golf club and horse riding facilities.

On-site we offer a range of activities including:

Cooking classes, sewing classes, woodwork classes, personal development classes and arts and crafts.

We facilitate art therapy and music therapy sessions on a sessional basis. We also access the community through the local businesses for work experience and we link in with Knockanrawley Resource Centre for further education and training.

**Tipperary Traveller Project****062 31138**

4 Dundrum Dr, Rossmore Village, Co Tipperary,

travellertipperary@gmail.com

<http://trtp.ie>

Tipperary Rural Traveller Project (TRTP) works with the Traveller community to address such key issues as health and accommodation and to promote and protect Traveller culture.

**Family Carers Ireland****052 7447101**

Family Carers Ireland, Place4U Building, 25 Gladstone Street, Clonmel Co. Tipperary

[southtipperarycarersupports@familycarers.ie](mailto:southtipperarycarersupports@familycarers.ie)

<https://www.familycarers.ie>

The key objective of Family Carers Ireland is to benefit the community by supporting and promoting the health, wellbeing and quality of life of family carers and those for whom they care.

22/23 Greenane Drive, Tipperary Town, E34 EE9

info@threerivesfrc@gmail.com

<https://threerivesfrc.org>

The Three Drives Family Resource Centre provides services to support families in Tipperary Town and surrounding areas. They have parenting programmes, educational courses, men's and women's groups, a homework club for children, breastfeeding supports, counselling and therapy and cater for all age groups.

**Family Support:**

Family Support is here to help families when they need support with parenting, to access services for children and to provide the best start possible to all children, from babies to teens.

Contact the Family Support Worker at the centre at 062-80831

**Parenting Supports:**

Positive parenting guidance provision for both individuals and individual families, as well as a programme delivered to groups of parents.

Parenting Under Pressure (PUP) programme is a parenting programme specifically developed for families who are facing multiple adversities including parental substance abuse, mental health problems, family conflict and severe financial stress.

One to One Family Support, is provided as and when required for a range of issues being experienced by individuals within families.

Contact the Centre at 062 80831 or Louise at 085 1247282.

**Toddler Group:**

Meets every Tuesday from 10 a.m. to 11.30 a.m. All parents and toddlers welcome. Contact Anna Tuohy Halligan 062-80831 or check it on Facebook Three Drives FRC.

**Breast Feeding and Baby group:**

For mums who are breastfeeding or who have new babies, this group meets every Wednesday from 10 a.m. to 12 noon. Contact: Anna Tuohy Halligan 062-80831 or check it on Facebook Three Drives FRC.

**Counselling and Psychotherapy:**

Nearly everyone faces challenges and difficulties in their life at some time. But sometimes, they can be overwhelming, and we feel like we are helpless. Stress over a job, anxiety caused by uncertainty over the future, loss because of bereavement, problems over addiction, or difficulties in a relationship are just some of the reasons people feel they can benefit by talking to a professional Counsellor or Psychotherapist.

For information on our counselling service in the Three Drives FRC please contact: Tina Richardson 062 80831 / 085 2627051, [tinathreerives1@gmail.com](mailto:tinathreerives1@gmail.com)

Outreach Service: Every Wednesday 9.00 a.m. -5.00 p.m. in Three Drives FRC, 22/23 Greenane Drive, Tipperary Town E34 EE39. Providing free confidential Counselling to survivors of Rape and Child Sexual Abuse, their families, friends or anyone affected by sexual violence for men, women and under 18's. Free Phone: 1800 340 340

### **Art Therapy & play Therapy:**

#### **Art Therapy: What is Art Therapy?**

In art therapy, the art therapist provides various art media such as paint, clay, collage and other materials to help the person to express and explore their emotions, develop insight and make sense of difficult life experiences. For referral forms or information on our Art Therapy provision in the Three Drives FRC please contact: Tina Richardson 062 80831 / 085 2627051. [tinathreedrives1@gmail.com](mailto:tinathreedrives1@gmail.com)

#### **Play Therapy: What is Play Therapy?**

Play Therapy is a form of therapy used primarily for children. Children may not be able to process their own emotions or articulate problems to parents or other adults. Play is natural way for children to express themselves. In a safe space, the child and the play therapist explore what is happening for the child, and ways to deal with it. For referral forms or information on our Play Therapy provision in the Three Drives FRC please contact: Tina Richardson 062 80831 / 085 2627051. [tinathreedrives1@gmail.com](mailto:tinathreedrives1@gmail.com)

### **Combined Art Therapy & Play Therapy workshops:**

A number of workshops combining the techniques of both Art and Play therapies are scheduled to take place throughout the year. It provides an opportunity for the therapists to work together with groups of children which will provide the children with enhanced social skills, peer support, coping skills and an opportunity to learn from each other. To express interest or to receive further information on the proposed workshops please contact: Tina Richardson, Counselling Coordinator 062 80831 / 085 2627051. [tinathreedrives1@gmail.com](mailto:tinathreedrives1@gmail.com). Planned workshops are outlined in the following sections.

### **Workshops:**

**Workshop 1. Supporting Big Feelings.** 6 week psychoeducational group programme for children aged 8 to 10 years to support them with parental separation and access.

**Workshop 2. Building My Superpower.** 6 week creative workshop for 8 to 10 year olds focuses on regulating anxiety and worries. Supporting Children to have a greater understanding of what is going on in their body when the worry takes over.

**Workshop 3. New Beginnings - Happy Hearts & Happy Heads.** Helping children with their emotional development is the key to happy & healthy children.

**Workshop 4. What is parent Child Attachment Play? (CAP)** It is Empowering parents and carers as change agents in their own families. This 10-step programme is based on the latest attachment research which shows that supporting the parent-child attachment relationship sets the scene for the best outcomes for children right into adulthood.

**Workshop 5. Parenting Tool Kit Support Workshop.** 6 week workshop for parents of children currently or who have previously availed of Art or Play Therapy in our centre.

For Information on all workshops contact Tina Richardson, Counselling Coordinator 062 80831 / 085 2627051. [tinathreedrives1@gmail.com](mailto:tinathreedrives1@gmail.com).

### **3D After-school Club, a great place to grow!**

What do we do? During school term we provide homework support, have healthy snacks and then undertake activities such as: Arts & Crafts, Mindfulness, Music, Baking, Green fingers for beginners in our garden, Drama, Construction Days, Games Days and Science experiments. When school is out we hold Halloween camps, Easter camps and summer camps!

**Community Development:** The Tús Programme run by the South Tipperary Development company operates out of the centre. See service below for more information.

**Coffee Mornings:** Look out for our coffee mornings on Facebook. This is where you can join us to find out what is happening in the centre and meet other interested people.

**Residents Groups:** We support local residents to undertake initiatives that will lead to estate enhancement and increased community spirit. This can entail, house painting schemes, mini environmental improvements such as the planting up of hanging baskets and the development and upkeep of flower beds in green areas.

**Community Garden:** We support Positive Mental Health in all our groups. The Centre has developed a community garden within the housing estates and with the help of local volunteers it is maintained on a regular basis.

**Women's Group:** Our Women's group meet each Monday morning from 10.00 a.m. to noon. Activities range from: Health & Nutrition, Art and Crafts, Mindfulness, Dance, Managing stress, Drama, Communication & Relationships – personal & community. Day trips away are planned early in the year based on what the group want to do.

**Community Education:** We are supported by Tipperary ETB in the delivery of a wide range of community education courses both accredited and non-accredited.

Currently our sewing group meet each Friday morning and the skill levels range from Beginners to more advanced. Pilates takes place in the morning and evening each Tuesday. Cookery classes run on a Friday and Wednesday morning. Community Horticulture and Biodiversity classes take place on Thursday mornings.

A variety of courses such as Paediatric First Aid, Yoga, Ukulele, IT classes, Mindfulness, Qui Jong, DIY, Art, Health & Well Being, HACCP food hygiene training take place throughout the year based on the needs of individuals and groups attending the centre.

**South Tipperary Development Company** **052 7442652**

Unit 2C, Carrigeen Commercial Park, Clogheen Road, Cahir, Co. Tipperary

info@stdc.ie

<http://www.stdc.ie>

Our mission is to be a catalyst for positive change, fostering a thriving, inclusive, and sustainable South Tipperary so that our environment is protected and where every individual and community can reach their full potential.

#### **Tús Programme:**

Tús is for people who have been unemployed for 12 months and claiming job seekers benefit. Individuals who are in receipt of Disability Allowance also qualify for the programme.

The Tús Programme places participants with local community groups such as Tidy Towns, Sports clubs and local charities to carry out work such as gardening, maintenance, working in shops, offices, childcare and a variety of work. The participant will have the support of a team lead throughout their placement and will also receive any training that they may need to carry out their work.

Tús Programme – Tipperary town

Three Drives Family Resource Centre, 22-23 Greenane Drive, Tipperary Town E34 EE3G

For further information on this programme contact Patrick Quinn, Tús Team Lead  
T: 086 027 6217

OR

Eddie Tuohy, Tús Team Lead T: 086 027 6218

**Local Area Employment Services (LAES):**

South Tipperary Development Company offer a range of free, friendly and confidential services to jobseekers looking for jobs in South Tipperary. For further information on accessing this scheme, you can contact us on 052 7442652 or email us at [info@stdc.ie](mailto:info@stdc.ie)

**Social Inclusion and Community Activation Programme (SICAP):**

SICAP is a social inclusion programme that works with individuals and local community groups. SICAP can provide information about returning to employment, provide access to training and provide support to people who are thinking of becoming self-employed.

Three Drives Family Resource Centre, 22-23 Greenane Drive, Tipperary Town E34 EE3G

For further information contact Deirdre O'Dwyer, SICAP Development Worker  
Telephone: 086 170 3473

Or email us at [info@stdc.ie](mailto:info@stdc.ie)

**New Arrivals Support Team:**

The Ukrainian Support Workers help Ukrainian refugees who are living in supported accommodation and pledged housing in South Tipperary. The project workers offer support to families on their arrival and provide ongoing information, advice and support.

