



**TIPPERARY**  
Age Friendly

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



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



hi  
Healthy  
Ireland



Citizens  
Information



Comhairle Contae Thiobraid Árann  
Tipperary County Council



# Age Friendly Cities & Counties Programme

The Age Friendly Cities & Counties Programme in Ireland supports the development of communities where people, as they age, can continue to enjoy a good quality of life and continue to participate fully in their communities. The model is based on the World Health Organisation (WHO) Age Friendly Cities Framework and Guidelines which were developed in recognition of the challenges and opportunities that societies will face as they respond to an unprecedented growth in the number of older people living in our communities. It is our belief that the Age Friendly Programme can have a very considerable and positive impact on the life of people living in County Tipperary, in particular for those over the age of 65. Since 2014, Age Friendly Ireland has been supporting Tipperary County Council in the development of the Tipperary Age Friendly County Initiative.

## Age Friendly Ireland

The ageing of our population will represent one of the most significant demographic and societal developments that Ireland has ever encountered. The implications for public policy across areas as diverse as housing, health, urban and rural planning, transport, policing, the workplace and the business environment are considerable.

Led by the Age Friendly Ireland Programme, over the last eight years significant progress has been made across Ireland in adopting the global World Health Organisations Age Friendly Programme framework. To date 31 City & County programmes across 26 counties have established and are committed to embedding age friendliness through improved health & wellbeing, lifetime housing, accessible public & private services, timely and accessible transport and improved information & communication.

The National Programme is anchored in local government and delivered on a multi-sectoral basis both locally and nationally. The National Age Friendly Ireland Programme is hosted by Meath County Council and provides a centralised support service that provides technical guidance to the 31 local programmes. This supports the scaling up and mainstreaming of age friendly practices with a focus on demonstrating how best practice can influence national policy and enable Ireland to be ready and prepared for the change in our ageing demographic

## Tipperary Public Participation Network (PPN)

Tipperary Public Participation Network is the new framework through which community and voluntary organisations across Tipperary will connect with and have their say where it matters at local government level. Let your group or locality have a voice at county level, meet like minded representatives and get networking and information opportunities by joining the PPN.

The PPN is the means through which local groups and organisations will be consulted by the Local Authority on local and county matters, and the mechanism through which community representatives are elected to Local Authority committees and other bodies in Tipperary.

You can contact Tipperary PPN on 0504 61014 or 087 4567111, or by email on [ppntipperary@gmail.com](mailto:ppntipperary@gmail.com)

*\*The information contained in this Guide is as accurate as possible, but is not exhaustive at the time of going to print in September 2017. If you would like to make a submission regarding the information in this guide please contact: Email [agefriendly@tipperarycoco.ie](mailto:agefriendly@tipperarycoco.ie) or Post Community Development Section, Tipperary County Council, Ballingarrane House, Cahir Road, Clonmel or Phone 0761 06 5000*

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## ■ Citizens Information

County Tipperary is served by five Citizens Information Centres which are open full time in Roscrea, Nenagh, Thurles, Tipperary Town and Clonmel. The county also has 4 Outreach services in Templemore, Cashel, Cahir and Carrick-on-Suir. Citizens Information Centres provide free professional and confidential information on civil and social rights and entitlements.

### **Roscrea**

Rosemary Street  
Roscrea  
Phone: 0761 07 6480

### **Nenagh**

43 Pearse Street  
Nenagh  
Phone: 0761 07 6470

### **Thurles**

34/35 Croke Street  
Thurles  
Phone: 0761 07 6510

### **Tipperary Town**

Community Centre  
St. Michael Street  
Tipperary  
Phone: 0761 07 6540

### **Clonmel**

Market Place  
Clonmel  
Phone: 0761 07 6460

### **Roscrea (part-time)**

Rosemary Street  
Roscrea  
Phone: 0761 07 6480

## ■ Free Legal Advice

A Free Legal Advice service operates from Citizens Information Centres in Nenagh, Thurles, Tipperary Town and Clonmel. The service is available one evening per month. Please contact your local Citizens Information Centre for details of dates and times.

## ■ Guide to Entitlements

A useful and practical guide to services and rights for people aged sixty and over is published by the Citizen Information Board. This booklet is available through the Citizens Information Centres.

National Citizens Information Phone Service 0761 07 4000 (Monday to Friday 9.00am to 8.00pm) Web address: [www.citizensinformation.ie](http://www.citizensinformation.ie)

## ■ Money Advice & Budgeting (MABS)

The Money Advice and Budgeting Service is the State's money advice service, guiding people through dealing with debt and helping them to manage their money. Their Helpline is open Monday to Friday, 9.00am to 8.00pm (0761 07 2000) if you would like to have a chat.

### **Nenagh**

31 Pearse Street  
Nenagh  
Phone: 0761 07 2760

### **Thurles**

Friar Street  
Thurles  
Phone: 0761 07 2740

### **Tipperary Town**

19 Davis Street  
Tipperary  
Phone: 0761 07 2130

### **Clonmel**

5 Printers Lane  
Market Street  
Clonmel  
Phone: 0761 07 2750

### **Carrick-on-Suir**

Nano Nagle Community Resource Centre  
Greenside  
Carrick-on-Suir  
Phone: 0761 07 2810

## Making a Will

It is important to make a will to ensure that your wishes are carried out. It also makes it easier and less costly to administer your estate after your death. Professional advice is advisable, especially if your estate is large. There are a number of ways to access information on this.

- Your local Citizens Information Centre provides information on 'Making a Will'.
- The Irish Hospice Foundation launched a new booklet called "Think Ahead". This booklet encourages you to gather your thoughts about your financial and legal affairs. It gives you a chance to write down your personal wishes for future medical and personal care. Forms are available from your local Citizens Information Service and Pharmacies or can be downloaded at [www.thinkahead.ie](http://www.thinkahead.ie)
- Safeguard your finances in later life; log on to [www.keepcontrol.ie](http://www.keepcontrol.ie) to find out more.

### ■ Toilet Access

One of the main challenges of the physical environment identified by older people is access to toilets. Public toilets are available in Libraries, Courthouses, Museums and other public buildings for your use. Other private buildings, public houses, restaurants and coffee shops, which provide toilet facilities for their customers, will usually allow older people to use their facilities if approached.

### ■ Eircode

**Eircode** is the new Postcode that was introduced to Ireland in July 2015. The new Postcode is a mix of Letters and Numbers and will be seven characters in length. The **Eircode** Postcode is divided into two parts; a routing key and a unique identifier.

Eircode brings many benefits:

1. Makes it quicker and easier for medical emergency services to locate addresses.
2. Allows delivery and service companies to accurately identify addresses so deliveries get to the right location.
3. Makes it quicker and easier to shop online.
4. Helps to develop Irish businesses and facilitate better planning and delivery of public services.

Ensure that you keep your Eircode beside your phone or attached to your phone at all times.

### ■ MapAlerter — Text Alerts

Tipperary County Council is now offering its customers a FREE text alert system to advise of the following: Register for free at <https://www.mapalerter.com/councils/tipperary>

- Severe Weather Notifications
- Road Closures & Diversions
- Community Events & Initiatives
- Local Planning Activity
- Flood Potential Events

General Community Notices Alerts will only ever be issued for your local area. There are no costs to get the text messages and the system is designed to keep you better informed about activity across the county. You can also get your alerts using the free MapAlerter App. Search for "MapAlerter" on the App Store or Google Play.



# ENTITLEMENTS

## ■ Applying for a Pension

Application forms are available from your local Social Welfare Office, Post Office or Citizens Information Centre. Completed forms should be sent to the Department of Social Protection, Pension Services Office, College Rd, Sligo. Lo-Call 1890 500 000.

## ■ Collecting your Pension

You can have your pension paid into your bank account or you can collect it from the Post Office. If you have any difficulties at any stage getting to the Post Office (e.g. through illness, by reason of distance etc.) you can nominate someone to collect your pension on your behalf. Fill in an 'Agent Form', which is available at your local Citizens Information Office or Post Office. Return the form to Department of Social Protection, Pension Services Office, College Rd, Sligo.

- *The Post Office can only make payments to named and notified agents. The naming of an agent does not stop you from continuing to collect your own pension at any stage.*

## ■ Age 80 Allowance

Pensioners receiving an Irish social welfare pension automatically receive a €10 increase in the personal rate of their pension when they reach the age of 80. The increase is only paid to the main claimant of the pension and not to the Qualified Adult.

## ■ Supplementary Welfare from Department of Social Protection

The Supplementary Welfare Allowance Scheme consists of a basic payment, called **Supplementary Welfare Allowance**, and other financial supplements for certain expenses you may not be able to meet, including emergency situations. It is administered by the Department of Social Protection's representative (formerly known as the Community Welfare Officer) in your Social Protection Local Office. Some of the supplements available include:

- **Heating Supplement** to help with the cost of extra heating needs due to your age, medical condition or disability.
- **Exceptional Needs Payment** to meet once off essential costs for example special clothing for a person who has a serious illness.
- **Urgent Needs Payment** to pay for food or clothing in emergency situations such as following a fire or flood.

*More information is available from your local Citizens Information Centre or Department of Social Protection Offices.*

## ■ Housing Assistance Payment (HAP)

The Housing Assistance Payment (HAP) is a housing support administered by Local Authorities. HAP has replaced Rent Supplement for new applicants and existing Rent Supplement recipients will transfer to HAP over time.

In order to be eligible for HAP you must first apply to your Local Authority for Local Authority/Social Housing. Once approved by your Local Authority for housing support you can then apply for HAP.

HAP is a means tested support. The Local Authority pays the full amount of rent up to the rent limits for their area) to the landlord. Tenants pay their weekly rent contribution directly to their local Council. Tenants may need to pay a monthly “top-up” to their landlord if the rent is higher than the area rent limit.

For more information contact your local Citizens Information Centre or Tipperary County Council Housing Department (Tel: 0761 06 5000).

## ■ Free Schemes: Free Travel & Household Benefits for Over 70s

For information on Free Travel; Household Benefits Package (Electricity Allowance; Cash Electricity Allowance; Natural Gas Allowance; Cash Gas Allowance; Bottled Gas Refill Allowance; Free TV Licence) (Telephone Allowance has been discontinued since 01/01/2014) contact the Free Schemes Office, Lo-Call: 1890 500 000 or your local Citizens Information Centre.

## ■ Fuel Allowance

A Fuel Allowance is a payment to help with the cost of heating your home during the winter months. It is paid to people who are dependent on long-term social welfare and who are unable to provide for their own heating needs. Only one Fuel Allowance is paid per household. Payment is made on a weekly basis or in two lump sums in October and January. Contact your local Citizens Information Centre for full details.

## ■ Living Alone Allowance

The Living Alone Allowance is an additional payment of €9 made weekly if you are 66 years or over and live alone or mainly alone. You will also qualify if you are under 66, live alone and are getting Disability Allowance, Invalidity Pension, Incapacity Supplement or Blind Pension.

However, there are some exceptions to this rule. You must apply separately. Forms are available from your local Citizens Information Centre.

## ■ Widow's, Widower's or Surviving Partner's Pension

The Widow's, Widower's or Surviving Partner's Pension is a weekly payment made on death of spouse or civil partner. Eligibility is based on either PRSI contributions or a means test. You must not be cohabiting with another person. Contact your local Citizens Information Centre for full details.

## ■ Health Service Executive (HSE)

The HSE provides health and social services to everyone living in Ireland. Services are delivered to young and old, in hospitals, health facilities and in communities across the country. Services provided in the community include Public Health Nursing Service, Home Support Services, provision of Oxygen and Aids & Appliances. Please see additional services listed below for information

If you would like more information please contact the HSE information line from 8am to 8pm, Monday to Saturday. Callsave 1850 24 1850.

You can also contact the HSE at Community Services Western Road, Clonmel 052 61 77336 or 052 61 77335 and at Tyone Health Centre, Nenagh, 067 46400.

## ■ Primary Care Teams

Primary Care Teams are part of a Healthcare Network that provide shared services within a defined geographic area. For further details contact your local Health Centre. See page 34 for list of Health Centres.

A Primary Care Team is a team of Health Care Professionals responsible for organising and delivering primary health care for the local population. The aim of the primary care team is to provide high quality services that meet your needs and are easy to access. The Primary Care Team will provide services in a caring, courteous and professional manner.

The team is made up of GPs, Public Health Nurses, Physiotherapists, Occupational Therapists, Speech & Language Therapists, Home Help Coordinators and Primary Care Social Workers.

### ● Public Health Nurse (PHN) - Community Nursing Service

The Community Nursing Service is part of the wider Primary Care Team Services. It provides clinical Nursing services within a Health Centre setting or within the home.

Health Care delivery is based on the individual client's need and may include wound management, assessment and care planning for Home Care Support, clinical support post hospital discharge and advice in relation to other relevant Community Agencies. See page 34 for list of Health Centres.