For further information contact Galyna Iarmoliuk T: 087 188 3112

**LEADER Programme:**

The EU LEADER programme provides funding and support to communities and businesses to carry out projects that contribute to the development of their area. It offers grant aid between €5,000 and €200,000 to eligible enterprises and organisations to deliver innovative projects across economic, social and environmental themes. STDC delivers the programme in South Tipperary in partnership with the County Council and the Local Community Development Committee. Details are on our website at <https://www.stdc.ie/rural-development-programme-leader/> or contact us on 052 7442652 or email [info@stdc.ie](mailto:info@stdc.ie)

**St Vincent De Paul**

**061 317327**

[info.midwest@svp.ie](mailto:info.midwest@svp.ie)

<https://www.svp.ie/stores/mid-west-region-clare-limerick-offaly-tipperary>

Working for social justice is one key pillar of SVPs mission. SVP strives for an Ireland without poverty where everyone can meet their basic needs, access opportunities and live with dignity. Using the experience of our members on the ground we turn concern into action and advocate for more just social and economic policies.

**Circle Of Friends – Cancer Support Centre**

062 33550

Knockanrawley, Co.Tipperary, E34 XD51

info@circleoffriendstipperary.ie

<https://circleoffriendstipperary.ie>

Circle of Friends is a volunteer run cancer support centre for the community of Tipperary - and its surrounding villages and towns. At Circle Of Friends Cancer Support Centre they offer one to one specialist services such as professional counselling or reflexology as well as group classes, activities and therapies such as coffee mornings, meditation mornings and evenings, photography group, and many more.

**One to One Services:**

Counselling, Acupuncture, Reflexology, Physical therapy, Manual Lymphatic Drainage, Bra prosthesis fitting, Massage, Indian Head Massage.

**Group Activities:**

Women's' Support Group, Men's' Support Group, Bereavement Group, Choir, Knit & Natter Group, Meditation, Art Group, Furniture Restoration, Arts + Crafts, Photography, Friday Coffee Mornings, Outreach coffee mornings, Cookery, and Pilates.

**Tipperary Volunteer Centre**

062 64775

Chapel Lane, Cashel, Co. Tipperary

info@volunteertipperary.ie

<https://tipperaryvolunteercentre.ie>

Tipperary Volunteer Centre aim to promote volunteerism in Tipperary by supporting volunteers and volunteer-involving organisations through the provision of a quality placement and training service for organisations while providing information and guidance on volunteering and volunteer opportunities to individuals across the county.

**Tipperary Town Lions Club**

admin@tipperarytownlionsclub.ie

Established in 1975 Tipperary Town Lions Club is a voluntary organisation. Following our motto "We Serve" and approaching our 50th Anniversary, our club aims to support those in need within our town and collaborate with other organisations to improve the civic, social and cultural welfare of our town. While our keynote annual event is our Christmas Food Appeal, we respond to numerous local requests for support throughout the year as well as contributing to the Lions International Foundation. It is made up of over 48,000 connected lions clubs worldwide this is currently the largest humanitarian voluntary organisation globally providing on the ground local assistance. We rely entirely on the generosity of the people in the town towards our fundraising to respond to these needs and each time they overwhelm us with their support. The Tipperary Lions Club meets monthly and further information can be found by emailing admin@tipperarytownlionsclub.ie

**Cuan Saor women's refuge and outreach support services**

1800576757

support@cuansaor.org

<https://cuansaor.org>

Outreach support available in Tipperary town, Cashel, Carrick on Suir and Cahir. For appointments and information please call freephone 1800576757. A free and confidential service supporting women and children who have experienced or are experiencing domestic violence and abuse.

## Tipperary Tidy Towns Association

tidytownstipperary@gmail.com

Established in 1989 Tipperary Tidy Towns is a voluntary association that works in collaboration with local business, resident associations, sporting, cultural, historical, creative and social organisations annually. Driven by the national TT priorities, the association focuses on the following key areas:

- Community planning and involvement,
- Streetscape and Public Place conservation and presentation,
- Green spaces and landscaping planning, design and management,
- Developing awareness, understanding and management of nature and biodiversity in the locality,
- Sustainability and environmental impact through considered use of resources,
- Tidiness and Litter control,
- Residential Streets and Housing Areas presentation and maintenance,
- Approach roads, street and lane presentation incorporating inclusive access and pedestrian connectivity.

Meeting monthly, and always open to new interested full, part-time or seasonal volunteers. Please contact [tidytownstipperary@gmail.com](mailto:tidytownstipperary@gmail.com) for more information.

## Tipp Mid West Radio

062 52555

[reception@tippmidwestradio.com](mailto:reception@tippmidwestradio.com)

[www.tippmidwestradio.com](http://www.tippmidwestradio.com)

Tipperary Mid West Radio is a community radio station serving Tipperary town, Cashel, and south Co. Tipperary on 104.8fm, 106.7fm and online. We aim to inform and entertain by providing a service which celebrates local music, sports, culture, and heritage of our community. The services we provide include the Jobline, Gig Guide, and Community Notice to name a few to our community.

## The County Tipperary Ryan Youth Orchestra (CTRYO)

087 7612533

20 & 21 Bank place, Tipperary Town E34 Y728

[Infodannryanmusic@gmail.com](mailto:Infodannryanmusic@gmail.com)

[Danny-Ryan-music-shop.myshopify.com](http://Danny-Ryan-music-shop.myshopify.com)

Members are young musicians from County Tipperary and neighbouring Counties, conducted by Michael John Ryan. Contact Danny Ryan Music shop for applications. 087 7612533 [Facebook.com/CountyTipperaryRyanYouthOrchestra/](http://Facebook.com/CountyTipperaryRyanYouthOrchestra/)

## The Ryan Academy of Music Tipperary

087 6618449 / 062 51128

20 & 21 Bank Place, Tipperary Town E34 Y728

[Infodannryanmusic@gmail.com](mailto:Infodannryanmusic@gmail.com)

[Danny-Ryan-music-shop.myshopify.com](http://Danny-Ryan-music-shop.myshopify.com)

The Ryan Academy of Music Tipperary centre of excellence in music since 1979 provides music tuition. [Facebook.com/ryanacademyofmusictipperary/](http://Facebook.com/ryanacademyofmusictipperary/)

# Transport



## Local Link Service

052 6166140

tipperary@locallink.ie

[www.locallinktipperary.ie](http://www.locallinktipperary.ie)

Local Link provides a combination of scheduled Public Transport services and door-to-door services. Door to door services should be pre-booked with the Local Link office closest to the service you wish to use. See their website for details

## Bus Éireann

0818 836 611

CustomerCare@buseireann.ie

<https://www.buseireann.ie>

Bus Éireann helps people all across the country make over 80 million journeys every year. As Ireland's national bus company their purpose is to connect people. Bus Éireann has stops on both Davitt Street and Abbey Street for connections for Clonmel, Waterford and Limerick with connecting buses to other locations.

## Irish Rail

062 51406

<https://www.irishrail.ie/en-ie/train-timetables>

Regional rail passenger services include the Limerick Junction to Waterford route, stopping at the Tipperary Town Railway Station as well as Cork to Dublin and Limerick Junction to Limerick City.

## NDLS (National Drivers Licence Service)

076 1087880

Suite 5A (Second Floor) Powerstown House Gurtnafleur Business Park Clonmel

[www.ndls.ie](http://www.ndls.ie)

## Taxi / Tours

### Aherlow Tours

087 7111777

[info@aherlowtours.com](mailto:info@aherlowtours.com)

[https://aherlowtours.com](http://aherlowtours.com)

### J. Cotter Coach Hire

062 67147 / 087 7111777

[cottercoaches@gmail.com](mailto:cottercoaches@gmail.com)

[https://jcottercoachhire.ie](http://jcottercoachhire.ie)

# Sports, Arts & Recreation



## Tipperary Sports Partnership

052 6166201

Ballingarrane House, Cahir Road, Clonmel

info@tipperarysports.ie

<http://www.tipperarysports.ie>

Tipperary Sports Partnership (TSP) is a local sports partnership established by Sport Ireland via the Tipperary County Council to coordinate, promote and develop recreational sport in Tipperary.

## Creative Places

[creative.places@youthworktipperary.ie](mailto:creative.places@youthworktipperary.ie)

<https://tipptownrevitalisation.ie/portfolio/creative-places-tipperary-town>

<https://www.facebook.com/creativeplacestipperarytown>

Creative Places Tipperary Town is a three-year developmental arts programme aimed at supporting those who live and work in Tipperary Town to collaborate with artists and creative practitioners.

## Canon Hayes Recreation Centre

062 52022

Avondale Crescent, Cashel Road, Co. Tipperary

[sportscomplex@canonhayesrecreationcentre.ie](mailto:sportscomplex@canonhayesrecreationcentre.ie)

<https://canonhayesrecreationcentre.ie>

The Canon Hayes Recreation Centre has been part of Tipperary town for the last 30 years offering great sporting and recreation facilities to all sectors of the community. They are committed to providing leisure facilities in a safe and professional environment to the people of Tipperary Town and surrounding areas.

### Facilities include:

- Basketball court
- Indoor soccer hall
- Kids Party Room
- Gym
- Strength and conditioning room
- Handball court
- Squash Court
- Racquetball court
- Tennis court (indoors and outdoors)
- Three astro turf pitches
- Studio for classes
- Sauna and Steam room
- Running Track

Outside organisations that currently hold classes within our sports complex:

Taekwondo is at 6.30 p.m. to 8.30 p.m. Mondays and Thursdays

Gymnastics is at 4.30 p.m. to 5.30 p.m. requires booking with Paula 085 7181143

Pilates: Tuesday 7.00 p.m. to 9.00 p.m. , Wednesday 8.00 p.m. to 9.00 p.m. ,

Thursday mornings at 10.00 a.m.

requires booking with Emma at 087 7883594

<b>Tipperary Excel Centre</b>	<b>062 80520</b>
Mitchell Street, Tipperary Town	
manager@tipperary-excel.com	
<a href="https://www.tipperaryexcel.com">https://www.tipperaryexcel.com</a>	
The Mission of the Excel is to make available a broad, innovative and culturally diverse range of artistic, heritage and live performance experiences for the communities of Tipperary town and hinterland. They offer a range of services including a multi-screen cinema, theatre, heritage and genealogy research centre, a library and the French Quarter Café.	
<b>Arravale Rovers GAA</b>	<b>087 9484574</b>
Arravale Rovers GAA is based in Seán Treacy Park, Station Road, Tipperary Town. Juveniles train on Saturday mornings from 10.00 a.m. - 11.00 a.m. Contact juvenile chairman Ivor Wilkinson for more information 087 9484574. We also run a senior club playing hurling and Gaelic football. New members are always welcome. Check us out on Facebook, Instagram and Twitter.	
<b>St. Michael's F.C</b>	
<a href="https://www.facebook.com/saintsfans.tipperary">https://www.facebook.com/saintsfans.tipperary</a>	
St. Michael's Association Football Club is a football (soccer) club, based in Tipperary Town. The club have a hard working committee of fifteen members and have an average of seventy five players per season between first and second teams at both youth and junior level. The club's home ground is Cooke Park, in Tipperary Town.	
<b>Clanwilliam F.C</b>	
<a href="https://www.clanwilliamfc.ie">https://www.clanwilliamfc.ie</a>	
As one of the oldest rugby clubs in the country, Tipperary Town's Clanwilliam F.C has been a major part of the sporting fabric of the town for over 140 years. Today, the ground consists of a playing pitch, training area, changing rooms and a large hall with bar and catering facilities. In recent years a second playing pitch and changing rooms have been developed at Collegelands, Tipperary.	
<b>Tipperary Racecourse</b>	<b>087 2781295</b>
Limerick Junction, Co. Tipperary	
ahogan@hri.ie	
<a href="https://www.tipperaryraces.ie">https://www.tipperaryraces.ie</a>	
Racing from April to October and offering a mixture of top-class National Hunt (jump) and Flat racing, Tipperary is at its busiest at the height of the summer but hosts its biggest meeting of the year on the first Sunday of October. It draws the largest crowd of the year to the racecourse which also hosts a number of popular summer evening meetings.	
<b>Glen of Aherlow Caravan and Camping Park</b>	<b>062 56555</b>
Newtown, Glen of Aherlow	
rdrew@tipperarycamping.com	
Located between the Galtee Mountains and the forests of the Golden Vale, Tipperary Town is only 5km away. The owners are on-hand to answer any questions about the site or the surrounding area and they keep the shop well stocked.	

<b>Galtee Walkers</b>	<b>087 9267948</b>
Glen of Aherlow, Co. Tipperary	
aherlowwalks@gmail.com	
<a href="http://www.galteewalkingclub.ie">http://www.galteewalkingclub.ie</a>	
Our club has been in existence since 2003 and was founded by a core group of hill walking enthusiasts from around the foothills of the Galtee mountains and the Glen of Aherlow in South Tipperary. We offer a number of different graded walks on a regular weekly basis throughout the year which are available to new members or to those wishing to join us for an introductory hike.	
<b>Rosanna Lawn Tennis Club</b>	<b>086 1238899</b>
Murgasty Road, E34 F220	
rosannaltc@hotmail.com	
Rosanna Lawn Tennis Club was established on 1879. They are located on Murgasty Rd, Tipperary Town. Facilities include three all-weather courts, each floodlit, practice wall, fully accessible clubhouse with changing and shower facilities.	
<b>Dundrum Golf Club</b>	<b>062 71116</b>
Dundrum, Co. Tipperary	
golfshop@dundrumhouse.ie	
<a href="https://www.dundrumhousehotel.com/golf-course.html">https://www.dundrumhousehotel.com/golf-course.html</a>	
This impressive 18 Hole Championship Parkland Golf Course has been woven into the fabric of a mature Georgian estate, designed by 1995 Ryder Cup hero Philip Walton. Using the natural features of woodland and parkland, adorned by the Multeen River, Philip has created an exhilarating, par 72 course over 7200 yards that provides a real test of golf. To challenge even the best of golfers there are 8 water hazards to combat.	
<b>Tipperary Golf Club</b>	<b>062 51119</b>
Rathanny, Co. Tipperary	
tipperarygolfclub@eircom.net	
<a href="https://www.tipperarygolfclub.com">https://www.tipperarygolfclub.com</a>	
Set in the shadows of the Galtee Mountains on the road to the scenic Glen of Aherlow, our 18 hole course presents a testing but enjoyable challenge for golfers of all levels. We are proud to deliver a quality and welcoming golfing experience to members and visitors.	
<b>Ballykisteen Golf</b>	<b>062 32117</b>
Ballykisteen, Co. Tipperary	
infobkgc@gmail.com	
<a href="http://ballykisteeengolfclub.com">http://ballykisteeengolfclub.com</a>	
The Ballykisteen Championship Golf course is a superb 18 hole, 72 par, Des Smyth designed championship golf course which was opened in 1993 and was formerly the famous Ballykisteen Stud. Nestled in the heart of the Golden Vale, the clever design and suitability to all handicaps makes this golf course an ideal venue for any golf outing.	

<b>Tipperary Hills Pitch and Putt Club</b>	
Old Monastery Road, Carrownreddy, Tipperary Town	
<a href="https://www.facebook.com/OfficialTipperaryHillsPitchAndPuttClub">https://www.facebook.com/OfficialTipperaryHillsPitchAndPuttClub</a>	
Tipperary Hills Pitch and Putt Club is based on the Old Monastery Road, Carrownreddy, Tipperary Town.	
<b>Tipperary Town Boxing Club</b>	<b>083 302 2287</b>
Kingston's Warehouse, Blind street, Tipperary Town	
christoomey67@gmail.com	
<a href="https://www.facebook.com/TipperaryBoxingClub">https://www.facebook.com/TipperaryBoxingClub</a>	
Tipperary Boxing Club at the fight factory is now open for business. Training is on Monday / Wednesday / Friday at 6 p.m.in Kingston's Warehouse.	
<b>Tipperary Musical Society</b>	<b>087 709 6956</b>
St. Anne's Secondary School	
tipperarymusicalsociety@gmail.com	
Founded in 1947 & 1981, Tipperary Musical Society is an amateur adult musical society, based in St. Anne's Secondary School, Tipperary, Ireland	
<b>Tipperary Pantomime Society</b>	
<a href="https://www.facebook.com/profile.php?id=1000057616689655">https://www.facebook.com/profile.php?id=1000057616689655</a>	
Tipperary Pantomime Society was founded in 1984 in Tipperary Town.	
<b>Kickham Brass and Reed Band</b>	<b>085 104 6959</b>
Davis Street, Tipperary Town	
kickhamband@gmail.com	
<a href="https://www.facebook.com/kickhamband/">https://www.facebook.com/kickhamband/</a>	

# Welfare, Information & Advice



<b>Social Welfare Branch Office, Tipperary Town</b>	062 80230
8 Church St, Town Lot, Tipperary, E34 RR40	
<a href="https://www.gov.ie/en/organisation/department-of-social-protection">https://www.gov.ie/en/organisation/department-of-social-protection</a>	
The Department of Social Protection's mission is to promote active participation and inclusion in society through the provision of income supports, employment services and other services.	
<b>Social Welfare Community Welfare Officers</b>	062 80230
Tipperary Branch Office, 8 Church Street, Tipperary, E34 RR40	
tipperary@welfare.ie	
<a href="https://www.gov.ie/en/directory/page/21fbfd-tipperary-branch-office">https://www.gov.ie/en/directory/page/21fbfd-tipperary-branch-office</a>	
The Community Welfare Service provides financial assistance to people whose means are insufficient to meet their needs, or who face a significant and unavoidable cost that they cannot meet using their normal sources of income. It is not always necessary to meet a Community Welfare Officer (CWO) to make a claim. Application forms can be posted or dropped into your local Intreo Centre or Branch Office.	
<b>Citizens Information</b>	0818 076540
St. Michael's Street, Tipperary Town	
tipperary@citinfo.ie	
<a href="https://centres.citizensinformation.ie">https://centres.citizensinformation.ie</a>	
The Citizens Information Service provides a free, impartial and confidential information, advice and advocacy services to the public, on a range of social and public services, including social welfare, employment, housing, consumer issues, health and immigration.	
<b>Money Advice and Budgeting Service (MABS)</b>	0818 072130
13 Davis Street, Tipperary Town, E34 DW40	
tipperary@mabs.ie	
<a href="https://mabs.ie/offices/tipperary-mabs-south-tipperary">https://mabs.ie/offices/tipperary-mabs-south-tipperary</a>	
MABS is located on Davis Street, Tipperary Town. The Money Advice and Budgeting Service is the State's money advice service. MABS offers a service to people who have all kinds of personal debt and works with them to find the best solution to deal with the indebtedness. The service is free, confidential and independent.	
<b>Free Legal Advice Centre</b>	0761 076540
Citizens Information Centre, St. Michael's Street	
FLAC is an independent voluntary organisation. Our aim is to promote equal access to justice for everybody.	

<b>Legal Aid</b>	<b>067 34181</b>
Nenagh Law Centre, Friars Court, Abbey Street, Nenagh, Co Tipperary, E45 KN59	
lawcentrenenagh@legalaidboard.ie	
<a href="https://www.legalaidboard.ie">https://www.legalaidboard.ie</a>	
The Legal Aid Board is responsible for the provision of civil legal aid and advice to those unable to pay for such services from their own resources. The Legal Aid Board is not directly responsible for the provision of criminal legal aid but has a role in the administration of certain criminal legal aid schemes.	
<b>National Advocacy Service</b>	<b>0818 073000</b>
info@advocacy.ie	
<a href="https://advocacy.ie">https://advocacy.ie</a>	
Providing a free and independent representative advocacy service to adults with disabilities across Ireland.	
<b>EmployAbility Service</b>	<b>067 37896</b>
employabilitynorthtipp@gmail.com	
<a href="http://www.employabilitynorthtipp.ie">http://www.employabilitynorthtipp.ie</a>	
The EmployAbility Service is an employment and recruitment service that helps people who have a disability, an injury or and an illness to get and to keep a job. It provides a number of supports, such as a job coach who works with both jobseekers and employers. It used to be called the Supported Employment Service. You should register with your local Intreo centre or Social Welfare branch office and apply for the EmployAbility Service.	