### ● Occupational Therapy

These services are provided to people who through illness or disability are in need of support or change to their lifestyle. Occupational Therapists can advise on changes that may be needed in the home to support a person with special needs and on activities of daily living that will help a person to improve their level of independence. Occupational Therapists can also assess and advise on suitable mobility aids that may be required by a person. Referral to the Community Occupational Therapy Service can be done through your local Public Health Nurse or your GP or any member of your local Primary Care Team.

### ● Speech & Language Therapy

The Speech & Language Therapist works with adults who have difficulty in communication and swallowing. Referral is made through any healthcare professional you attend.

- **Physiotherapy**

The Physiotherapy service supports patients in the community to be as independently mobile and functionally safe as possible. Normal aging process can affect how we move and increase the likelihood of falls and injury. We may also develop problems and diseases that impact on our wellbeing and independence. The role of the physiotherapist working with the older population includes:

- Relieving symptoms like pain, stiffness, swelling and improving function
- Evaluation of mobility and provision of mobility aids
- Early identification of falls risk and appropriate treatment
- Advice on how to safely exercise
- Provision of specialised footwear and orthotics

Access to community physiotherapy service is usually through your GP and local primary care team. See page 34 for list of Health Centres.

- **Home Help (HSE)**

Home Help is a community based service that aims to provide support and assistance to older people to enable them to remain within their own homes for as long as possible. The Service is delivered by trained Home Helps, employed by the HSE, who provide mainly personal care to the client group. This service is a discretionary one, and services provided depend upon the resources available.

Referrals are accepted from G.P.s, Public Health Nurses, and family members. Self referrals are also accepted in North Tipperary. For more information please contact your local Home Help Office.

Nenagh :	067 46463	Thurles:	0504 22169	Clonmel:	052 6177277
Cahir/Clogheen:	062 70421	Tipperary Town:	062 70483	Carrick on Suir:	052 6177382

- **Home Help (Private)**

Private Home Help services are also available & provide a wide range of supports to maintain people at home. Clients are responsible for cost incurred for services provided through arrangements with Private Care Providers. Tax relief may be claimed in respect of these services.

- **Home Care Package (HSE)**

A Home Care Package is a service provided by the HSE to help an older person to be cared for in their own home. The service may be needed due to illness, disability or after a stay in hospital or following rehabilitation in a nursing home. A Home Care Package includes services and supports that are over and above the normal community services that the HSE provides directly or through a HSE funded service.

For more information please contact your local Public Health Nurse or Home Care Package Office. Nenagh : 067 46462/46440 or Clonmel : 052 618 7581.

## ■ Medical Card Scheme

The Medical Card Scheme entitles eligible people to a range of public health services free of charge. Medical Card eligibility is based on a means test. There are different guidelines for the means test depending on whether you are under or over 70 years of age. Medical card application forms can be obtained from your Local Health Centre. You can also download the form from [www.medicalcard.ie](http://www.medicalcard.ie) or Phone 1890 252 919 or your local Citizens Information Centre.

## ■ GP Visit Card for Over 70 's

Any person aged over 70 who lives or intends to live in the Republic of Ireland for at least one year is eligible for a GP visit card – over 70s. This is not means tested. GP visit card application forms can be obtained from your Local Health Centre. You can also download the form from [www.medicalcard.ie](http://www.medicalcard.ie) or Phone 1890 252 919 or your local Citizens Information Centre.

## ■ GP Out of Hours Service

**Shannodoc 1850 212999**

**Caredoc 1850 334 999**

These services provide you and your family with access to urgent family doctor services outside of normal surgery hours. Access to the services are by appointment only, by contacting the phone numbers above. Shannodoc and Caredoc are NOT Walk in Services. The services operate Monday to Friday 6.00pm – 8.00am and Saturday, Sunday & Public Holidays 8.00 am – 8.00 am (24 hours)

## ■ The Desmond Programme

DESMOND stands for Diabetes Education and Self-Management for Ongoing and Newly Diagnosed. It is a programme for people with Type 2 Diabetes, delivered over two half days to help clients self-manage and prevent complications by having up to date evidence based information and acquire skills to modify health related behaviours.

You can request a referral to the programme through your GP or any member of the Primary Care Team. The programme runs regularly in Nenagh, Thurles, Roscrea and Borrisokane.

The sessions are led by trained health professionals. Topics covered will include:

- Your Story (thoughts and feelings about diabetes )
- Professional Story - Diabetes and glucose
- Monitoring Diabetes - How and when to monitor
- Food Choices
- Risk Factors and Complications
- Physical Activity
- Diabetes Self- Management Plan

As well as getting up to date information, you will learn practical skills which may be helpful in managing your diabetes. An opportunity will be provided to discuss and answer all your questions in relation to diabetes. You will be able to meet and talk to others in the same situation. You are welcome to bring your partner, family member or friend. For further details please contact Borrisokane Primary Care Centre at 067 49000.

## ■ Day Centres for Older People

Day centres are places where older people come together locally to combat loneliness, to have a chat and take part in activities such as exercises, arts & crafts, painting, computers, play cards, bingo, listen to music and sometimes dance. Older people are warmly welcomed and are treated to a cup of tea/coffee, a snack and lunch.

### Day Centres in North Tipperary

Templemore Day Care	Bank St, Templemore	0504 31291
Golden Years Day Centre	St. Marys Health Centre, Parnell St, Thurles	0504 27654
Watermans Lodge	Ballina, Killaloe	061 374888
Aras Mhuire Day Care Centre	Ashe Rd, Nenagh	067 33177
Newport Day Care	Social Services, Church Rd, Newport,	061 378566
Borrisokane Day Care Centre	Convent Road, Borrisokane	067 27957
Roscrea Day Care Centre	Dean Maxwell Community Nursing Unit, Roscrea	0505 21572
CAMEO CARE Dementia Specific Day Care Centre	T.C.I.L. Stradavoher Retail Park, Thurles	0504 24236

### Day Centres in South Tipperary

St. Vincent's Day Care Centre	Tipperary Town	062 82105
Vee Valley Day Care Centre	Clogheen	052 7465477
Fethard Day Care Centre	Fethard	052 6132917/6131000
Cahir Day Care Centre	Cahir	052 7445480
Carrick Day Care Centre	Carrick on Suir	051 640 085
Clonmel Day Care Centre	Clonmel	052 6124882
Cashel Day Care Centre	Cashel	062 63288
Cappawhite Day Care Centre	Cappawhite	062 75071

## ■ Respite Care

Respite Care may involve providing alternative care for older People in order to provide the full time Carer with a break for holidays or other events. For more information contact your Public Health Nurse or G.P. Respite Care is provided in the following HSE facilities in Tipperary:

Community Hospital of the Assumption, Thurles	( 0504 ) 21055
St. Conlon 's Community Nursing Unit, Church Road, Nenagh	( 067 ) 31893
Dean Maxwell Community Nursing Unit, Roscrea.	( 0505 ) 21572
St. Patrick 's Hospital, Cashel	( 062 ) 61100
St. Brigid 's Hospital, Carrick on Suir	( 051 ) 640025
St. Theresa 's Hospital, Clogheen	( 052 ) 7465205
Watermans ' Lodge, Ballina, Killaloe	( 061 ) 374888
Cluain Arainn, Tipperary	( 062 ) 52186

## ■ Respite Care Grant (Carer's Support Grant)

Persons in receipt of Carer's Allowance, Carer's Benefit, and/or Prescribed Relative's Allowance automatically receive the Respite Care Grant from the Department of Social Protection. This is paid once a year usually on the first Thursday in June. For more information or to get an application form you can contact your local Social Welfare Office or your local Citizens Information Centre.

## ■ Nursing Homes Support Scheme - “Fair Deal”

The Nursing Home Support Scheme known as the ‘Fair Deal’ provides financial support to people who need long term nursing home care. Under this scheme, you will make a contribution towards the cost of your care and the State will pay the balance. This applies whether the approved nursing home is public, private or voluntary. The HSE administers the Fair Deal Scheme within the resources available. Prior written approval from the HSE is required before you can avail of State Funding for a nursing home place. Your Public Health Nurse can supply you with a list of nursing homes & application forms.

For more information on this Scheme or help with your application form please contact HSE Nursing Homes Support Offices at 061 461172 (North Tipperary) or 052 6177279 / 6177249 / 6177283 (South Tipperary)

## ■ Community Hospitals

Community hospitals offer a higher level of medical support compared to the average nursing home. Services such as respite care, convalescence, rehabilitation, palliative care and long term care are provided in Community Hospitals. See list below for contact details:

Hospital of the Assumption, Thurles 0504 21055

St. Patrick’s Hospital, Cashel 062 71100

St. Theresa’s Hospital, Clogheen 052 74 65205

Cluain Arainn, Tipperary 062 52186

St. Brigid’s, Carrick on Suir 051 640025

St. Anthony’s, Clonmel 052 6177480

## ■ Community Nursing Units

Community Nursing Units provide respite care, palliative care and long term care. Below is a list of the Community Nursing Units in County Tipperary:

Dean Maxwell Community Nursing Unit, Roscrea, Co. Tipperary: (0505) 21572

St. Conlon’s Community Nursing Unit, Church Road, Nenagh, Co. Tipperary (067) 31893

## ■ Mental Health Services in Co. Tipperary

Mental health problems are common and can range from a low period to more serious depression, to a small number of people who will experience very severe issues. If you feel persistently sad, have trouble sleeping or experience unexplained aches and pains, you should visit your GP for advice. If you are worried about yourself or someone you know, it is important to get help as soon as possible. There are a number of options:

- Contact your local GP or in the evening or night-time, contact Shannondoc or Caredoc.
- Go to the Emergency Department at your nearest hospital, University Hospital Limerick or South Tipperary General Hospital. Contact Emergency services on 999 or 112.
- Call the Samaritans, the 24 hour listening service, to talk to someone about what’s on your mind. Call: 116 123.
- Contact the HSE Mental Health services for South Tipperary on (052) 61 77000 or North Tipperary on (067) 46800 (Nenagh area) or (0504) 27617 (Thurles area).

**GROW** is a voluntary organisation that provides friendship and support for people with mental health problems and people who are at risk of mental health problems. They can be contacted on 1890 474 474. The website [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) contains advice on mental health.

**AWARE** provides information for many people: those include individuals who are experiencing depression, or related mood disorders; those who are concerned for a family member or friend; people who are seeking to learn more about the condition, and also those who may be wondering if depression could be a factor for them. Contact [info@aware.ie](mailto:info@aware.ie) Tel: 01 661 7211.

## ■ HSE Safeguarding & Protection Team — Elder Abuse Supports

Safeguarding adults is about protecting those at risk of harm from suffering abuse or neglect. Abuse can happen anywhere. It can happen at home, in a residential or nursing home, in a hospital, at work or in the street.

A vulnerable person is “an adult who may be restricted in capacity to guard him/her self against harm or exploitation or to report such harm or exploitation.” Restriction of capacity may arise as a result of physical or intellectual impairment.

### Recognise the signs of Elder Abuse

A wide range of people may abuse older people, including relatives and family members, professional staff, paid care workers, volunteers, other service users, neighbours, friends and associates. There are several forms of abuse, which may be carried out as the result of deliberate intent, negligence or ignorance. Below are some examples and indicators:

- **Psychological Abuse:** Feeling afraid in your living accommodation or experiencing feelings of hopelessness or helplessness because of the attitude/behaviour of others.
- **Neglect and Acts of Omission:** Includes ignoring medical or physical care needs, failure to provide access to appropriate health, social or educational services, the withholding of the necessities of life such as medication, adequate nutrition and/or heating. It also includes being left alone for long periods when you cannot move about easily and are experiencing significant discomfort even though it is brought to someone’s attention.
- **Financial Abuse:** Someone else has access to your accounts without your full permission and/or you feel pressured to allow someone else access to your accounts. Perhaps someone else makes decisions about your money without speaking with you and/or you feel you have lost all control over your money.
- **Physical Abuse:** Being treated roughly, which may or may not leave marks, bruises or broken bones. Includes slapping, hitting, pushing, kicking, misuse of medication, restraint or inappropriate sanctions.
- **Sexual Abuse:** Any sexual act to which you have not consented, or could not consent, or into which you are compelled to consent.
- **Discriminatory Abuse:** Includes ageism, racism, sexism, based on a person’s disability and other forms of harassment, slurs or similar treatment.
- **Institutional Abuse:** May occur within residential care and acute settings including nursing homes, acute hospitals and any other in-patient setting, and may involve poor standards of care, rigid routines and inadequate responses to complex needs.