# Financial Services



## Tipperary Credit Union

1800 622262

Credit Union House, Emmet Street, Tipperary Town

info@tipperarycu.ie

<https://www.tipperarycu.ie>

Now in its 55th year of operation Tipperary Credit Union continues to maintain the success it has achieved in recent years while constantly introducing new, and improving existing services to its members. Membership of Tipperary Credit Union is open to anyone & their family members who live or work within our Common Bond. The common bond of Tipperary Credit Union covers Tipperary Town and surrounding areas including Bansha, Doon, Dundrum, Cappawhite, Hollyford, Emly. It also includes Plassey (Castletroy) Limerick.

## AIB Tipperary Town

062 51139

Main Street, Tipperary Town

TipperaryTown@aib.ie

<https://aib.ie/branches/tipperary/tipperary-town>

AIB offers a full range of personal, business and corporate banking services. The bank also offers a range of general insurance products such as home, travel and car. Whether you are thinking of changing your car, buying your first home or wish to save for a rainy day, we are here to talk things through and provide useful and informative advice.

## Bank of Ireland Tipperary Town

062 51160

1 Main Street, Tipperary, Co Tipperary, E34 D544

<https://www.bankofireland.com/branch-locator/tipperary>

Bank of Ireland provides a broad range of banking and other financial services. The bank offers personal, car and home improvement loans. Financial advice and self-service banking is available every week day.

## Accountants

### FDC

062 51900

4 Davis Street

[www.fdc.ie](http://www.fdc.ie)

### John Carew & Company Accountants

062 52311

75 O'Brien Street E34 YX50

### Joseph B. Ryan Auditor & Accountants

062 51311

4 St. Michael's Street

### Martin J McHugh

062 52551

19 St. Michael's Street E34 TV09

Michael Martin	062 52392
47 St. Michael's Street E34 FK29	
Mulcahy, O'Neill, Fitzgerald & Co	062 51042
14. St Michael's Street	
<a href="http://www.tipperaryaccountant.ie">www.tipperaryaccountant.ie</a>	
<b>Insurance</b>	
Arachas Insurance	062 51481
Main Street, Tipperary, Co. Tipperary, E34P213	
<a href="mailto:tipperary@arachas.ie">tipperary@arachas.ie</a>	
<a href="http://www.arachas.ie">https://www.arachas.ie</a>	
Tom Fogarty Insurance Brokers	062 51116
16 Bank Place E34 H290	
<a href="mailto:info@tfi.ie">info@tfi.ie</a>	
<a href="http://www.tfi.ie">http://www.tfi.ie</a>	
Webster Insurance	062 52622 / 062 51299
2 James Street E34 DT20	
<a href="mailto:decanwebster@gmail.com">decanwebster@gmail.com</a>	
O Murchu Insurances, Financial Services	062 52245
60 St. Michael's Street	
<b>Solicitors</b>	
Vincent McCormack, Solicitors	062 52899
11 St. Michael's Street E34 KH50	
Paul Kingston, Solicitors	062 52611
31 St. Michael's Street, E34 X788	
Kennedy Frewen O'Sullivan, Solicitors	062 51184
St. Michael's Street, Tipperary Town, E34 R763	
<a href="mailto:info@kfos.ie">info@kfos.ie</a>	
<a href="http://kfos.ie">https://kfos.ie</a>	
Kieran T. Flynn & Co Solicitors	062 51275
St. Michael's Street. Tipperary town, E34WK33,	
<a href="mailto:mailbox@ktflynn.ie">mailbox@ktflynn.ie</a>	
<a href="http://www.ktflynn.ie">www.ktflynn.ie</a>	

<b>John O'Donnell, Solicitor</b>	<b>062 51096</b>
6 St. Michael's Street, E34 H978	
<b>English Leahy Solicitors</b>	<b>062 52577</b>
8 St. Michael's Street, E34 FY50	
info@englishleahy.ie	
<a href="https://englishleahy.ie">https://englishleahy.ie</a>	

# Other Statutory Services



## Tipperary Town Garda Station

062 80670

St Michael's Rd, Tipperary E34 Y402

[www.garda.ie](http://www.garda.ie)

An Garda Síochána has a proud tradition in serving communities and protecting the State with over 16,000 Garda members, Civilians and Reserve members who are committed to delivering a functioning police and security service.

### Reporting a Crime:

If you are in Ireland and are a victim of a crime or witness a crime, you should contact the Garda Síochána (Irish police force). The emergency services telephone number is 999 or 112.

If you are deaf, hard of hearing or speech-impaired, you can report a crime by SMS text message on 112. You can find more about the emergency text service.

If it would make you more comfortable, you can request to speak to a male or female Garda.

If you do not speak English fluently, the Gardaí can provide free translation services to you.

In less urgent situations, you should contact your local Garda station to report a crime.

If you are unable to go to a Garda Station, you can ask that a Garda comes to your home to take a report.

You can report incidents of dangerous driving and other traffic-related incidents to the Garda Traffic Watch hotline on **0818 205 805**.

### Phoning the Gardaí and reporting a crime online

It helps the Gardaí if you give as much information as possible but you do not have to give your name when reporting a crime. If you wish to provide confidential information relating to crime or other activities, you can:

Contact the Garda Confidential Line on **1800 666 111**.

Contact Crimestoppers on **1800 250 025**. Staffed by members of the Garda National Bureau of Criminal Investigation, Crimestoppers guarantees anonymity and offers cash rewards for information.

### How to report child sex abuse to the Gardaí:

The Gardaí operate a dedicated phone line for reporting child sexual abuse: **1800 555 22.**

### How to report a missing person:

You can also find information on reporting a missing person. **1800 442 552**

### How to report drug dealing:

You can safely and confidentially pass on information about drug dealing by calling the Crimestoppers freephone confidential number **1800 250 025** or the Garda Confidential freephone number **1800 666 111**.

You will speak to a trained operator who will ask you for the information you have on drug dealing and nothing else. You will not be asked for your name. Your phone number may be visible but it will not be traced or recorded.

The information gathered is passed on directly to the Garda National Drugs and Organised Crime Bureau (GNDOCB) which assesses its usefulness. The GNDOCB passes relevant information on to the Gardaí in the specified area for investigation.

The Gardaí can use the information to build a case against a known drug dealer, to investigate new allegations of drug dealing activity in a community or to make an arrest.

### Reporting a crime online:

You can report certain thefts online using a declaration of theft of property form. The online form should only be used where the property stolen is worth less than €1,000.

You can find out more about staying safe online.

### Reporting hate crime online:

You can also report hate crime online. A hate crime is a criminal act that can be perceived as motivated by hostility or prejudice.

**Tusla**

**05261 77302**

Túsla Child & Family services, Yellow House, St. Luke's Hospital, Western Road, Clonmel. Co. Tipperary E91 PR83

[www.tusla.ie](http://www.tusla.ie)

### Child Protection:

If you have a concern that a child is a victim of neglect, or physical, sexual or emotional abuse, then, in accordance with Children First Guidance, the Duty Social Work service is available to discuss or report this concern. You can contact:

- Duty Phone Monday to Friday Office Hours: (052) 617 7302 (South Tipperary)
- <https://www.tusla.ie/get-in-touch/duty-social-work-teams/>

Any concern in relation to children outside working hours should be reported to: An Garda Síochána Tel: 112 or 999

Túsla Child & Family services provide a Child Protection service under the Children First Act 2015. Where there are concerns relating to abuse and severe neglect of children, the service assesses these and takes appropriate measures in accordance with Children First: National Guidance to ensure child safety and welfare. This may mean provision of alternative care, either in foster care or residential care.

In both the North & South of the Tipperary County, the Child & Family services are organised into teams, as follows:

- Duty & Intake team – screening referrals and determining the first response.

- Protection & Welfare teams - managing medium to long-term cases of families in the community setting.
- Children In Care teams - responsible for children and young people who come into alternative care and their families.
- Fostering team – responsible for liaising with foster families with children in their care.
- There is also an After-Care service to assist young people to prepare for leaving alternative care on reaching adulthood and to support them subsequently to live independently.

**Target Group:** Children and young people at risk of Physical Abuse, Sexual Abuse, Emotional Abuse and Neglect.

**Referral:** Referral through Túsla Social Work Department; referral through An Garda Síochána; referral through the Túsla portal.

#### **The Prevention Partnership Family Support (PPFS) Programme:**

The Prevention Partnership Family Support (PPFS) Programme is a Túsla-led programme which aims to engage with and support families around family support issues at Prevention or Early Intervention levels, in partnership with relevant community-based services.

Túsla is committed to providing high quality services to children and families at the earliest opportunity across all levels of need. Providing help to children and families early in the stage of a difficulty can prevent situations getting worse. Working in partnership is a very important aspect of this work. Túsla aims to work closely with families, other agencies and professionals so that we can respond quickly to the needs of children. Early identification and provision of help at community level is in children's best interests.

Family Support Family Support is delivered through community-based programmes and services. The main focus of these Family Support services is on Early Intervention, aiming to promote and protect the health, well-being and rights of all children, young people and their families. Particular attention is given to those who are vulnerable or at risk. Specialist services provide support for those families affected by domestic violence or child abuse. Family Support services are generally provided to families in their own homes and communities.

#### **Meitheal:**

Túsla has developed the Meitheal approach to help children and families where they may need the support of more than one service. Meitheal is an old Irish term that describes how people come together to assist with crops or tasks. In this context, Meitheal is a Túsla National Practice Model to ensure that the needs and strengths of children and families are effectively identified, understood and responded to in a timely way. The aim of Meitheal is to ensure that children and families receive support and help in an integrated and coordinated way that is easily accessible to them. Through the Meitheal model, practitioners in different agencies communicate and work together to bring together a range of expertise, knowledge and skills to meet the needs of the child and family within their community. The family's consent to participate is a key condition for a Meitheal intervention to proceed.

#### **Child and Family Support Networks:**

(CFSNs) Local CFSNs consist of all services that play a role in the lives of children and families in a given geographical area. This includes local statutory children and families service providers (e.g. psychology, public health nurses, social work, justice, education and welfare) and local voluntary and community children and families services.

The Child and Family Support Network Coordinator supports the development of the Child and Family Support Networks and oversees the Meitheal process.

## Other strands of Prevention Partnership & Family Support

- **Participation:** Supporting the participation of children and young people in decisions that affect them.
- **Parenting:** Supporting parents in developing their parenting skills. Such supports include parenting programmes, the Túsla Parenting 24/7 website and the work of the Parenting Support Champions in promoting key parenting messages at local level.

**Target Group:** Parents, children and young people, aged 0 – 17 years.

**Referral for Meitheal:**

- Referral by families by direct contact with the Child & Family Support Network Coordinator.
- Referrals by professionals only with parents' consent. A Meitheal Request form must be completed with the parents.

**Contact details: South Tipperary:**

Julie Ryan, Senior Child & Family Support Network Coordinator

Address: Tusla Child and Family Agency, Outreach Building, Ferryhouse, Clonmel, Co Tipperary. E-mail: julie.ryan4@tusla.ie Mobile: 087-6524898

Catherine Doyle - Child and Family Support Network Coordinator, South Tipperary (PPFS – Prevention, Partnership, Family Support)

Address: Tusla PPFS, Outreach Building, Ferryhouse, Clonmel, Co Tipperary. Email: catherine.doyle@tusla.ie Mobile: 0872614018

## Tipperary Town and District SCP -School Completion Programme:

The School Completion Programme (SCP) is a targeted programme of support for primary and post primary children and young people who have been identified as potentially at risk of early school leaving or who are out of school and have not successfully transferred to an alternative learning site (i.e. Youthreach, Community Training Centre etc.) or employment. It is a support under the Delivering Equality of Opportunity in Schools (DEIS) Programme, funded by Tusla Education Support Services (Tess). SCP aims to retain a young person to completion of the leaving certificate, equivalent qualification or suitable level of educational attainment which enables them to transition into further education, training or employment.

The SCP is one of three strands of Tusla Education Support Service (Tess) including the Home School Community Liaison (HSCL) Scheme and the Educational Welfare Service. All three strands share the same national outcomes:

- Improved Attendance
- Improved Participation
- Improved Retention

This programme is based in St. Ailbe's School. You can contact the Co-Ordinator by ringing or e-mailing [alanna.odonovan@scp.ie](mailto:alanna.odonovan@scp.ie) or by contacting her at 0857296814/062-51905.

## Tusla Education Support Service (TESS):

Educational Welfare Services which are part of the Tusla Education Support Service (TESS) deal with children and families who have difficulties in relation to school attendance, participation, retention. It operates under the Education (Welfare) Act 2000. The TESS statutory and school support services of the Child and Family Agency work collaboratively with schools and other relevant services to secure better educational outcomes for children and young people.

Regional Welfare team: Cork, Kerry, Limerick, Clare, and Tipperary

Educational Welfare Service, Tusla Educational Support Service, Child and Family Agency, Heritage Business Park, Bessboro Road, Blackrock, Cork

Tel: 021-2428611 e-mail: [ewsregion1@tusla.ie](mailto:ewsregion1@tusla.ie)

**Tipperary Children and Young People's Services Committee (CYPSC):**

Tipperary CYPSC is a county level committee bringing together the main statutory and non-statutory providers of services to children and young people. It provides a forum for joint planning and co-ordination of activity to ensure that children, young people and their families receive improved and accessible services. See [www.cypsc.ie](http://www.cypsc.ie) or e-mail [Stephanie.OCallaghan1@tusla.ie](mailto:Stephanie.OCallaghan1@tusla.ie)

Tipperary County Council	+353 (0)818 06 5000
Tipperary Town Library	05261 66126
The Excel Centre, Mitchel Street, Tipperary Town, Co. Tipperary E34 KP60	
<a href="mailto:tipperarylibrary@tipperarycoco.ie">tipperarylibrary@tipperarycoco.ie</a>	
<a href="http://www.tipperarylibraries.ie">www.tipperarylibraries.ie</a>	
Hours: Monday, Wednesday, Thursday, Friday: 9:30 a.m. – 5:00 p.m. Tuesday 9:30 - 20:00	

**Services:**

My Open Library self service operates from Mon-Sun between 8 a.m. & 10 p.m.

We offer a wide selection of services to accommodate the needs of our members and communities. These include literature, information technology, literacy aids and Sensory Resources.

**Public PCs:** Use your Library Card (Barcode) number and PIN to log into any public PC for 50-minute sessions. Members are permitted two 50-minute session per day.

**Printing:** Print from our public PCs or send documents from your phone or other devices via our remote printing options. You can also print from USB memory sticks. Prices are: Colour – 50c a sheet; Black & White – 20c a sheet.

**Scanning:** Scan a document and send it to any email address or save it to a USB memory stick. FREE of charge.

**Photocopying:** Copy documents or ID cards. Prices are: Colour – 50c a sheet; Black & White – 20c a sheet.

**WiFi:** Use our free WiFi by logging into the “Library Card Login” network using your Library Card (Barcode) number and PIN.

**Eduroam:** Students of Further and Higher Education institutions can immediately connect to WiFi via the Eduroam network.

**Sensory Area:** Includes bubbling light towers, mirrors, soft furnishings, an image projector, Playlearn Colour Changing cylinder and a selection of items from our Sensory Toys & Resources collection.

**Self-Service Kiosk:** Borrow and return books, collect remote printing jobs, view loan list and renew loans using our self-service kiosks.

**Assistive Technologies:** You can borrow items such as the C-Pen Readerpen and ACORN Age Friendly tablet as well as items from our Sensory Toys & Resources catalogue.

**Study Space:** Limited study space available. Contact branch as regards availability.

**Children's Reading Area:** Chairs, tables, colouring pages and crayons are all available to give children a bright, comfortable and welcoming space where they can spend time reading, colouring or just relaxing.

**Newspapers & Magazines:** FREE editions of a variety of Newspapers and Magazines are available for patrons to read in the library. Titles include The Irish Independent, The Nenagh Guardian, The Midland Tribune, The Tipperary Star, Ideal Home, ELLE and Living etc. Specialised Services · Age Friendly Services · Assistive Services · TTRS (Touch-type Read and Spell) Customer Services · My Open Library · Remote Printing · Exhibition Spaces · Technology Education and Learning · Schools · Sensory Toys Collection · Research and Resources · Business & Employment Services

Our free online resources are available to all members. Check out our Local History podcast series. Read · eBooks · eMagazines · Newspapers Online Listen · Audiobooks · Our Podcasts Learn · Learn a new Language · Take an Online Course · Vision-net

**Initiatives:**

**Healthy Ireland:** Healthy Ireland at Your Library provides valuable health information and support to communities and individuals at all life stages.

**Right To Read:** Right to Read is a national programme to promote literacy and reading development for people of all ages and backgrounds.

**Leabhar Liom:** Leabhar Liom is a collection of books that aims to support children, young adults and families who experience difficult situations in their lives.

**Bealtaine:** Bealtaine is Ireland's national festival which celebrates the arts and creativity as we age.

**Ireland Reads:** Ireland Reads is a campaign to get the whole country reading in the lead up to a national day of reading on Ireland Reads Day.

**Science Week:** Science Week is a week-long event in Ireland each November, celebrating science in our everyday lives.

**Social Housing Support** 0818 065000

<https://www.tipperarycoco.ie/housing/housing-needs-assessment>

Local authorities are the main providers of housing for people who have been deemed to have a Housing Need. If deemed to be in need of housing, applicants are placed on the waiting list and considered for vacancies in accordance with the Allocation Scheme.

**Choice Based Letting Scheme** 0818 065000

<https://www.tipperarycoco.ie/housing/choice-based-letting-scheme/choice-based-letting>

Local authorities may offer choice to approved housing and transfer applicants in selecting a new home. Applicants can express an interest in houses which are advertised. It is a system whereby approved housing applicants, including transfer applicants and Housing Assistance Payment (HAP) tenants, can submit an expression of interest in advertised vacant social housing properties that become available for letting that they would like to live in and which meets their needs.

**Homelessness Information and Advice** 0818 065000

<https://www.tipperarycoco.ie/housing/homelessness-information-and-advice>

If you find yourself at risk of becoming homeless you will receive care and case management regardless of your housing needs. You need to call the Tipperary County Council at (0818) 065 000 and book an appointment with the Homeless Prevention Officer to begin the process of your housing needs.

### **Ukrainian Support Information**

<https://www.tipperarycoco.ie/community/migrant-integration-forum-support/ukrainian-support-information>

The above page is dedicated to outlining and providing information on various supports for Ukrainians in Tipperary.

### **Housing Assistance Payment (HAP)**

**0818 065000**

<https://www.tipperarycoco.ie/housing/housing-assistance-payment-hap-scheme>

Housing Assistance Payment (HAP) is a social housing support. Persons must be a qualified housing applicant(s) before they can apply for HAP. If you are eligible as an approved housing applicant, you must find your own private rented accommodation (within specific rent caps).

The Local Authority will pay the landlord directly and the tenant will pay a rent to the local authority based on the differential rent scheme. The rent will be based on your weekly household income and works in a similar way to the differential rents charged for local authority houses.

### **Local Authority Home Loan**

**0818 065000**

Local authorities may provide a mortgage with improved interest rates and income ceilings to buy or build your own home if you are a first time buyer. A Local Authority Home Loan is a Government backed mortgage for first time buyers or other eligible applicants through local authorities. The scheme is for the purchase of new or second-hand residential properties and for self-builds.