If you are experiencing any of the feelings or effects outlined above, you may need to speak with your GP or Public Health Nurse. The HSE has a dedicated Safe Guarding & Protection Team. Contact: 056 778 4325 (South Tipperary) or 067 46470 / 46428 (North Tipperary)  
HSE Information Line: Monday to Saturday, 8.00am-8.00pm 1850 241850 Email: [info@hse.ie](mailto:info@hse.ie)

**See the Appendices at the back of the Guide for telephone numbers for all Agencies.**



## ■ Ascend — Domestic Abuse Service

Ascend provides support and information to women who have or are experiencing domestic abuse in their intimate relationships. Support is provided to women to make their own decisions about their relationships/lives by providing impartial information and outlining possible options. Options include: A Court Accompaniment Service, a Confidential listening and telephone information service and the creation of a Safety plan in consultation with you. We can meet you at a time and place of your choosing throughout North Tipperary.

Ascend, New Line, Roscrea, Co. Tipperary.

Phone: Office 0505 23379; Confidential Line 0505 23999 Coordinator 086 828 3399

## ■ Voluntary Groups

The Health Service Executive is responsible for grant aiding voluntary groups and for managing the Health Service Executive Lottery Funding. A range of voluntary agencies are partially funded through the HSE & provide a wide variety of activities for older people in the community.

See section on Support Groups for further reference.

## ■ Treatment Benefit Scheme

The Department of Social Protection provides limited dental, optical and aural services under the Treatment Benefit Scheme. This Scheme is available to insured workers and retired people who have the required number of PRSI contributions. Contact the Treatment Benefit Section on Lo-call: 1890 400 400 or contact your local Citizens Information Centre for more information.

## ■ Dental Treatment Services Scheme

This Scheme (DTSS) provides access to limited dental treatment for adult medical card holders (only) and does cover GP Visit Cardholders. This includes a free oral examination every calendar year and free emergency dental treatment to relieve pain.

## ■ Long Term Illness Scheme

If you have certain long-term illnesses or disabilities, you may apply to join the Long Term Illness Scheme and you will be supplied with a Long Term Illness book. This book allows you to get drugs, medicines, medical and surgical appliances directly related to the treatment of your illness free of charge. It does not depend on your income or other circumstances and is separate from the Medical Card Scheme and the GP Visit Card Scheme.

Long-Term Illness Application forms can be obtained from your Local Health Centre. You can download and print the form from [www.hse.ie](http://www.hse.ie) or Contact your local Citizens Information Centre for further information.

## ■ Chiropody Services

Chiropody services are provided by the HSE free of charge to Medical Card holders over sixty five. Application forms and information on services available can be obtained at your Local Health Centre or Citizens Information Centre.

## ■ Psychiatry of Later Life Team (HSE)

The Psychiatry of Later Life (PoLL) Multi-Disciplinary Team provides specialist mental health services to people over 65. They work in partnership with local GPs, acute hospitals and other local health care and social services.

The service model includes home/domiciliary assessments and treatment, Day Hospital, In-Patient admission, Continuing Care, Cognitive Assessment Service, Psychiatric Liaison Nurse Service and new referrals. A range of psychosocial interventions are provided including cognitive assessment, cognitive stimulation therapy, mood monitoring, anxiety management, medication management, family/carer interventions and psycho education.

The day hospital provides an alternative to in-patient admission and provides a programme of group and individual bio-psycho-social interventions. The Cognitive Assessment Service (memory clinic) is a nurse-led clinic that offers assessment, diagnosis and post-diagnostic support for all ages.

The PoLL teams also deliver the National Dementia Training programme to the acute hospitals and older peoples' care settings in Tipperary on an ongoing basis. Contact the Psychiatry of Later Life Team at the Rosehill, Glenconnor, Clonmel 052 6177491.

## ■ South Tipperary General Hospital Clonmel

South Tipperary General Hospital, Clonmel is a general and maternity Hospital, which forms an integral part of the Health Service Executive South East Region. The Hospital aims to deliver a patient-centred, quality-driven focused service and provides a wide range of diagnostic and support services for County Tipperary. Tel: 052 61 77000.

## ■ UL Hospital Nenagh

Nenagh Hospital is part of the UL Hospital group serving the county of North Tipperary and surrounding counties. The services provided at UL Hospital Nenagh are appropriate for a Model 2 Hospital and deliver non-complex care. Services include a wide range of Endoscopy and Day Surgery Procedures, an In-Patient Medical Ward, Medical Assessment Unit, Local Injuries Unit and Out-Patient Department. The hospital aims to deliver the best possible patient experience in a safe and clean environment. Tel: 067 31491

## ■ HIQA - Health Information & Quality Authority

HIQA's Older People's inspection team are legally responsible for the monitoring, inspection and registration of designated nursing homes in Ireland. If you have a concern about a health or social care service you or your family is receiving, you can let HIQA know:

- phone 021 240 9646
- email concerns@hiqa.ie
- post information to: Concerns About Services, Health Information and Quality Authority, George's Court, George's Lane, Smithfield, Dublin 7, Ireland.

## ■ Tipperary County Council Housing Department

Tipperary County Council's Housing Department provides confidential support services for older people and people with disabilities who are in need of housing or who need to improve the accessibility of their homes. For more information you can contact Tipperary County Council Tel: 0761 06 5000 or visit their website [www.tipperarycoco.ie](http://www.tipperarycoco.ie)

## ■ Housing Aids for Older People Grant Scheme

The Scheme of Housing Aids for Older People is available to assist older people living in unsuitable housing conditions to have necessary repairs or improvements carried out. The types of works grant-aided under the Scheme include re-roofing, re-wiring and the provision of central heating (where none exists). Applicants should be 66 years of age or over and should be living on their own or with a spouse or with another person 66 years of age or over. The level of grant aid available shall be determined on the basis of gross household income and the improved costs of the works as assessed by Tipperary County Council. The maximum grant available is €8,000. Contact Tipperary County Council on 0761 06 5000 for more information.

## ■ Housing Adaptation Grant for People with a Disability

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. The maximum grant available is €30,000. Contact Tipperary County Council on 0761 06 5000 for more information.

## ■ Mobility Aids Housing Grants Scheme

The Mobility Aids Housing Grants Scheme is available to cover works to address mobility problems, primarily, but not exclusively, associated with ageing. The works grant aided under the Scheme include: grab-rails, access ramps, level access shower, stair-lifts and other minor works deemed necessary to facilitate the mobility needs of a member of a household. The maximum grant is €6,000. The grant is available to households whose gross annual household income does not exceed €30,000. Contact Tipperary County Council on 0761 06 5000 for more information.

# HOME SERVICE SUPPORTS & MAINTENANCE

## ■ Better Energy Warmer Homes Scheme

This scheme aims to improve the energy efficiency and warmth of the homes of older and vulnerable people, built before 2006. It is operated by the Sustainable Energy Authority of Ireland (SEAI) and is available nationwide. The service involves the installation of standard energy efficiency measures appropriate to the eligible household subject to SEAI survey, budget allocation and available capacity. The service is provided at no cost to the household and the measures currently available under this scheme are: attic insulation, draught proofing, lagging jackets, energy-efficient bulbs, cavity wall insulation and energy advice.

For more information, call the Better Energy Warmer Homes helpdesk on: 1800 250 204

Contact your local Citizens Information Centre for further details.

## ■ Better Energy Homes Scheme

The Better Energy Homes Scheme provides grants to homeowners to improve energy efficiency in their homes. This scheme is different to that listed above as it provides grants to improve energy efficiency rather than installation. Grants are available for the following energy saving work:

- Roof insulation.
- Wall insulation - for example, cavity wall, internal dry lining or external insulation.
- Heating controls upgrade.
- Installation of a high-efficiency boiler (more than 90% efficiency) including a heating controls upgrade.
- A Building Energy Rating (BER) after the energy-saving work is carried out (you must get this BER to qualify for the grant).
- Solar heating.

For more information, contact Better Energy Homes Scheme on Lo-Call 1850 927 000  
You can also visit the Sustainable Energy Authority of Ireland's website [www.seai.ie](http://www.seai.ie) to find out more information on these schemes.

Contact your local Citizens Information Centre for further details.

# SAFETY & SECURITY

## ■ Emergencies

At some point in your life, you may need to call the emergency services such as fire, police, or medical personnel. By being prepared for calling the emergency services, you can get the help you need much more quickly which can often make a big difference. In Ireland we have two emergency numbers, **999** and **112**.

**112** also works in all EU countries and from any phone, free of charge. Remember when calling **112** (or **999**), 'stay calm, stay focused and stay on the line' and if possible give the **Eircode** of the house so that the emergency services can easily find you.

## ■ The Seniors Alert Scheme

The Seniors Alert Scheme is financed by Pobal and provides a grant for the supply of equipment and Personal Pendant Alarms. The pendant alarm is worn on the wrist or around the neck and when activated in cases of emergency, it provides immediate contact with the people you have chosen to be on your emergency list. This enables older people to continue to live securely in their own homes. The grant assistance is made available through community and voluntary groups registered with Pobal. See [www.pobal.ie](http://www.pobal.ie) Pobal Helpdesk: 01 5117222 Contact your local Citizens Information Centre for further information.

To be eligible you must be:

- Aged 65 or over and have limited means or resources.
- Living alone or with someone who also meets the eligibility criteria.
- Living in the area covered by the community group administering the grant support.
- Able to benefit from the equipment being supplied.
- Willing to maintain contact with the community group.

## ■ Garda Stations in County Tipperary

There are thirty seven ( 37 ) Garda stations that cover the County Tipperary area. The following are open 24 hours a day, seven days a week:

Thurles, Templemore, Nenagh, Roscrea, Clonmel, Carrick on Suir, Cahir, Cashel and Tipperary Town.

See page 32 for Garda Station telephone numbers.

## ■ Crime Prevention Officer

The role of the Crime Prevention Officer is to educate and advise on matters relating to crime prevention and reduction. The Crime Prevention Officer is available to give presentations to local groups, on crime prevention and will also conduct security reviews and audits, on invitation, of private and public premises and lands.

The Crime Prevention Officer is also available to give up to date information on all security devices registered with the Private Security Authority including Security Alarms, CCTV, and access systems. There is a dedicated crime prevention officer for Tipperary based at Thurles and he can be contacted at Thurles Garda Station 0504 25100.

## ■ Community Gardaí

The role of the local Community Garda is to liaise with the local community, organisations and services. Their role is to get to know the community. Community Gardaí not only enforce the law but they establish and support community crime prevention programmes and will promote / support initiatives such as Neighbourhood Watch, Community Alert, Garda ‘ Open Day ’ events & the Garda Schools Programme in both primary and secondary schools.

## ■ Know Your Patch

*Know Your Patch* is a Tipperary Community Policing initiative launched in April 2015. Local areas are assigned a dedicated Community Garda to each Community Area, Community Alert or Neighbourhood Watch group. They will assist communities in the establishment of New Community Alert / Neighbourhood Watch Groups, assist in the roll out of Text Alert, Garda Schools Programme, Community Initiatives such as “*Message in a Bottle*”, attend IFA meetings, launch Business Watch schemes and provide crime prevention advice and community support.

## ■ Neighbourhood Watch / Community Alert

Neighbourhood Watch ( Urban areas ) and Community Alert ( Rural Areas ) are crime prevention programmes aimed at getting local communities working in partnership with the Gardaí. They allow communities to become actively involved in combating anti-social behaviour and reduce the opportunity for crime and fear of crime. Particular emphasis is placed on protecting older / vulnerable persons, fostering community spirit and reporting suspicious activity.

If you are interested in establishing a Neighbourhood Watch or Community Alert Scheme contact your local Garda Station

## ■ Garda Text Alert

“Text Alert” is designed to facilitate immediate and cost effective communication from An Garda Síochána to the public. The emphasis of the initiative is on preventing crime through active partnerships with communities. Text Alert is run in cooperation with IFA, and Muintir na Tire and ensures a structured and consistent approach to crime prevention through existing Community Crime Prevention Programmes ( Neighbourhood Watch, Community Alert ) or IFA Branches.

Gardaí will provide a Text or email to each registered Community Contact and they in turn will forward the information by text or email to all members of their community group. Text Alert enables AGS to disseminate information to the community in a timely manner, creates a greater sense of safety within the community, fosters a greater working relationship and reduces Burglary and Theft Offences. Contact your local Garda Station for further information.

## ■ Theft Stop

Theft Stop is a farm theft prevention initiative. It provides you with a unique Security ID linked to your IFA membership number, to mark your machines and equipment.

This initiative has been developed in partnership with the Irish Framers Association (IFA) and allows *Theft Stop* to communicate with IFA members in the event of farm machinery theft. With *Theft Stop*, the marking of property is a major deterrent to thefts and assists in the identification of stolen items. See [www.theftstop.ie](http://www.theftstop.ie) or contact IFA on 067 32213 for more

## ■ Bogus Caller Cards

The cards were launched following an increase in the number of bogus callers and tradesmen calling to vulnerable people. Householders can ask any traders or workmen calling to homes requesting to carry out work to supply their details on the card. If there is any doubt as to the true legitimacy of the person, house-holders can contact their local Garda Station. The genuine caller will supply their details. If a caller is unknown to you “if in doubt keep them out”.

## ■ “Message in a Bottle” Initiative

The “Message in a Bottle” Initiative is free to all who need it and is aimed at older adults whose medical details are written on a page, placed inside the plastic bottle and kept in the fridge where the emergency services will find it. It will save the emergency services valuable time identifying someone in difficulty and will quickly provide his or her emergency contacts.

All First Responders i.e. the emergency services, HSE ambulance teams, Fire Brigade, and the Gardaí support the initiative. If called to an emergency, upon seeing the stickers, they will immediately collect the vital information from the fridge. Further details on this initiative available by contacting your local Garda Station.

## ■ Safety While Out and About

An Garda Síochána offer the following advice on their Crime Prevention leaflet for Older People while out and about ([www.garda.ie/documents](http://www.garda.ie/documents)):

- Avoid travelling alone, where possible. Go with family, friends or neighbours.
- If travelling by car, keep all doors locked.
- Be alert when parking and getting in/out of your vehicle.
- On public transport sit as close to the driver or exit as possible.
- Keep cash to the minimum.
- Carry only the credit/debit cards that you need.
- Keep wallets and purses out of sight.
- Hand or shoulder bags should be kept close to the body and not dangling by the strap.
- Do not put your handbag on the shopping trolley in the supermarket.
- If collecting your pension or cash in the Post Office or bank, put the money into your purse or wallet before you leave the building.

Try to avoid walking at night, if you must, it is advisable to have a companion, walk in well-lit streets and as close to the roadside as possible. In the event that you are threatened by physical force do not resist. Try to remain calm and, if possible, concentrate on getting a good description of the culprit.

## ■ Follow Tipperary Gardai on Facebook

The Tipperary Division Facebook page called *An Garda Síochána Tipperary* Launched in May 2017. It actively engages with all members of the community. Why not follow, like and share to keep up to date on topics relating to crime prevention, road traffic, and personal safety advice and keep up to date on Garda events in Tipperary.

## ■ Crime Prevention Advice

### Burglary Prevention Advice

Secure all doors and windows.

Light up your home, use timer switches when out.

Store keys safely and away from windows and letterboxes.

Record details of valuables and don't keep large accounts of cash at home.

Use your alarm, even when at home.

If you are away, cancel deliveries, have your post collected and cut your grass before you go away on holiday.

### Personal Safety

Be aware of your surroundings.

Avoid travelling alone, where possible.

Walk in well-lit streets.

Avoid dark, isolated areas.

Tell someone where you are going and when you expect to be home.

### Safer Shopping

Take extra care when using a cash point or chip and pin.

Don't let anyone see your pin number, never write down your pin number.

If you carry a handbag, keep your purse at the bottom.

Never keep your wallet in your back pocket.

Keep your handbag zipped at all times – crowded shopping areas are very popular with pickpockets.

Don't leave your handbag in the shopping trolley while you shop.

Thieves can target car parks; avoid leaving shopping bags in vehicles for prolonged periods.

## ■ Smoke Alarms

Smoke alarms are very important for early warning – smoke will not wake you up in fact it will make you sleep more deeply. Smoke alarms buy you time to allow you and your family to get safely out of the house. At least two smoke alarms should suit a standard two-storey dwelling. These should be located on the landing of each floor. Alarms must be positioned at the highest point and as close to the centre of the ceiling as possible. They should be tested weekly – by pressing the test button.

## ■ Community Smoke Alarms Scheme

As a minimum requirement it is essential that smoke alarms are fitted in the hall and landing of every home. It is the aim of Tipperary Fire & Rescue Service to increase the number of smoke alarms in homes across Tipperary to meet the minimum standard. We aim to provide and install smoke alarms to the most vulnerable. If you require a smoke alarm please inform a member of your community group/ organisation who can in turn contact the Fire Service on your behalf, a member of the fire service will then be in contact with you to arrange installation of your smoke alarm.

REMEMBER – Smoke, not heat or flame causes most fire deaths. It can take as little as three minutes to die from breathing smoke. Smoke alarms save lives.



## ■ Carbon Monoxide Detectors

A carbon monoxide detector or CO detector is a device that detects the presence of the carbon monoxide (CO) gas in order to prevent carbon monoxide poisoning. **CO** is a poisonous, colourless, tasteless and odourless gas given off by any appliance which burns a fossil fuel such as gas, coal or oil. It can enter your home if your appliance is faulty, or the room is not properly ventilated, or if the chimney or flue is blocked. They are readily available in any hardware store.

## ■ General Fire Safety In Your Home - Fire Prevention Key Points

1. Take extreme care when cooking chips / fried food. Never leave a chip-pan unattended.
2. Check electric blankets regularly for wear and tear / damage and ensure they are used according to instructions.
3. Use an effective spark guard on open fires especially before going to bed.
4. Do not leave newspapers, clothes or material too close to a fire or heaters.
5. Switch off and unplug all non-essential appliances when not in use.
6. Provide large, stable ashtrays in the event of smoking – a burning cigarette end can smoulder for hours before igniting and spreading.
7. Never smoke in bed.
8. Check all leads and plugs for fraying or burning and replace if necessary. Do not overload sockets.
9. Get a qualified electrical contractor to carry out installation and repairs to electrical appliances and fittings. Don't take chances.

### Last thing at night

- Ensure spark guards are in front of open fires.
- Switch off and unplug all electrical items. Do not leave the television or radio on standby.
- Plug out phone chargers.
- If your exit requires a key for opening, ensure the key is in the lock before going to bed.
- Ensure all escape routes are clear. Close all doors (especially from the kitchen and living room).

### Fire Prevention – What to look out for!

- Check your home room by room for fire dangers and correct them.
- Remember most fires in the home start in the living room and bedroom at night when we are sleeping.

### Summary:

- Identify risks around the home and eliminate hazards.
- Fit smoke alarms.
- Have fire extinguishers and/or fire blankets.
- Plan escape routes & practice fire drills. Remember the most important thing is prevention – prevent a fire happening in your home in the first place!

## SOCIAL & LEISURE ACTIVITIES

### ■ Senior Citizen Clubs

There are many social/friendship clubs and groups in County Tipperary such as, Senior Citizens Groups, Social Services Groups, Art Groups, Flower and Garden Clubs, Vintage Clubs, Womens Groups, Knitting, Sewing Clubs, Dancing Groups, Whist & Bridge Card Clubs, Choirs, etc which organise get-togethers, Bingo, Outings and Christmas Parties. Perhaps you might like to join one or more of these groups, meet people, discover and make friends who have similar interests as yourself? You will find contact details of many of these groups and clubs on the Community Pages for your area in the local newspapers i.e. Tipperary Star, Nationalist and Nenagh Guardian or on notice-boards in local shops and parish churches/offices.

### ■ Active Retirement Ireland

Active Retirement Associations in County Tipperary are all affiliated to Active Retirement Network Ireland. They were established to enable retired people of any age to enjoy a full and active life and to advocate for them.

At local level, Active Retirement Associations arrange social events, educational options and activities which encourage and support retired people to remain healthy and active. Many Active Retirement Association members are also involved with other local organisations, providing much needed volunteers in a variety of activities.

There are 22 Active Retirement groups in Co. Tipperary. If you would like to join an Active Retirement Club or you would like more information please contact the main office in Dublin on 01 873 3836 or visit the website [www.activeirl.ie](http://www.activeirl.ie)

### ■ Birdwatch Ireland

Birdwatch Ireland is the largest most active conservation organisation in Ireland, dedicated to conserving Ireland's birds, habitats and biodiversity. For information on events and meetings in County Tipperary please contact Jane Coman, Secretary of the Tipperary Branch of Birdwatch Ireland Telephone: 067 31741 or visit their website [www.tippbirds.weebly.com](http://www.tippbirds.weebly.com)  
Email: [janecoman@eircom.net](mailto:janecoman@eircom.net)

### ■ Swimming Pools & Leisure Centres

Local swimming pools are a great way to help develop a more physically active life and many provide classes for older people to enjoy.

Roscrea Leisure Centre	0505 23822	Tipperary ( Sean Treacy Memorial )	062 51806
Nenagh Leisure Centre	067 31788	Clonmel Swimming Pool	052 6121972
Thurles Leisure Centre	0504 58640		

## ■ Irish Country Women's Association (ICA)

The ICA is the largest women's association in Ireland with more than 10,000 members and over 500 guilds across the country. Tipperary ICA's activities include crafts, community work, cookery, art, computers, set dancing and more. Regular guild meetings provide fun, friendship and learning. If you are interested in joining or finding out more about the ICA in your area please contact: North Tipperary Guilds on 087 3116961  
South Tipperary Guilds on 086 8338126 or 052 74 66430

## ■ Training & Education (ETB)

Tipperary Education and Training Board (ETB) is the statutory provider of education and training for the county and offers a wide range of education and training courses throughout the County of Tipperary.

Information on all Training and Further Education courses can be found on: [www.tipperaryetb.ie](http://www.tipperaryetb.ie) and on [www.fetchcourses.ie](http://www.fetchcourses.ie) Phone: 067 46022 or 052 6134105

## ■ Tipperary Heritage Centres

County Tipperary Heritage Office promotes awareness and appreciation of our rich heritage and acts to protect and enhance it for future generations. Heritage Centres are located in Nenagh, Cashel and Carick-on-Suir. For information on upcoming events and meetings and to learn about the work of Heritage Centres, please contact the Heritage Officer at 0761 07 6500

## ■ Tipperary Civil Defence

Tipperary Civil Defence is a well trained, professional second line emergency responses service which provides back up and support to the principal responses agencies at times of emergency. Civil Defence also provides First Aid and Ambulance cover to numerous Community event.

Training is provided to volunteers in the following areas: Casualty Service (First Aid) Search & Rescue Skills, Welfare (catering) Communications and numerous other skills.

If you have free time and would be interested in learning new skills and giving to your Community contact Local Civil Defence Officers, Dolores Fahey 087 2435001 (Clonmel) or Anthony Graham 067 34543 (Nenagh) for recruitment details.

## ■ Hill Walking Radio Group

Hill Walking Radio Group is a voluntary organisation founded in 2010 to provide emergency radio communications for many of the outdoor events on the Galtee mountains and its environs for and on behalf of local Communities and Clubs. The group promotes a 'Get out Get active' policy. On average the Group is called out 6 times per year to provide two way radio support for various events in the community. The Group is seeking volunteers to assist with the provision of emergency radio support. Training will be given. Contact Denny O'Dwyer on 086 0888145.

## ■ Rosie Greys

Singing for fun, singing for health. The Rosie Greys are an inclusive group who meet up weekly for a sing song, singing for enjoyment, talent is not essential!

Contact: [agefriendlyroscrea@hotmail.com](mailto:agefriendlyroscrea@hotmail.com) or Phone 083 1133987 or 087 6921422

## ■ Tipperary Sports Partnership

Tipperary Sports Partnership ( TSP ) coordinates and supports the development of sport and physical activity in County Tipperary. The organisation aims to increase participation in sport and to deliver education and training programmes to increase capacity around sport within communities in Tipperary.

TSP's Go for Life initiative has two programmes: the Sports Participation Programme aims to promote sport participation among older people in the community; and Physical Activity Leaders ( PALs ) who organise physical activity for older people such as Sit-Fit activities, Better Balance, Going Strong and Rolling & Bowling. Contact 0761 06 5000 for more details.

**See Weekly Walking Groups at the back of the Guide on Appendices Page 37**

## ■ Libraries

Libraries offer free membership to all of the community with a fantastic range of books, DVDs, magazines, newspapers and CDs and a host of other materials for lending. Libraries have modern comfortable buildings with helpful and trained staff who will assist in a professional manner. Libraries provide free knitting clubs, book clubs, adult colouring and mindfulness sessions, Irish conversation classes, book launches and also local history and heritage talks. Computer classes are available in some libraries. All libraries offer free sessions on the internet for our "silver surfers". Please check your local library for details, contact and opening hours are available in **Appendices on Page 35 at the back of the Guide.**

## ■ Lions Club

Lions are men and women dedicated to serving those in need, whether in their own community or around the world. Membership of Lions Clubs provides people with the opportunity to meet and work with other individuals in a spirit of fellowship, striving toward the common goal of helping those in need.

There are Lions Clubs in Thurles, Nenagh, Templemore, Roscrea, Clonmel, Cashel, Tipperary Town and Carrick-on-Suir. See <http://www.lionsdistrict105i.com> for more information.

## ■ Rotary Club

Rotary Clubs unite people from all continents, cultures, and occupations to exchange ideas and take action in communities around the world. The collective leadership and expertise of 50,000 members in Great Britain & Ireland, and 1.2 million members worldwide, helps to tackle some of the world's biggest challenges, locally and globally.

There are Rotary Clubs in Thurles ( 0504 21799 ) and Clonmel ( 052 6121233 ).