Your application form must be signed by all applicants and submitted to:

Tipperary County Council, Loans Section, Housing Department, Civic Offices, Clonmel, Co. Tipperary, E91 N512

### **Repair and Leasing Scheme**

**0818 065000**

[vacanthomes@tipperarycoco.ie](mailto:vacanthomes@tipperarycoco.ie)

<https://www.tipperarycoco.ie/housing/repair-and-leasing-scheme>

Local authorities may provide financial support to property owners to repair vacant properties. The property is repaired and leased to the local authority at a reduced cost.

### **Tenant Incremental Purchase Scheme**

**0818 065000**

<https://www.tipperarycoco.ie/housing/tenant-incremental-purchase-scheme>

Local authorities may sell a social house to the tenant living in the house.

### **Mortgage Arrears Support**

**076 1064200**

[www.backontrack.ie](http://www.backontrack.ie)

Insolvency Service of Ireland- Guidance. The Insolvency Service of Ireland (ISI) is an independent government body offering 4 debt solutions for all levels of debt. It has a regulated network of professionals that can arrange for debts to be restructured and/or written off. Thousands of people in Ireland have availed of the ISI's solutions; however, many people are still unaware of the ISI and are living with problem debt. All of the debt solutions overseen by the ISI are designed to get a person back on track financially and at the end of the process the person will be solvent again and can start planning their future.

### **Minding Your Wellbeing Programme**

<https://www.tipperarycoco.ie/community/health-and-wellbeing-initiatives/minding-your-wellbeing-programme>

Brought to you by HSE Health and Wellbeing, this evidence-based programme provides a unique opportunity for people to learn more about mindfulness, gratitude, self-care and resilience.

### **Arts & Culture**

**0818 065000**

<https://www.tipperarycoco.ie/arts-and-culture>

The arts play an important role in society, contributing to the quality of life of communities, local economies, the expression of local identity and the vibrant cultural life of the county. The Tipperary Arts Office strives to broaden and deepen access to the arts and to further develop strategies for sustainable engagement, creating an environment where the arts will continue to thrive. The above link will bring you to all the grants and schemes available to both communities and artists.

### **Healthy Age Friendly Homes Programme**

**046 9097417**

[info@agefriendlyireland.ie](mailto:info@agefriendlyireland.ie)

<https://www.tipperarycoco.ie/community/healthy-age-friendly-homes-programme>

Age Friendly Ireland run a programme to support older people to continue to live independently in their own home or in a home more suited to their needs. A local coordinator, Aoife Dunphy, has been appointed by Tipperary County Council and Age Friendly Tipperary and the coordinators approach is to support older people to live in their own home with dignity and independence, for as long as possible. The local coordinator will carry out individual assessments and then work with the person to develop a plan to assist them in accessing services and supports available to make their home more suitable. The programme's ambition is to enable everyone to live longer healthier lives by keeping care close to home and expanding the range of health and social care services in the community.

Referrals or further enquiries regarding the programme can be made by phoning the Healthy Age Friendly Homes National Office

### **Housing Adaptation Grant for People with a Disability**

**0818 065000**

<https://www.tipperarycoco.ie/housing/housing-adaptation-grant-people-disability>

The Housing Adaptation Grant for People with a Disability is available to assist in the carrying out of works that are reasonably necessary for the purposes of rendering a house more suitable for the accommodation of a person with a disability who is a member of the household.

### **Mobility Aids Grant**

**0818 065000**

<https://www.tipperarycoco.ie/housing/mobility-aids-grant>

Local authorities may provide grants to those who own their own home to buy and install grab rails, level access showers, access ramps and stair lifts. The Mobility Aids Grant Scheme is available to fast track grant aid to cover a basic suite of works to address mobility problems, primarily, but not exclusively, associated with ageing.

<b>Housing Aid for Older People Grant</b>	<b>0818 065000</b>
<a href="https://www.tipperarycoco.ie/housing/housing-aid-older-people-grant">https://www.tipperarycoco.ie/housing/housing-aid-older-people-grant</a>	
The Scheme of Housing Aid for Older People is available to assist older people living in poor housing conditions to have necessary repairs or improvements carried out. The effective maximum grant under the scheme of Housing Aid for Older People is €8,000.	
<b>Tipperary Fire &amp; Rescue Service</b>	
<b>999 112</b>	
<a href="https://www.facebook.com/TipperaryFireandRescue">https://www.facebook.com/TipperaryFireandRescue</a>	
Tipperary Fire & Rescue Service maintains round the clock emergency cover to protect life and property.	
Office Opening Times: 9.30 a.m. - 4.30 p.m. Monday to Friday	
<b>Local Enterprise Office (LEO)</b>	<b>052 6166200</b>
<a href="http://www.localenterprise.ie/tipperary">http://www.localenterprise.ie/tipperary</a>	
The LEO will serve as a first stop shop to provide support and services to start, grow and develop micro business in the area. The LEO will become the first-stop-shop through which all information in relation to State supports for small and micro businesses can be accessed.	
<b>Tipperary County Council Services (Planning, Roads and Transport, and other)</b>	
For other Tipperary County Council Services please contact customer care at:	
<b>+353 (0)818 06 5000</b> Monday to Friday from 9.30 a.m. - 4.30 p.m.	

# Helplines



Tipperary Town Garda Station	062 80670
Tipperary Town Fire Station	999 / 112
Samaritans Ireland: Listening service	116 123
Pieta House 24 hrs Crisis Helpline: Depression support	1800 247247
Aware: Depression support	1800 80 48 48
St. Vincent's Tipperary Town Mental Health Service	062 82132
Carraig Or Mental Health Service Cashel	062 70460
Rape Crisis Centre Clonmel	052 6127677
South Tipp General Hospital	052 6177000
Adapt House: Domestic abuse services	061 412354
Childline: Support line for children	0800 1111
Al-Anon: (Alcoholics Anonymous) Alcohol abuse	01 8732699
BodyWhys Eating Disorder Association: Body image	1890 200 444
Spunout: Depression support	50808
Brothers of Charity South East: Disability support	052 6170554
Mid Tipperary Drugs Initiative: Drug abuse	087 6188075
Aiseiri: Drug abuse	052 7441166
HSE Substance Misuse Service: Drug abuse	052 6177900
Gambling Therapy & Support Service	052 9157992
Barnardos: Mental health services	052 6170665
Cahir Stop Smoking Service	087 7526429
C-SAW Tipperary: Suicidal thoughts	052 6172477
Living with Loss - Irish Hospice Foundation: Bereavement Support Line	1800 807077
One Family: Parenting advice for people parenting alone	0818 662212

# Summary



## CRECHES / PLAYSCHOOLS

Daisychain – Knockanrawley	062 52688 <a href="https://knockanrawley.ie">https://knockanrawley.ie</a>
Canon Hayes Childcare	062 52022 <a href="https://canonhayesrecreationcentre.ie">https://canonhayesrecreationcentre.ie</a>
Little Orchard Pre School and After School	087 2898215
Naíonra Lus na Gréine	062 31240
Difficulty finding placement	<a href="https://www.ncs.gov.ie/en-childcare-search">https://www.ncs.gov.ie/en-childcare-search</a>

## SCHOOLS

The Monastery Boys Primary School	062 52656 <a href="https://themonasteryschool.ie">https://themonasteryschool.ie</a>
St. Michael's Girls National School	062 33527 <a href="http://www.stmichaelsgirlsns.ie">http://www.stmichaelsgirlsns.ie</a>
St. Michael's Junior Boys School	062 51913 <a href="https://www.stmichaelsjbs.ie">https://www.stmichaelsjbs.ie</a>
Gaelscoil Thiobraid Arann	062 31240 <a href="https://www.gsthiobraida.ie">https://www.gsthiobraida.ie</a>
St. Joseph's Girls Primary School	086 7855932 <a href="https://stjosephstipp.edublogs.org">https://stjosephstipp.edublogs.org</a>
St. Ailbe's Secondary School	062 51905 <a href="https://www.stailbes.ie">https://www.stailbes.ie</a>
St. Anne's Secondary School	062 51747 <a href="https://stannesschool.ie">https://stannesschool.ie</a>
The Abbey Secondary School	062 52299 <a href="https://abbeyschool.ie">https://abbeyschool.ie</a>
Youthreach	062 75225 / 087 7554774

## FURTHER EDUCATION AND TRAINING

Tipperary ETB	<a href="https://tipperary.etb.ie">https://tipperary.etb.ie</a> 052 6191424
Tipperary FET College (Community Services Centre)	085 8789945
Tipperary FET College (Construction Skills Training Centre)	05261 91433
Adult Guidance & Information Service	067 32282 / 05261 91424
Tipperary ETB Adult Literacy Service	05261 91424

## HEALTH AND WELLBEING

Primary Care Centre	062 87266 <a href="https://www.tipperaryprimarycare.ie">https://www.tipperaryprimarycare.ie</a>
Substance Misuse Service South Tipperary	05261 77900
HSE Adult Mental Health Service	062 82124
Child and Adolescent Mental Health Service (CAMHS)	05261 77436
Cuan Croi Day Centre	062 82123
Mount Sion Hostel	062 52199
Psychiatry of Later Life	052 6177491
Public Health Nurses	<ul style="list-style-type: none"><li>▪ Bansha 062 87212</li><li>▪ Cappawhite 062 87207</li><li>▪ Dundrum 062 87208</li><li>▪ Emly 06287211</li><li>▪ Tipperary Town East Urban 062 87248</li><li>▪ Tipperary Town west Urban 062 87209</li><li>▪ Tipperary 062 87210</li></ul>
HSE STI services Waterford	051 842646
HSE STI services Nenagh	061 482382
SH24 STI services	<a href="https://sh24.ie">https://sh24.ie</a>
St. Vincent's Day Care Centre	062 82105
Cluain Arainn Welfare Home	062 52186
Cluain Arainn Community Nursing Unit	062 52186
Chronic Disease Management (CDM) Programme	051 603962/051 603969 /051 603967
Gold Star Disability services	087 6296461
Mental health services and supports	1800 111 888 <a href="https://www.light-it-up.ie">https://www.light-it-up.ie</a>
Samaritans	116 123 <a href="http://www.samaritans.ie">www.samaritans.ie</a>
Text 50808	Text HELLO to 50808 <a href="http://www.text50808.ie">www.text50808.ie</a>
Aware	1800 80 48 48 <a href="http://www.aware.ie">www.aware.ie</a>
Pieta	1800 247 247 <a href="http://www.pieta.ie">www.pieta.ie</a>
Turn2Me	<a href="http://www.turn2me.ie">www.turn2me.ie</a>
Bodywhys	01 2107906 <a href="http://www.bodywhys.ie">www.bodywhys.ie</a>
LGBT Ireland	1800 929539 <a href="http://www.lgbt.ie">www.lgbt.ie</a>
Practitioner Health	085 7601274 <a href="https://practitionerhealth.ie/">https://practitionerhealth.ie/</a>