## ■ Tipperary Bealtaine Festival

Celebrating creativity in older age, the Tipperary Bealtaine Festival is led by the Tipperary Arts Office and Tipperary Libraries. Bealtaine Festival encourages participation by older people in the arts and culture and presents a varied programme of arts events throughout the County during the month of May. Events take place in Arts Venues, Libraries, The County Museum, Day Care Centres, Community Halls, in Nursing Homes and with Active Retirement Groups and most events are free. Contact Tipperary County Council, your local library or your local arts venue for details.

## ■ Men's Sheds

The Irish Men's Shed Association works towards a future where all men have the opportunity to improve and maintain their health and well-being by participating in a community Men's Shed. A 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 and are a place to share skills and knowledge while maintaining or enhancing the well-being of the participants.

<b>Nenagh</b>	Pearse Roche	089 238 9248	pearseroche@hotmail.com
<b>Templemore</b>	Michael O'Brien	086-1014383	Mike@shorttsdrapery.ie
<b>Cahir</b>	Gerry Niland	087 1269804	gerryniland@gmail.com
<b>Borrisoleigh</b>	Derry O'Donnell	086 319 1673	borrisoleigh@menssheds.ie
<b>Tipperary</b>	Ruth Smith	087 411 3183	tw@eircom.net
<b>Cloughjordan</b>	Seamus Costello	087 995 2672	cloughjordan@menssheds.ie
<b>Clonmel</b>	Joe O'Sullivan	086 265 4577	clonmel@menssheds.ie
<b>Thurles</b>	Bill Ferncombe Tom Cullen	086 8806555 or 087 2232113	ferncombes@gmail.com
<b>Cashel</b>	Deirdre O'Connor	062 63622	cashel@menssheds.ie
<b>Glengoole</b>	Michael Nolan	087 642 9801	mcknolan@gmail.com
<b>Borrisokane</b>	P.J. Power	087 2317427	borrisokanemensshed@gmail.com

# TRANSPORT

## ■ Local Link

Local Link provides safe secure and reliable Public Transport services in local and rural areas of Tipperary. The service operates from rural areas to all the towns in Tipperary namely Clonmel, Cashel, Tipperary, Thurles, Nenagh, Roscrea and Templemore.

Open 9.00am to 5.00pm, Monday to Friday  
Scheduled services and door-to-door Demand Responsive services  
Free Travel Pass accepted.

Pre-book door-to-door services with Local Link Tipperary  
Email: [tipperary@locallink.ie](mailto:tipperary@locallink.ie) or [ttcu.info@tipperarycoco.ie](mailto:ttcu.info@tipperarycoco.ie)  
Telephone: 0761 06 6140  
Website: [www.locallinktipperary.ie](http://www.locallinktipperary.ie)

## ■ Train Stations in County Tipperary

Clonmel Station 01 8366222	Thurles Station 0504 21733
Limerick Junction Station 062 51824	Templemore Station 0504 31342
Nenagh Station 067 31232	Roscrea Station 0505 21823
Cahir Station 01 8366222	Tipperary Station 062 51206
Carrick-on-Suir Station 051 640044	Birdhill Station 061 379113
Cloughjordan Station 01 8366222	

## ■ Bus Services throughout Tipperary

JJ Kavanagh & Sons 0818 313 222	<a href="http://www.jjkavanagh.ie">www.jjkavanagh.ie</a>
Dublin Coach 01 465 9972	<a href="http://www.dublincoach.ie">www.dublincoach.ie</a>
Bus Eireann 1850 836 611	<a href="http://www.buseireann.ie">www.buseireann.ie</a>
M & A Coaches 056 8833454	<a href="http://www.mandacoaches.com">www.mandacoaches.com</a>
Shamrock Buses 0504 22266 or 056 8838833	<a href="http://www.shamrockbuses.com">www.shamrockbuses.com</a>
O 'Donoghue Bus & Coach Hire 052 64121809	<a href="http://www.clonmelcoachhire.com">www.clonmelcoachhire.com</a>

## ■ Free Travel Scheme

Everyone aged 66 and over living permanently in the State is entitled to the Free Travel Scheme. Some people under 66 also qualify. If you qualify for free travel, you are issued with a card that you must carry with you when using public transport. In some cases, a Free Travel Companion Card is available which allows another person to travel with the card holder (if they are unable to travel alone).

Free travel is available on all State public transport (bus, rail, and LUAS) with some exceptions and is also available on certain private bus and ferry services. You may also travel free of charge on certain cross-border services between Ireland and Northern Ireland.

Private bus transport operators that have opted in to the Free Travel Scheme accept free travel cards. You should contact the Department of Social Protection to check if your private bus operator accepts free travel cards. Contact your local Citizens Information Centre for more information.

## ■ Free Travel and Public Services Card

The Government has introduced a Public Services Card which will allow people to access a range of government services and payments. The Public Services Card will eventually replace the Free Travel Pass. If you are entitled to free travel, when you are issued with your new Public Services Card it will also be your Free Travel Card. The card will have FT printed in the top-left-hand corner of the card. You may also be entitled to Free Travel plus a companion. The card will have FT + C printed in the top-left hand corner of the card.

You must show your Public Services Card to the travel operator when you are using public transport.

If you are aged 66 or over and are getting a social welfare pension, the Free Travel Card will be issued automatically if you have registered for your Public Services Card. If you have not registered for a Public Services Card, you will be asked to register before your Free Travel Card is issued to you.

Contact your local Social Welfare Office for an appointment to get your new Public Services/Free Travel Card. **See list of offices on p. 32 at the back of the Guide.** You must attend in person in order to have your photograph taken. Bring Passport/Driving Licence as proof of identity and a current Utility Bill as proof of address.

## ■ All Ireland Free Travel Scheme

This scheme allows a Free Travel cardholder to travel free of charge on all bus and rail services within Northern Ireland. Free Travel cardholders wishing to avail of the All Ireland Free Travel scheme within Northern Ireland must first get a Senior Smart-Pass card. Application forms for the Senior Smart-Pass are available from your local Citizens Information Centre or your local Department of Social Protection Office.

For more information on any of these schemes or for help with application forms please contact the Free Travel Section of the Social Welfare Services Office in Sligo:

Tel: 071 915 7100                      Lo-call: 1890 500 000                      Website: [www.welfare.ie](http://www.welfare.ie)

You can also contact your local Citizens Information Centre for more information.

## ■ Disabled Person's Parking Permit

Disabled Person's Parking Permits or Cards ( also known as European Parking Cards or Disabled Parking Badge ) are available to people living in Ireland with certain disabilities and those who are registered blind, whether they are drivers or passengers. The parking card can be used by a disabled person in any vehicle in which he or she is travelling. This means that a disabled person who is being driven at different times by different people can bring the parking card with himself or herself and display it in the appropriate vehicle. The parking card is valid for 2 years from date of issue and costs €35.

Contact Disabled Drivers Association on (094 ) 936 4054 or Irish Wheelchair Association on ( 045 ) 893094/5

## ■ Tax Relief for Drivers & Passengers with Disabilities

Under the Disabled Drivers and Disabled Passengers Tax scheme qualified applicants can claim repayment of VRT and VAT ( on purchase price and adaptation price ) on vehicles. Qualified applicants may also be exempt from annual motor tax and road toll fees, and receive a fuel grant. To qualify, the person with a disability must hold a Primary Medical Certificate.

Contact your local Citizens Information Centre for further information.

## SUPPORT GROUPS

### ■ Alzheimer's Society

The Alzheimer's Society of Ireland works across the country in local communities providing dementia specific services and supports and advocates for the rights and needs of all people living with dementia and their carers. They also operate the Alzheimer National Helpline offering information and support to anyone affected by dementia on 1800 341341.

North Tipperary Branch: 3a Ormond Street, Summerhill, Nenagh, Co. Tipperary

Contact: 086 6099414/ 087 207 6841

South Tipperary Branch: Le Cairde, Glenconnor Road, Clonmel, Co. Tipperary

Contact: 052 6176775 087 049 0548

Respite Care: Waterman 's Lodge, Ballina/Killaloe, Co. Tipperary. 061 374888

### ■ Meals on Wheels

Meals on Wheels can organise delivery of a midday meal to your home if you are living alone or are incapacitated. There is a nominal cost per meal. Contact your Public Health Nurse for information on the areas in which this service operates.

### ■ St. Vincent de Paul (SVP)

The three pillars of the Society of St. Vincent De Paul (SVP) are the provision of support and friendship to those seeking assistance, encouraging self sufficiency and advocating for social justice. SVP is Member-led and offers direct, personal, confidential assistance that is non-judgemental and is based on an accurate assessment of the needs of the individual or family. In addition SVP provides a wide range of services through its local offices, shops, resource centres, social housing/hostels, day-care and holiday schemes.

South Tipperary 052 612 3878

North Tipperary Nenagh 087 950 1954 Thurles 086 387 4496

Roscrea 087 444 1835 Cloughjordan 087 266 1413

Templemore 0504 31244

SVP Mid West Regional Office provides additional information and takes requests for assistance by drop-in, phone and through the web. Contact SVP, Ozanam House, Hartstonge St., Limerick. Telephone 061 317327 ; Email: [info.midwest@svp.ie](mailto:info.midwest@svp.ie) or [www.svp.ie](http://www.svp.ie)

### ■ Tipperary Volunteering Information Service

Tipperary Volunteer Centre is a Company Limited by Guarantee a registered charity and affiliated to Volunteer Ireland the National Volunteer Development Agency. The Centre is tasked with promoting volunteerism across the county of Tipperary by assisting those wishing to volunteer find suitable volunteer opportunities and working with community based not for profit organisations to source suitable volunteers for their groups.

This free service can be accessed by visiting our main office on Chapel Lane in Cashel, by calling us on 062-64775 or by emailing [info@volunteertipperary.ie](mailto:info@volunteertipperary.ie). Check out our website [www.volunteertipperary.ie](http://www.volunteertipperary.ie) where you can register to volunteer, search for volunteer opportunities, register your organisation and much more.



## ■ Befriending Service

Having a chat and keeping in touch with your community becomes more important as time moves on. Services in North and South Tipperary consist of:

- Good Morning Call Service - A regular phone call which provides friendship and a caring listening ear.
- Visiting Service- a weekly visit at a pre arranged date and time (Roscrea service )

For further information contact:

Age Friendly Roscrea at: agefriendlyroscrea@hotmail.com or phone 083 1133987

Good Morning South Tipperary at: Tigh ne nDaoine, Newcastle, Clonmel or call 052 612 0974

## ■ Parkinson's Association

The Parkinson's Association of Ireland is a charity, based in Dublin with branches throughout the country. There is one branch in Tipperary with 3 support groups in Nenagh, Thurles & Clonmel. The aim of the group is to assist people with Parkinson's, their families and carers, health professionals and other interested people by offering support, a listening ear and information on any aspect of living with Parkinson's.

Nenagh Group	Thurles Group	Clonmel Group
The Pastoral Centre, Church Rd, Nenagh	Hospital of Assumption Thurles	Manilla Hotel Clonmel
Mondays, 2 pm & 4 pm	Monthly Information meetings	1st Tue of month, 10.30-12.30

Freephone Helpline 1800 359 359, from 9am -7pm Monday - Thursday, and 9am - 5pm Friday.

## ■ Support for Carers

Family Carers Ireland are the National Voluntary Organisation and a registered Charity representing Family Carers through out Ireland. Family Carers Ireland provides Home Respite, Information, Counselling, Support Groups and Advocate services to family Carers.

South Tipperary contact: Richie Molloy Family Carers Ireland, 8 Sarsfield Street, Clonmel.  
Tel: 052 6170455 E mail: rmolloy@familycarersireland.ie

North Tipperary Family Carers: c/o Unit 1, Georges Quay House, Georges Quay, Limerick.  
Tel: 061 310434 Email: roconnorkenny@familycarers.ie www.familycarers.ie

## ■ Age & Opportunity — Physical Activity & Sport ( PALS )

Age & Opportunity is a national organisation that inspire everyone to reach their full potential as they get older. The goal is to facilitate opportunities to engage in the arts, sports and physical activity, to learn and to be involved as active citizens. Contact 01 805 7733 for activities in Tipperary.

## ■ Fáilte Isteach

Fáilte Isteach is a community project which trains volunteers to welcome migrants through English conversation classes. In Tipperary, Fáilte Isteach classes are provided by Knockanrawley Resource Centre (KRC ) in Tipperary Town. If you wish to become a Fáilte Isteach volunteer or to avail of the English conversation classes, contact KRC on 062 52688.

## ■ Family Resource Centre (FRC )

FRC combats disadvantage and strengthens and empowers children, families and communities to achieve the Five National Outcomes in line with our National Strategic Framework. There are three Family Resource Centres in South Tipperary. Three Drives FRC, Tipperary Town; Spafield FRC, Cashel; and Millennium Family Resource Centre, Glengoole. There are no centres in North Tipperary. Only Millenium FRC works directly with older people.

Millennium Family Resource Centre, Glengoole, Thurles, County Tipperary. Funded by TUSLA. Phone: (052 ) 9157992 Fax: (052 ) 9157897 Web: [www.mfrc.ie](http://www.mfrc.ie) Email: [accounts@mfrc.ie](mailto:accounts@mfrc.ie) Services to older people include:

- Meals-on-Wheels two days a week
- Day service on Wednesday including meals and social activities
- Information and once off programmes: PHN, Warmer Homes, Keeping Safe etc.
- Annual Social Activities including Christmas Party, Summer outing and participating in the Cashel Town Age friendly project.

## ■ Arthritis Ireland

Arthritis Ireland is the country's only organisation working single-mindedly to transform the experience of the 1 in 5 people living with arthritis and those who care for them.

Every day, Arthritis Ireland works in communities across the country providing community-based education and adapted exercise programmes to help people effectively manage and control this devastating disease.

Arthritis Ireland actively drives grassroots advocacy so that the voice of people with arthritis is heard and understood and we work with the medical community to control and cure arthritis.

Contact our National Helpline on 1890 252 846 which is open 10 am-4 pm Monday to Friday.

## ■ National Council for the Blind Ireland (NCBI)

NCBI is the national sight loss organisation. NCBI provides practical and emotional support, rehabilitation service and other training designed to help people with sight loss to live independently. About 95% of people using NCBI services have some remaining vision while only 5% are completely blind.

The service is a community based service and the supports required for independent living are identified with the individual. Practical support can include the provision of magnifiers following a low vision assessment, assistive technology solutions, low vision aids, independent living skills training, orientation and mobility skills training and emotional support.

You can self-refer to NCBI on our web site [www.ncbi.ie](http://www.ncbi.ie) or you can make a telephone referral. If you wish to have further information, please contact the National Council of the Blind:

North Tipperary: NCBI Midwest, Parkview Court, Lord Edward St. Limerick 061 310818

South Tipperary: NCBI South East, 7 Ormonde Road, Kilkenny 056 7763530

## ■ Irish Wheelchair Association (IWA)

The Irish Wheelchair Association's vision is the achievement of full social, economic and educational inclusion and integration of people with disabilities as equal, independent and participative members of their communities and society. The IWA believe people have a right to freedom of choice, self-determination and to be respected as individuals, and dignity and control over how they live their lives.

Contact the Irish Wheelchair Association Tipperary branches at:  
Hannon House, Abbey St., Roscrea 0505 23229 or  
47 Main St., Tipperary Town 087 115 6708 or 062 52744.

## ■ Anam Cara

Provides support to families who are bereaved at the loss of a child regardless of their age or circumstances of death. Parent Evening meetings are held at the Horse & Jockey Hotel, Thurles on the Third Monday of the month between September and June, from 7.30pm to 9.00pm.

Phone: 01 404 5378 or (085 ) 2888 888.

## ■ Rainbows

Rainbows is a voluntary, free service for children who are affected by bereavement, separation or divorce. Rainbows is a 12 week programme usually run 6 weeks before and 6 weeks after Christmas, or during the school year. It is funded by TUSLA. Contact: 01 473 4175 or email [ask@rainbowsireland.ie](mailto:ask@rainbowsireland.ie)

In Tipperary, the Rainbows programme is run by:  
Clonmel Community Resource Centre, 052 612 9143  
Knockanrawley Resource Centre, Tipperary Town, 062 52688  
Nenagh Parish Centre, 067 37130  
Spafield Family Resource Centre, Cashel, 062 63622

## ORGANISATIONS FOR OLDER PEOPLE

### ■ Age Action Ireland

A charity which promotes positive ageing and better policies and services for older people across the country. Age Action provides services including Care and Repair, computer training and information, and also campaigns for older people at national level. For more information Tel: 01 475 6989 or visit their website: [www.ageaction.ie](http://www.ageaction.ie)

### ■ Age & Opportunity

A national organisation that inspires everyone to reach their full potential as they age. The organisation facilitates opportunities to engage in arts, cultural activities, sport and physical activity and to learn and be involved as active citizens. They work to provide opportunities to encourage people to live their longer lives to the full. They are continually finding new ways to engage, to motivate and to support people in this adventure.

For more information on activities in Tipperary Tel: 01 805 7709 or visit their website: [www.ageandopportunity.ie](http://www.ageandopportunity.ie)

### ■ Third Age

Third Age is a national voluntary organisation celebrating the third age in life when people may no longer be in paid employment, but remain healthy, fulfilled and continue to contribute to society. The organisation runs a Senior Help Line which is a confidential telephone listening service for older people provided by trained older volunteers for the price of a local call anywhere in Ireland 1800 80 45 91.

### ■ Sage

Sage, a part of Third Age, provides support and advocacy services to older people wherever ageing poses a challenge. The Sage service is being developed through a network of paid and voluntary workers all over the country in nursing homes, in the community and in hospital settings. Call our helpline today 1850 71 94 00

For more information Lo-Call 1850 440 444 or visit their website [www.thirdageireland.ie](http://www.thirdageireland.ie)

### ■ ALONE — Helping older people in need

ALONE work with older people who are socially isolated, homeless, living in poverty or crisis and support them to age at home.

ALONE provide direct support to hundreds of older people every week through four main services – Community Support, Befriending, Supportive Housing and Campaigns for Change.

ALONE do not duplicate services provided by other organisations, but work in partnership to ensure the best outcome for the older person in need. Every older person who contacts them for help receives a direct service from them or are referred on to an organisation who can provide them with the support they require.

Telephone: 01 679 1032

Email: [enquiries@alone.ie](mailto:enquiries@alone.ie)

Address: ALONE, Olympic House, Pleasants Street, Dublin 8

## ■ Falls Prevention

Falls for older people can lead to an increase in the risk of hospitalisation and a significant health decline. As well as physical injuries suffered, the psychological and social consequences of falling can have an equally huge impact. As you get older, a fall can result in broken bones, but also in loss of confidence, loss of mobility, depression, anxiety, isolation, loss of independence and fear of leaving your home. Many falls can be prevented, and by making small changes you can lower your chances of falling.

1. Keep active, exercise and wear loose, comfortable clothing and well fitted sturdy shoes.
2. Regular physical activity makes you stronger and improves your balance and coordination.
3. Start with walking. You can slowly increase the distance you walk.
4. Ask your GP to review your medicines as some medicines may make you feel faint.
5. Have your vision checked as your eyesight changes as you get older.
6. Arrange furniture so that you can easily move around all your rooms.
7. Keep the floors clear from papers and books that could cause a trip.
8. Remove rugs or use non-slip tape or backing so rugs will not slip.
9. Make sure wires or cords from lamps, telephones etc do not trail where you walk.
10. Do not leave shoes or books on steps of stairs.
11. Have a light switch fitted at the top and bottom of the stairs.
12. Install hand rails on both sides of the stairs, making sure they reach the top.
13. Fit grab rails next to your toilet, bath and shower.
14. Use non-slip mat in the bath or shower.
15. Keep items you use often in the kitchen within easy reach.
16. If you need to reach high shelves use a steady step rather than a chair.
17. Place a lamp close to your bed where it is easy to reach.
18. Make sure there is a light between your bedroom and the bathroom.
19. Have a phone extension fitted in your bedroom.
20. Wear a personal alarm.

## ■ Driving Licence

You are required to carry your driving licence with you at all times when driving. When your driving licence expires, you must renew it if you wish to continue driving. The Road Safety Authority now has responsibility for driver licensing and has set up a new National Driver Licence Service (NDLS). To apply for a driving licence, you have to visit one of the new NDLS centres. NDLS centres in Tipperary are located at Suite 5A, Second Floor, Powerstown House, Gurtnafleur Business Park, Clonmel & 10 Silver Street, Nenagh, or you can renew your licence at any NDLS centre nationwide. As part of the face-to-face application process, your photo and your signature is captured digitally. You must also provide (1) Evidence of your PPS Number, (2) Proof of Address (3) Photographic ID to confirm your identity e.g. valid Irish passport/passport card, Irish licence, current national identity card etc.

A new plastic-card driving licence has been introduced, replacing the paper driving licence. If you are older than 67 but under 70 years of age, you may apply for a 3-year licence. Once you are over the age of 70, you will need a Medical Certificate to drive which must be completed by your doctor to apply for a 3-year or a one-year licence. Medical Certificates must be submitted within one month from the date of signing by your doctor. Motorists over the age of 70 can get their driving licence renewed for free. A driving licence can be renewed three months in advance of the expiry date of your current licence.

# Garda Stations & Social Welfare Offices

## Garda Stations and Contact Numbers

There are thirty seven ( 37 ) Garda stations that cover the County Tipperary area. The following are open 24 hours a day, seven days a week:-

Thurles Garda Station	0504 25100
Templemore Garda Station	0504 32630
Nenagh Garda Station	067 50450
Roscrea Garda Station	0505 24230
Clonmel Garda Station	052 6177640
Carrick on Suir Garda Station	051 642040
Cahir Garda Station	052 7445630
Cashel Garda Station	062 75840
Tipperary Town Garda Station	062 80677

## Social Welfare Offices

Thurles Intreo Centre	Racecourse Road Thurles 0504 67100	Thurles and surrounding areas including Holy-cross, Ballynonty, Ballingarry, Urlingford, Templemore and Borrisoleigh
Nenagh Branch Office	Church View Nenagh 067 50902	Nenagh and surrounding areas including Toomevara, Cloughjordan, Borrisokane, Ballina, Silvermines, Rearcross and Templederry
Roscrea Branch Office	Limerick St Roscrea 0505 22 840	Roscrea and the surrounding area including Borris-In-Ossory, Shinrone, Moneygall, Dunkerrin, Clonakenny, Curraguneen, Knock, Cloughjordan
Clonmel Intreo Centre	Harbour House New Quay Clonmel 052 61 70220	Clonmel and surrounding areas including Fethard, Drangan, Mullinahone and Ballymacarbray
Cahir Branch Office	Market Yard The Square Cahir 052 744 5200	Cahir, Ardfinnan, Clogheen, Ballyporeen, Kilbehenny, Ballylooby, Newcastle, Kilbehenny, Araglen, Kilworth, Grange, Bansha, Golden, New Inn.
Carrick-on-Suir Branch Office	55 New St Carrick on Suir 051 601190	Carrick-on-Suir, Piltown, Windgap, Ninemilehouse, Rathgormack, Portlaw
Cashel Branch Office	Bohermore Cashel 062 64220	Cashel and surrounding areas including Ballinure, Clonoulty, Annacarty, Dundrum & Golden
Tipperary Branch Office	8 Church St Tipperary 062 80230	Tipperary Town and surrounding areas including Bansha, Aherlow, Galbally, Emly, Oola and Cappawhite

## Community Welfare Offices - Phone No.s & Times

Office Location	Address	Catchment Area	Contact De-tails	Times
Borrisokane	Health Centre Borrisokane.	Borrisokane, Cloughjordan, Lorrha & Rathcabbin	067 49013 / 067 49001	Thursday 10.00am - 11.00am
Borrisoleigh	Health Centre, Borrisoleigh.	Borrisoleigh	0504 51423	Wednesday 11.30am - 12.30pm
Cahir	Health Centre, Pearse St., Cahir.	Cahir Town, Ballyporeen, Clogheen, Burncourt, Ballylooby, Knockgraffon and Kilcoran	052 7441044 / 062 70480	Tuesday & Thursday 9.30am - 11.30am Appointment only on Friday
Carrick on Suir	DSP, 55 New Street, Carrick on Suir.	Carrick on Suir, Nine-mile-house and Grangemockler. Rathgormack & Clonea Power, Co. Waterford	051 640783	Tuesday, Wednesday & Thursday 10.00am – 12.00pm Appointment only on Friday 10.00am - 11.00
Cashel	Health Centre, Cashel.	Cashel, New Inn, Rosegreen, Outrath and Deerpark	062 70480	Wednesday 10.00am – 12.00pm
Clonmel	DSP, Harbour House, New Quay, Clonmel.	Clonmel, Newcastle, Ard-finnan, Clerihan, Lis-ronagh, Kilcash, Ballypatrick & Ballymacarbry, Co. Waterford	052 6191800 052 6191854	Monday to Wednesday 9.15am - 5.00pm Thursday 9.15am - 4.00pm Friday 9.15am - 4.00pm
Clonmel	DSP, Harbour House, New Quay, Clonmel.	South Tipperary Homeless Persons Unit	052 6191869	Monday to Wednesday 9.15am - 5.00pm Thursday 9.15am - 4.00pm Friday 9.15am - 4.30pm
Fethard	Health Centre, Fethard.	Fethard, Cloneen, Drangan and Killenaule	052 6131825	Wednesday 10.00am – 12.00pm
Mullinahone	Health Centre, Mullinahone.	Mullinahone and Ballingarry	052 9153572	Tuesday & Thursday 10.00am - 12.00pm Appointment only on Friday 10.00-11.00am
Nenagh	Civic Offices, Limerick Road, Nenagh.	Nenagh West, Portroe & Silvermines	067 46680	Wednesday & Thursday 10.00am - 11.00am
Nenagh	Civic Offices, Limerick Road, Nenagh.	Nenagh East, Templeberry, Kilcommon, Lorrha & Toomevara	067 46649	Tuesday 10.00am - 11.30am
Nenagh	Kenyon Street, Nenagh.	North Tipperary Homeless Unit	067 46504	Tuesday 10.30am - 11.00am
Newport	Health Centre, Newport.	Newport, Rearcross, Kilcommon, Ballina & Birdhill	061 378299	Tuesday 10.00am - 11.00am Friday 12.00pm - 1.00pm
Roscrea	Health Centre, Gaol Road, Roscrea.	Roscrea & surrounding area.	0505 22226	Tuesday & Thursday 10.00am - 12.00pm
Roscrea	Health Centre, Gaol Road, Roscrea.	North Tipperary Homeless Unit	0505 22226	Wednesday 10.00am - 10.30am
Templemore	Health Centre, Templemore.	Templemore, Loughmore & Clonmore	0504 32620	Tuesday 3.00pm - 4.00pm
Thurles	Intreo Centre, Racecourse Road, Thurles,	Thurles, Upperchurch, Moyne, Templeouhy & Holycross	0504 67144	Appointment only on Tuesday & Thursday 10.00am - 12.00pm
Thurles	Intreo Centre, Racecourse Road, Thurles,	North Tipperary Homeless Unit	0504 67142	Appointment only on Tuesday & Thursday 10.00am - 12.00pm
Tipperary Town	St.Vincent's Health Centre, Tipperary Town.	Tipperary, Emly, Bانشa, Rossadrehid, Kilfeacle, Ballykisteon, Monard, Limerick Junction, Lattin, Donohill, Rossmore & Golden	062 82102	Tuesday & Thursday 10.00am -11.30am Appointment only on Friday 10.30am - 11.00am