ADHD Ireland	<a href="http://www.adhdireland.ie">www.adhdireland.ie</a>
MyMind	<a href="http://www.mymind.org">www.mymind.org</a>
National Counselling Service	<a href="https://www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service">https://www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service</a>
SilverCloud Health Online CBT	<a href="https://www.silvercloudhealth.com/ie/hse-digital-mental-health">https://www.silvercloudhealth.com/ie/hse-digital-mental-health</a>
Helplink online counselling	<a href="http://www.helplink.ie">www.helplink.ie</a>
Exchange House Ireland National Traveller Mental Health Service	<a href="http://www.exchangehouse.ie">www.exchangehouse.ie</a>
Traveller Counselling Service	<a href="http://www.travellercounselling.ie">www.travellercounselling.ie</a>
Connect Counselling	1800 477477 <a href="http://www.connectcounselling.ie">www.connectcounselling.ie</a>
Minding Creative Minds	1800 814244 <a href="http://www.mindingcreativeminds.ie">www.mindingcreativeminds.ie</a>
Civil Registration Service Tipperary Town	062 87236
Shine	<a href="http://www.shine.ie">www.shine.ie</a>
Grow Mental Health	0818 474 474
HSE Social Prescribing Service	<a href="http://www.allirelandsocialprescribing.ie">www.allirelandsocialprescribing.ie</a>
Jigsaw	0504 60023 <a href="http://www.jigsaw.ie">www.jigsaw.ie</a>
Childline	Text 50101, 1800 666 666 <a href="http://www.childline.ie">www.childline.ie</a>
BeLonG To Youth Services	01 6706223
Minding Your Wellbeing Programme	<a href="https://www.tipperarycoco.ie/community-health-and-wellbeing-initiatives/minding-yourwellbeing-programme">https://www.tipperarycoco.ie/community-health-and-wellbeing-initiatives/minding-yourwellbeing-programme</a>
Spunout	Free-text SPUNOUT to 50808 <a href="https://spunout.ie">https://spunout.ie</a>
Barnardos	<a href="http://www.barnardos.ie">www.barnardos.ie</a>
CARI	0818 924567
ALONE	0818 222 024 <a href="https://alone.ie">https://alone.ie</a>
The Alzheimer Society of Ireland	1800 341 341
Seniorline	1800 804591 <a href="https://www.thirdageireland.ie">https://www.thirdageireland.ie</a>
Age Friendly Ireland	046 9097000 <a href="https://agefriendlyireland.ie">https://agefriendlyireland.ie</a>
Minding Your Mental Health	<a href="https://translateireland.ie">https://translateireland.ie</a>
Stress Control	<a href="http://www.stresscontrol.ie">www.stresscontrol.ie</a>

Suicide or Survive	1890577577 <a href="https://suicideorsurvive.ie">https://suicideorsurvive.ie</a>
Mental health issues	<a href="https://www2.hse.ie/mental-health/issues">https://www2.hse.ie/mental-health/issues</a>
<b>GPS AND DENTISTS</b>	
Primary Care Centre	062 87266 <a href="https://www.tipperaryprimarycare.ie">https://www.tipperaryprimarycare.ie</a>
Kyle Court Clinic	062 51687
Medicentre	062 52655
Care Doc	0818 300 365, 059 913 8100 <a href="https://www.caredoc.ie">https://www.caredoc.ie</a>
The Dental and Orthodontic Centre	062 52566
Dr. Siobhan Stapleton	062 82544
Arramore Dental	062 80408
<b>PHARMACIES</b>	
Costigan's Pharmacy	062 31530
Kirby's Chemist	062 51142
StayWell Shane Kelly's Pharmacy	062 51125
McCauley Pharmacy	062 80296
Crosses's Pharmacy	062 51150 <a href="https://www.crossespharmacy.ie">https://www.crossespharmacy.ie</a>
Pure Pharmacy	062 31415
<b>COMMUNITY SERVICES</b>	
Irish Wheelchair Association	062 52744
Tipperary Comhairle na nÓg	pauline.strappe@youthworktipperary.ie
EcoVision	067 61031 <a href="https://ecovision.ie">https://ecovision.ie</a>
Tipperary Town Community Centre	062 51622
Youth Work Ireland Tipperary	062 52604 <a href="https://youthworktipperary.ie">https://youthworktipperary.ie</a>
Knockanrawley Resource Centre (KRC)	062 52688 <a href="https://knockanrawley.ie">https://knockanrawley.ie</a>
MooreHaven	062 52437 <a href="https://moorehaven.ie">https://moorehaven.ie</a>
Tipperary Traveller Project	062 31138
Family Carers Ireland	052 7447101 <a href="https://www.familycarers.ie">https://www.familycarers.ie</a>

Three Drives Family Resource Centre	062 80831 <a href="https://threerivesfrc.org">https://threerivesfrc.org</a>
South Tipperary Development Company	052 7442652 <a href="https://www.stdcc.ie">https://www.stdcc.ie</a>
St Vincent De Paul	061 317327
Circle Of Friends – Cancer Support Centre	062 33550 <a href="https://circleoffriendstipperary.ie">https://circleoffriendstipperary.ie</a>
Tipperary Volunteer Centre	062 64775 <a href="https://tipperaryvolunteercentre.ie">https://tipperaryvolunteercentre.ie</a>
Tipperary Town Lions Club	admin@tipperarytownlionsclub.ie
Cuan Saor women's refuge and outreach support services	1800576757 <a href="https://cuansaor.org">https://cuansaor.org</a>
Tipperary Tidy Towns Association	tidytownstipperary@gmail.com
Tipp Mid West Radio	062 52555 <a href="http://www.tippmidwestradio.com">www.tippmidwestradio.com</a>
The County Tipperary Ryan Youth Orchestra (CTRYO)	087 7612533 <a href="mailto:Infodannyryanmusic@gmail.com">Infodannyryanmusic@gmail.com</a>
The Ryan Academy of Music Tipperary	087 6618449 / 062 51128 <a href="http://Danny-Ryan-music-shop.myshopify.com">Danny-Ryan-music-shop.myshopify.com</a>
<b>TRANSPORT</b>	
Local Link Service	05261 66140 <a href="http://www.locallinktipperary.ie">www.locallinktipperary.ie</a>
Bus Éireann	0818 836 611 <a href="http://www.buseireann.ie">https://www.buseireann.ie</a>
Irish Rail	062 51406
NDLS (National Drivers Licence Service)	076 1087880
Aherlow Tours	087 7111777
J. Cotter Coach Hire	062 67147
<b>SPORTS, ARTS AND RECREATION</b>	
Tipperary Sports Partnership	05261 66201 <a href="http://www.tipperarysports.ie">http://www.tipperarysports.ie</a>
Creative Places	<a href="https://tipptownrevitalisation.ie/portfolio/creative-places-tipperary-town">https://tipptownrevitalisation.ie/portfolio/creative-places-tipperary-town</a>
Canon Hayes Recreation Centre	062 52022 <a href="https://canonhayesrecreationcentre.ie">https://canonhayesrecreationcentre.ie</a>
Tipperary Excel Centre	062 80520 <a href="https://www.tipperaryexcel.com">https://www.tipperaryexcel.com</a>
Arravale Rovers GAA	087 9484574
St. Michael's F.C	<a href="https://www.facebook.com/saintsfans.tipperary">https://www.facebook.com/saintsfans.tipperary</a>

Clanwilliam F.C	<a href="https://www.clanwilliamfc.ie">https://www.clanwilliamfc.ie</a>
Tipperary Racecourse	087 2781295 <a href="https://www.tipperaryraces.ie">https://www.tipperaryraces.ie</a>
Glen of Aherlow Caravan and Camping Park	062 56555
Galtee Walkers	087 9267948 <a href="https://galteewalkingclub.ie">https://galteewalkingclub.ie</a>
Rosanna Lawn Tennis Club	086 1238899
Dundrum Golf Club	062 71116 <a href="https://www.dundrumhousehotel.com/golf-course.html">https://www.dundrumhousehotel.com/golf-course.html</a>
Tipperary Golf Club	062 51119 <a href="https://www.tipperarygolfclub.com">https://www.tipperarygolfclub.com</a>
Ballykisteen Golf	062 32117 <a href="http://ballykisteen golfclub.com">http://ballykisteen golfclub.com</a>
Tipperary Hills Pitch and Putt Club	<a href="https://www.facebook.com/OfficialTipperaryHillsPitchAndPuttClub">https://www.facebook.com/OfficialTipperaryHillsPitchAndPuttClub</a>
Tipperary Town Boxing Club	<a href="https://www.facebook.com/TipperaryBoxingClub">https://www.facebook.com/TipperaryBoxingClub</a>
Tipperary Musical Society	087 7096956
Tipperary Pantomime Society	<a href="https://www.facebook.com/profile.php?id=100057616689655">https://www.facebook.com/profile.php?id=100057616689655</a>
Kickham Brass and Reed Band	085 1046959
<b>WELFARE, INFORMATION AND ADVICE</b>	
Social Welfare Branch Office, Tipperary Town	062 80230 <a href="http://www.gov.ie">www.gov.ie</a>
Social Welfare Community Welfare Officers	062 80230
Citizens Information	0818 076540 <a href="https://centres.citizensinformation.ie">https://centres.citizensinformation.ie</a>
Money Advice and Budgeting Service (MABS)	0818 072130 <a href="https://mabs.ie/offices/tipperary-mabs-south-tipperary">https://mabs.ie/offices/tipperary-mabs-south-tipperary</a>
Free Legal Advice Centre	0761 076540
Legal Aid	067 34181
National Advocacy Service	0818 073000
EmployAbility Service	067 37896
<b>FINANCIAL SERVICES</b>	
Tipperary Credit Union	1800 622262 <a href="https://www.tipperarycu.ie">https://www.tipperarycu.ie</a>
AIB Tipperary Town	062 51139