## Health Centres in County Tipperary

### North Tipperary

<b>Ballina</b>	Health Centre	061 376321
<b>Borrisokane</b>	Primary Care Centre	067 27672
<b>Borrisoleigh</b>	Health Centre	0504 51423
<b>Nenagh</b>	Primary Care Centre	067 46400
<b>Newport</b>	Health Centre	061 378299
<b>Roscrea</b>	Primary Care Centre	0505 21498
<b>Templemore</b>	Health Centre	0504 31561
<b>Thurles</b>	Health Centre	0504 23211

### South Tipperary

<b>Ardfinnan</b>	Health Centre ( PHN office only )	052 746 6134
<b>Ballingarry/ Mullinahone</b>	Health Centre ( PHN office only )	052 9154243/052 9153676
<b>Ballymacarbry</b>	Health Centre ( PHN office only )	052 613 6456
<b>Ballyporeen/ Clogheen</b>	Health Centre ( PHN office only )	052 7467487/052 7465631
<b>Ballysloe</b>	Health Centre ( PHN office only )	056 883 4341
<b>Cahir</b>	Health Centre ( PHN office only )	052 744 5602
<b>Carrick-on-Suir</b>	<b>Health Centre</b>	<b>051 645 263</b>
	Health Centre ( PHN office only )	051 645 191/ 051 645 713
		051 649 177
<b>Cashel</b>	<b>Primary Care Reception</b>	<b>062 61 022</b>
	Health Centre ( PHN office only )	062 70 568/062 70 475
<b>Clonea</b>	Health Centre ( PHN office only )	051 646 212
<b>Clonmel</b>	<b>Community Care Centre</b>	<b>052 617 7000</b>
	Health Centre ( PHN office only )	052 617 7223/052 617 7224
	Health Centre ( PHN office only )	052 618 7683/052 618 7682
<b>Fethard</b>	Health Centre ( PHN office only )	052 613 1251
<b>Killenaule</b>	Health Centre ( PHN office only )	052 915 5850
<b>Kilsheelan</b>	Health Centre ( PHN office only )	052 613 3541
<b>New Inn</b>	Health Centre ( PHN office only )	052 746 2146
<b>Tipperary Town</b>	<b>Primary Care Reception</b>	<b>062 87 266</b>
• <b>Bansha</b>	Health Centre ( PHN office only )	062 87 212
• <b>Cappawhite</b>	Health Centre ( PHN office only )	062 872 207
• <b>Dundrum</b>	Health Centre ( PHN office only )	062 87 208
• <b>Emly</b>	Health Centre ( PHN office only )	062 87 211
• <b>Tipperary</b>	Health Centre ( PHN office only )	062 87 248/062 87 210
		062 87 209

\*PHN office hours 0900-1030 hours only. Otherwise please leave a message with your name and contact details.



## Libraries in County Tipperary

Branch	Contact Name	Telephone	Opening Hours
<b>Borrisokane</b> Main Street, Borrisokane.	<b>Noirín Duggan</b>	(067) 27199	<b>Tue:</b> 10 am - 1 pm & 2 pm - 5.30 pm <b>Wed:</b> 10 am - 1 pm & 2 pm - 5.30 pm <b>Thur:</b> 10 am - 1 pm & 2 pm - 5.30 pm
<b>Cahir</b> The Square, Cahir.	<b>Anne Tuohy</b>	(052) 7442075	<b>Monday:</b> 1 pm - 5 pm <b>Tuesday:</b> 10 am - 1 pm & 2 pm - 5 pm <b>Thursday:</b> 1 pm - 5 pm <b>Friday:</b> 10 am - 1 pm & 2 pm - 4 pm <b>Saturday:</b> 10 am - 1 pm
<b>Carrick-on-Suir</b>	<b>Carol Delany</b>	(051) 640591	<b>Monday:</b> 10 am - 1 pm & 2 pm - 5.30 pm <b>Tuesday:</b> 10 am - 1 pm & 2 pm - 5.30 pm <b>Wednesday:</b> 12.30 pm - 5 pm & 6 pm - 8 pm <b>Thursday:</b> 10 am - 1 pm & 2 pm - 5.30 pm <b>Friday:</b> 10 am - 1 pm & 2 pm - 5 pm
<b>Cashel</b>	<b>Gemma Larkin</b>	(062) 63825	<b>Monday:</b> 9.30 a.m. - 5 p.m. <b>Tuesday:</b> 9.30 a.m. - 5 pm & 6pm - 8pm <b>Wednesday:</b> 9.30 a.m. - 5 p.m. <b>Thursday:</b> 9.30 a.m. - 5 p.m. <b>Friday:</b> 9.30 a.m. - 1 p.m. & 2 p.m. - 5 p.m. <b>Saturday:</b> 10 a.m. - 1 p.m. & 2 p.m. - 5 p.m.
<b>Clonmel</b> Emmett Street, Clonmel.	<b>Marie Boland</b>	(052) 6124545	<b>Monday:</b> 9.30am - 5.30pm <b>Tuesday:</b> 9.30am - 5.30pm <b>Wednesday:</b> 9.30am - 8 pm <b>Thursday:</b> 9.30am - 5.30pm <b>Friday:</b> 9.30am - 1pm & 2pm - 5pm <b>Saturday:</b> 10am - 1pm & 2pm-5pm
<b>Cloughjordan</b> Main Street, Cloughjordan.	<b>Marie Brady</b>		<b>Thursday:</b> 1 pm - 4 pm <b>Friday:</b> 4 pm - 7 pm <b>Saturday:</b> 2 pm - 4 pm
<b>Killenaule</b>	<b>Donie McGettigan</b>	(052) 9157906	<b>Wednesday:</b> 10 am - 1 pm & 2 pm - 5 pm
<b>Nenagh Library</b> O'Rahilly Street, Nenagh.	<b>Breffni Hannon</b>	(067)34404	<b>Monday:</b> 9.30 am - 5.30 pm <b>Tuesday:</b> 9.30 am - 8 pm <b>Wednesday:</b> 9.30 am - 5.30 pm <b>Thursday:</b> 9.30 am - 5.30 pm <b>Friday:</b> 9.30 am - 1 pm & 2 pm - 5 pm <b>Saturday:</b> 10 am - 1 pm & 2 pm - 5 pm
<b>Roscrea</b> Birr Road Townparks Roscrea.	<b>Áine Beausang</b>	(0505) 22032	<b>Monday:</b> 10 am - 1.30 pm & 2.30 pm - 5.30 pm <b>Tuesday:</b> 10 am - 1.30 pm & 2.30 pm - 5.30 pm <b>Wednesday:</b> 12.30 pm - 5 pm & 6 pm - 8 pm <b>Thursday:</b> 10 am - 1.30 pm & 2.30 pm - 5.30 pm <b>Friday:</b> 10 am - 1.30 pm & 2.30 pm - 5 pm
<b>Templemore</b> 1 Main St Templemore.	<b>Denis Kenny</b>	(0504) 32556	<b>Monday:</b> 10 am - 1 pm & 2 pm - 5.30 pm <b>Tuesday:</b> 10 am - 1 pm & 2 pm - 5.30 pm <b>Wednesday:</b> 10 am - 1 pm & 2 pm - 5.30 pm <b>Thursday:</b> 12.30 pm - 5 pm & 6 pm - 8 pm <b>Friday:</b> 10 am - 1 pm & 2 pm - 5 pm
<b>Thurles</b> Cathedral St Thurles.	<b>Gerry Flannery</b>	0761 06 6131	<b>Monday:</b> 9.30 a.m. - 1 p.m. & 2 p.m. - 5.30 p.m. <b>Tuesday:</b> 9.30 a.m. - 8 p.m. <b>Wednesday:</b> 9.30 a.m. - 5.30 p.m. <b>Thursday:</b> 9.30 a.m. - 5.30 p.m. <b>Friday:</b> 9.30 a.m. - 1 p.m. & 2 p.m. - 5 p.m. <b>Saturday:</b> 10 a.m. - 1 p.m. & 2 p.m. - 5 p.m.
<b>Tipperary</b> Davis St Tipperary.	<b>Nollaig Butler</b>	(062) 51761	<b>Monday:</b> 9.30 am - 1 pm. & 2 pm - 5 pm <b>Tuesday:</b> 9.30 am - 1 pm. & 2 pm - 5 pm <b>Wednesday:</b> Closed <b>Thursday:</b> 9.30 am - 1 pm & 2 pm - 5 pm <b>Friday:</b> 9.30 am - 1 pm & 2 pm - 5 pm

## Walking Groups in Tipperary

Borrisoleigh Bush and Briar Ramblers	Teresa Ryan	bushandbriarramblers@gmail.com 087 6409801	www.borrisoleigh.ie Facebook: Bush & Briar Ramblers
Cahir Meet & Train Group	Elaine Doyle	087 7700 560 doyleelaine51@gmail.com	weekly
Templemore, Early Birds	Clare Bohan	bohanclare@hotmail.com 0504 32333	5k approx walks
Siul Eile, South Tipperary	Liam Fleming	info@siuleile.com 087 2268651	3 walks a week
Dovea, Templemore	John Egan	johnegan@stdc.ie 087 0556465	
Ballina Killaloe	Alun Hoskins	pictureframingireland@gmail.com 083 3594497	Killaloe Ballina 6 week challenge
Galtee Walking Club	Danny O'Dwyer	086 0888145	Weekly
Nenagh Walking Club	Willie Keane	Aonacharsiul@gmail.com 086 8185131	Every 2nd Sunday & Tuesday Evenings
Carrick-on-Suir Sean Kellys SC	Barbara	seankellysc@gmail.com 051-640955	Saturday 12 o'clock
Ballina, Killaloe Strictly Steps	Mary McKeogh	Marygmckeogh34@gmail.com 087 6377186	Work And After
Roscrea	Cathal McNicholas	walkinireland@live.ie 086 3399193 0505 24845	Regular walks.
Ballina	Brian O'Brien	briano-brien1966@hotmail.com 087 6239310	daily
Moycarkey-Borris Walk &Talk	Patricia Loughnane	plough295@hotmail.com 087 1311305	
Mid Tipp Hillwalkers	Willie Fahey	087 2228062	Sunday walks and Friday in Summertime

# Support and Information Resources

## H.S.E. SERVICES:

Adult Counselling Service, experience of abuse in childhood. North Tipperary	1800 234 115
Adult Counselling Service, experience of abuse in childhood. South Tipperary	1800 234 118
Adult Safeguarding & Protection Services	067 46428
Child & Adolescent Mental Health Services (CAMHS) North Tipperary	067 46455
Child & Adolescent Mental Health Services (CAMHS) South Tipperary	052 617700
Community Alcohol & Drug Service - Clonmel	052 6177900
Community Alcohol & Drug Service - Nenagh	06746512
South Tipperary General Hospital	052 6177000
Nenagh General Hospital	067 31491
Drugs & Alcohol Help Line	1800 459 459