Bank of Ireland Tipperary Town	062 51160
<b>Accountants</b>	
FDC	062 51900
John Carew & Company Accountants	062 52311
Joseph B. Ryan Auditor & Accountants	062 51311
Martin J McHugh	062 52551
Michael Martin	062 52392
Mulcahy, O'Neill, Fitzgerald & Co	062 51042
<b>Insurance</b>	
Arachas Insurance	062 51481
Tom Fogarty Insurance Brokers	062 51116
Webster Insurance	062 52622 / 062 51299
O Murchu Insurances, Financial Services	062 52245
<b>Solicitors</b>	
Vincent McCormack, Solicitors	062 52899
Paul Kingston, Solicitors	062 52611
Kennedy Frewen O'Sullivan, Solicitors	062 51184
Kieran T. Flynn & Co Solicitors	062 51067 / 062 51275
John O'Donnell, Solicitor	062 51096
English Leahy Solicitors	062 52577
<b>OTHER STATUTORY SERVICES</b>	
Tipperary Town Garda Station	062 80670 <a href="http://www.garda.ie">www.garda.ie</a>
Tusla	05261 77302 <a href="http://www.tusla.ie">www.tusla.ie</a>
Tipperary County Council	+353 (0)818 06 5000
Tipperary Town Library	05261 66126
Social Housing Support	0818 065000
Choice Based Letting Scheme	0818 065000
Homelessness Information and Advice	0818 065000
Ukrainian Support Information	<a href="https://www.tipperarycoco.ie/community/migrant-integration-forum-support/ukrainian-support-information">https://www.tipperarycoco.ie/ community/migrant-integration-forum- support/ukrainian-support-information</a>
Housing Assistance Payment (HAP)	0818 065000
Local Authority Home Loan	0818 065000

Repair and Leasing Scheme	0818 065000
Tenant Incremental Purchase Scheme	0818 065000
Mortgage Arrears Support	076 1064200
Minding Your Wellbeing Programme	<a href="https://www.tipperarycoco.ie/community/health-and-wellbeing-initiatives/minding-yourwellbeing-programme">https://www.tipperarycoco.ie/community/health-and-wellbeing-initiatives/minding-yourwellbeing-programme</a>
Arts & Culture	0818 065000
Healthy Age Friendly Homes Programme	046 9097417
Housing Adaptation Grant for People with a Disability	0818 065000
Mobility Aids Grant	0818 065000
Housing Aid for Older People Grant	0818 065000
Local Enterprise Office (LEO)	05261 66200
Tipperary Fire & Rescue Service	999 112
Tipperary County Council Services (Planning, Roads and Transport, other)	0818 065000
<b>Helplines</b>	
Tipperary Town Garda Station	062 80670
Tipperary Town Fire Station	999 / 112
Samaritans Ireland: Listening service	116 123
Pieta House 24 hrs Crisis Helpline: Depression support	1800 247 247
Aware: Depression support	1800 80 48 48
St. Vincents Tipperary Town Mental Health Service	062 82132
Carraig Or Mental Health Service Cashel	062 70460
Rape Crisis Centre Clonmel	052 6127677
South Tipp General Hospital	052 6177000
Adapt House: Domestic abuse services	061 412 354
Childline: Support line for children	0800 1111
(Alcoholics Anonymous): Alcohol abuse	01 8732699
BodyWhys Eating Disorder Association	1890 200 444
Spunout: Depression support	50808
Brothers of Charity South East: Disability support	052 6170554
Mid Tipperary Drugs Initiative: Drug abuse	087 6188075
Aiseiri: Drug abuse	052 7441166
HSE Substance Misuse Service : Drug abuse	052 6177900

Gambling Therapy & Support Service	052 9157992
Barnardos: Mental health services	052 6170665
Cahir Stop Smoking Service	087 7526429
C-SAW Tipperary: Suicidal thoughts	052 6172477
Living with Loss - Irish Hospice Foundation:	1800 80 7077
One Family: Parenting advice for people parenting alone	0818 662212

# Save Energy, Save Money. Practical Tips for Every Home



Saving energy helps keep more money in your pocket while supporting the planet. With a few mindful changes, you can cut your bills by up to 10%—and make a positive impact. Discover simple ways to save energy today.

## Understanding Energy Guzzlers and How to Control Them

Certain appliances in the home are “energy guzzlers,” consuming a large amount of energy. Identifying these and using them more efficiently can cut costs and lower your energy use.

**Electric Shower:** Electric showers consume around 10kWh of energy per hour. At €0.25 per kWh, a 15-minute shower costs about €0.62. Shorter showers can save a lot of energy and money over time.

**Tumble Dryer:** An average dryer cycle costs around €1.03. Air drying instead of using the dryer, could make significant savings over a year.

**Dishwasher:** Running your dishwasher in Eco mode and only with a full load can save up to 30% in energy costs.

**Fridge/Freezer:** Keeping your fridge at 4°C and freezer at -18°C, along with sealing gaps, can reduce energy use.

**Washing Machine:** Lowering the wash temperature from 40°C to 30°C can save around 30-40% per wash in energy used.



**Quick Tip:** Appliances that heat or cool are often the biggest energy users. By using lower settings and running full loads, you can reduce their impact significantly.



## Low-Energy Cooking: Make Meals and Save on Energy Costs

Preparing meals can use a lot of energy. A standard oven and hob use around 2.5 kWh for one hour, costing approximately €0.63 per hour at €0.25 per kWh.

Here are some smart alternatives:

**Microwave:** Cooks in less time and uses about half the energy of an oven. Ideal for reheating, steaming, and cooking small portions

**Air Fryer:** Consumes about half the energy of a traditional oven and cooks food much faster.

**Slow Cooker:** Uses very little energy—great for soups, stews, and meals cooked in bulk. Cooking a meal takes time, but can save up to 60% of energy compared to oven cooking.

**Batch Cooking:** Make several meals at once to save both time and energy. Reheat portions as needed in the microwave or air fryer for quick, low-cost meals throughout the week.

## Beware of Energy Vampires!

Some appliances use energy even when they're switched "off" but still plugged in. These "energy vampires" can add up to 10% of your total energy use.

Common energy vampires include:

**Televisions, game consoles, and computers:** Unplug when not in use or use a smart power strip to turn everything off at once.

**Microwaves, coffee makers, and phone chargers:** These appliances consume energy even in standby mode, so switch them off at the plug.

**Wifi routers and digital boxes:** Consider switching these off overnight to save energy.

**Tip:** Using a power strip makes it easier to turn off multiple devices at once. Just remember: if you don't need it, unplug it!



## No or Low-Cost Tips to Save Energy Today

Simple changes can cut costs without much effort. Here are tips for various household tasks:

Washing and Drying Clothes			
Temperature	Spin Cycles	Air Drying	Dryer Maintenance
Most clothes wash well at 30°C, which saves energy and is gentler on fabrics.	A fast spin cycle on the washing machine reduces moisture, cutting down drying time.	Hang clothes to dry whenever possible. Tumble dryers are among the most energy-intensive appliances.	Clean the lint filter regularly; a clean filter improves dryer efficiency.

### Kitchen Tips

**Kettle:** Boil only the water you need and consider filling a flask instead of reboiling throughout the day.

**Fridge/Freezer:** Keep the temperature optimal (4°C for the fridge, -18°C for the freezer) and avoid leaving the door open.

**Batch Cooking:** Cook multiple meals at once and use the microwave or air fryer to reheat. This saves both time and energy.

## Keeping Warm While Saving Energy

Heating is one of the largest household energy expenses. Here are ways to stay warm without high bills:

**Draught-Proofing:** Seal gaps around doors, windows, and letterboxes to reduce draughts. A simple draught excluder at the base of doors can work wonders.

**Temperature Control:** Keeping main living areas at 19°C and bedrooms at 16°C will keep your heating bills low.

**Radiator Efficiency:** Make sure radiators aren't blocked by furniture. Bleed them regularly for optimal performance.

**Sunlight:** During the day, open curtains to let in natural heat from the sun. At night, close them to retain warmth.

## Small Investments with Big Impact

Small investments can lead to big savings:

**Water-Heater Jackets:** Insulating your water heater and pipes reduces heat loss, so your water stays hotter for longer.

**Thermostatic Radiator Valves:** These valves let you adjust the temperature in each room, so you're not heating rooms you're not using.

**LED Bulbs:** Each LED bulb may cost slightly more initially but saves around €5 annually in electricity and lasts up to 15 years.

## The Power of Habit: Tips for Everyday Savings

Changing daily habits can make a huge difference:

**Short Showers:** Keep showers to five minutes to save water and energy.

**No Overnight Charging:** Charge phones and laptops during the day instead of leaving them plugged in overnight.

**Only Run Full Loads:** Whether it's the dishwasher or washing machine, always run full loads to maximise energy efficiency.

**Read Your Meter:** Regularly submit your meter readings to avoid estimated bills and track your actual usage.

By following these steps, you'll see your energy bills decrease and enjoy a more comfortable, efficient home. Remember: each small change adds up to big savings!



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renpower

## Notes



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Design: mdesigns.ie



Comhairle Contae Thiobraid Árann  
Tipperary County Council



South Tipperary  
Development CLG



Rialtas na hÉireann  
Government of Ireland



Arna chomhchistíú ag  
an Aontas Eorpach  
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