## CANCER SUPPORT

Suimhneas Cancer Care, Nenagh	087 123 6696	067 37403
Cancer CARE, Clonmel		052 6182667
Cancer Suir Haven, Thurles		0504 21197
Cancer Circle of Friends, Tipperary Town		087 3412600
Suir Dragon Paddlers—Cancer Survivors	suidragonpaddlers@gmail.com	

## DOMESTIC VIOLENCE SUPPORT SERVICES

ASCEND, North Tipperary	086 8283399
Cuan Saor Women's Refuge, Clonmel	1800 576 757
Rape Crisis Centre, Clonmel	1800 340 340

## LOCAL ORGANISATIONS:

ACCORD marriage	Thurles	0504 22279	Clonmel	052 61 24144
	Nenagh	065 6824297		
Barnardos Family Support Services:		National Callsave: 1850 222 300		0504 20018 052 6170 665
Family Carers Ireland		National Callsave: 1800 240 724		052 6170454
Simon Community (homeless)	South Tipperary	052 617 2742,	North Tipperary	061 608 980
Money Advice & Budgeting Service				0761 07 2000
St. Vincent De Paul	Regional Office			061 514 646
Diocese of Cashel & Emlly				0504 21512
Diocese of Waterford Lismore				051 874463

## MENTAL HEALTH SUPPORTS

GROW: Mental Health	1890 474 474
Mental Health Ireland	01 284 1166
C-SAW Suicide Awareness	052 617 2477

## YOUTH SERVICES

Foroige South Tipperary	086 029 9049
Foroige North Tipperary	086 882 4873
Youth Work Ireland—Tipperary HQ	0504 23426

## LEISURE CENTRES

Roscrea Leisure Centre	0505 23822
Nenagh Leisure Centre	067 31788
Thurles Leisure Centre	0504 58640

# Support and Information Resources

NATIONAL ORGANISATIONS		
Active Retirement Information		01 873 3836
Ana Liffey Drug Project:		1800 78 68 28
AI/ Anon/Alateen		01 873 2699
Alcoholic Anonymous		01 842 0700
AMEN (Violence Against Men)		046 902 3718
Aware: Helpline for Depression & Bipolar	Email: <a href="mailto:wecanhelp@aware.ie">wecanhelp@aware.ie</a>	1890 303 302
BeLonG to (Gay, Lesbian, Bisexual & Transgendered)	<a href="http://www.belongto.org">www.belongto.org</a>	01 670 6223
Bodywhys (Eating Disorders Association)		01 283 4963
Helpline		1890 200 444
Cancer National Helpline		1890 200 700
CARI (Child Sexual Abuse Counselling) Helpline		1890 924 567
Connect Adult Abuse Counselling Service		1800 477 477
24/7 Suicide Helpline (Pieta House)	Text 'help' to 51444	1800 247 247
Online counselling		<a href="http://www.turn2me.org/engage">www.turn2me.org/engage</a>
Childline		1800 666 666
Cura (Crisis Pregnancy)		1850 622 626
Domestic Violence Helpline		059 9173552
Farm and Rural Stress Helpline		1800 742 645
Gamblers Anonymous		01 872 1133
Garda Confidential Line		1800 666 111
Gay Switchboard		01 872 1055
LGBT Helpline		1890 929 539
HSE Information Helpline		1850 241 850
Men's Sheds	<a href="http://www.mensheds.ie">www.mensheds.ie</a>	01 891 6150
Merchants Quay Ireland—homelessness and drugs		01 5240160
Missing Persons Helpline		1890 442 552
MOVE (Men Overcoming Violence)		065 684 8689
National Office for Victims of Abuse		1800 252 524
One Parent Families Support Helpline		1890 662 212
Parentline		1890 927 277
House (Prevention of Suicide & Self Harm)	Dublin Centre	01 601 0000
	Limerick Centre	061 484 444
	Roscrea Centre	0505 22568
Senior Helpline—free phone		1800 80 45 91
Samaritans		116 123
		Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
Rape Crisis Centre Helpline:	Tipperary Centre	1800 340 340
	Dublin	1800 778 888
Teenline Ireland Helpline (8pm-11pm)		1800 833 634
Treoir (Unmarried Parents Support)		1890 252 084
Women's Aid National Helpline		1800 341 900

# Support and Information Resources

## BEREAVEMENT SUPPORT

Anam Cara Parental & Sibling Bereavement Support		01 404 5378
Barnardos Bereavement Helpline		01 473 2110
Suicide Bereavement Liaison Service—Pieta House	1800 247 247	085 8568081
Living Links—Suicide Bereavement Support—Tipperary		087 9693021
SUAS—Suicide Understanding & Support—Thurles		0504 21476/26366
Rainbows—Child Bereavement Support		01 473 4175

*If you are concerned that a family member, friend or colleague is in distress and may be having thoughts of ending their life, don't hesitate to discuss your concerns and get advice from your GP, Shannondoc 1850 212999 or Caredoc 1850 334 999, the HSE Resource Office for Suicide Prevention 051 874013 061 461454 or any other service.*

## TALK ABOUT HOW YOU FEEL.....

Teenline Helpline:	1800 833 634 (8.00pm - 11.00pm)
Samaritans Helpline:	116123
Aware Helpline:	1890 303 302 / E: <a href="mailto:wecanhelp@aware.ie">wecanhelp@aware.ie</a>
Bodywhys Helpline:	1890 200 444 / <a href="http://www.bodywhys.ie">www.bodywhys.ie</a>
Childline:	1890 666 666
Pieta House Suicide Bereavement Liaison Support:	1800 247 247 085 856 8081
HSE Drugs Helpline:	1800 459 459 / <a href="http://www.drinkaware.ie">www.drinkaware.ie</a>
LGBTI Helpline:	1890 929 539 / <a href="http://www.belongto.org">www.belongto.org</a>
Crisis Pregnancy Counselling Service:	1800 200 857
Teen Between Helpline (Separated Parents)	1800 303 191 / 090 64 77075

## INFORMATION & SUPPORT WEBSITES:

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) / [www.reachout.com](http://www.reachout.com) / [www.nosp.ie](http://www.nosp.ie) / [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

# BE WINTER-READY



## (1) The Home

- Have a good supply of non perishable, easy to prepare food
- Have an adequate supply of heating, cooking fuel and if possible a suitable alternative should the main supply fail
- Have torches/batteries should the power supply fail
- Have candles and matches available. Store appropriately and never leave a burning candle unattended
- Have a water container to ensure a supply of drinking water
- Have a shovel and bag of salt for clearing paths
- Know how to turn off the water supply
- Ensure your home/water tank are well insulated
- Call on elderly relatives and neighbours regularly. Ensure they have sufficient supplies of food/fuel/medication etc.

## (3) Water Shortages

- To prevent stopcocks from freezing, open the stopcock chamber and remove any water. Fill the chamber with non-absorbent material to provide insulation. Does not use absorbent material as this will freeze when wet.
- Do not leave taps running as this merely wastes resources
- If you are leaving your property unattended for a period of more than a day or two, you should cut off the water supply to the property from the external stopcock while ensuring that any water dependent appliances or facilities are also shut off.

## (5) Water Leaks

- Water supply in vacant premises and holiday homes should be shut off and drained down in preparation for Winter
- Key holders check premises for possible leaks
- Turn off water supply – stop valve is usually under the kitchen sink
- Turn on cold taps to drain the system
- Turn off central heating
- Turn off electricity supply if leak is near electrical appliances
- Call a qualified plumber

## (2) Personal Safety

- Keep sufficient stock of essential medication
- Keep warm, eat well and avoid unnecessary travel
- Eat regular hot meals and drink plenty of fluids, this will keep you warm and will give you energy to keep active
- Wear well fitted shoes and non-slip soles
- Try to limit outside walking during the cold weather
- Consider wearing a personal alarm so that family and friends are alerted when required
- Have emergency contact details to hand
- Don't be afraid to contact for help if required

## (4) Avoiding Frozen Pipes

- Ensure all exposed pipes are adequately insulated. This includes pipes in the attic where the attic floor has been well insulated.
- Insulate or wrap a towel around outside taps
- Leave a light on in the attic
- Consider opening the attic trap door to allow heat in
- Leave heating on for longer periods at lower settings
- Warmth offers the best protection against frozen pipes so keep warm
- Frozen mains water supply – If your water is frozen, be cautious with the use of heating systems, back boilers, washing machines or other water dependent appliances or facilities

## (6) Clearing Snow (see legal advice on next page)

- Clearing snow can be demanding work – only undertake the task if you are reasonably fit and do not have an underlying medical condition
- Clear snow or ice early in the day if possible
- Wear sturdy, insulated, waterproof footwear with good gripping soles
- Use a shovel. There are special shovels for this task but any garden shovel will do
- Make a path down the middle of the area being cleared so that you will have a clear surface to walk on
- Never use boiling water to clear snow, it may re freeze and cause the formation of black ice
- You can prevent ice forming by spreading salt on the area that you have cleared
- When you are clearing snow it is important that you don't create an obstacle for pedestrians or traffic. Ensure that the snow is removed to a location that won't create a hazard.

The Office of Emergency Planning



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



@emergencyIE

### (7) Clearing Snow

Legal advice for Snow Clearance and Gritting.  
The Office of the Attorney General has advised that liability does not arise when snow is cleared from footpaths in a safe manner.

In relation to people gritting roads with grit supplied by the local authorities, the legal advice is that the issue of liability does not arise when the material is delivered, stored and used in a safe manner and does not cause hazard.

### (8) Flooding Advice

- Move valuables and other items to safety. Place them above the flood level or upstairs
- Put sandbags at any openings where the water could gain access
- Turn off gas and electricity
- Have warm clothing and wellingtons ready
- Heave medication to hand if needed
- Co-operate with emergency services and local authorities, for your safety you may be evacuated
- Don't try to walk or drive through floodwater
- If possible avoid contact with floodwater as it may be contaminated or polluted.
- Take care if you have to walk through shallow water – manhole covers may have come off and there may be underwater hazards that you cannot see
- Never try to swim through fast flowing water- you may get swept away or struck by an object in the water.

### (9) Flooding Advice

- Move your car to high ground if possible
- Remember that floodwater could get into your garage so move any chemicals or fuel to ensure that they do not spill into the floodwater and cause an additional hazard
- Weigh down any manhole covers with sandbags or heavy objects. These could open during a flood and cause a hazard
- Close of the flow valves on propane tanks, oil drums, or other fuel containers that supply your home through pipes and fittings
- Unplug any exterior electrical connections such as outdoor lighting, pond pumps and filters
- Be prepared to evacuate your home or business, Protect yourself, your family and others that need your help

### (10) Road Safety

- Get your vehicle serviced to ensure it is fit and safe
- Carry out regular checks on the vehicle
- Check for wear and tear on wiper blades and replace them as soon as they start to smear rather than clean windows
- Keep tyre pressure at the manufacture's recommended level
- Replace tyres if necessary check your tyre tread depth- the minimum legal limit is 1.6mm, however, for winter driving 3mm is advised
- Make sure all vehicle lights are working and clean
- Ensure the vehicle has adequate levels of anti freeze coolant and screen wash
- Check your vehicle battery
- Keep torch, blanket, High visibility vest, shovel, tow rope, warm clothing, and spare mobile phone charger in the car.

### (11) Farming

- Have a supply of gritting material available to allow access to and from the farmyard
- Insulate any exposed pipes
- Taps left running at a low rate to keep water flowing in order to reduce the likelihood of pipes freezing should only be considered where there is an on-farm supply source. This option cannot be used if the water is supplied by the Local Authority of Group Scheme
- Install a thermostatically-controlled heater in plant rooms which should cut in when the temperature reaches 1°C
- Grit sloped yards and roadways to facilitate traffic
- Herd out wintered livestock during daylight hours and be back before nightfall
- Keep away from hazardous areas and rough terrain
- Bring a mobile phone when going out herding or on other journeys

### (12) Business Sector

- Preparing your business for severe weather
- A practicable checklist for the business sector that outlines the key issues to address, in order to ensure business continuity during severe weather events is available on [www.dbei.ie](http://www.dbei.ie) and [www.forfas.ie](http://www.forfas.ie)

### (13) Be Winter Ready Booklet

The booklet can be downloaded from the website [www.winterready.ie](http://www.winterready.ie) . An Irish language version is also available.

### 14) Contact Information

Tipperary County Council  
0761 06 5000

The emergency number outside of office hours for the following services are;

Roads - 1890 923 948

Housing (Emergency Electrical and Plumbing issues only) - 1890 923 948

Water and Wastewater - 1850 278 278

If you have an emergency and need the **Emergency Services** dial **999 or 112**

### Personal Contact Details

Doctor \_\_\_\_\_

Chemist \_\_\_\_\_

Local Garda Station \_\_\_\_\_

Fuel Supplier \_\_\_\_\_

ESB Emergency Number 1850 372 999

Board Gais Emergency Number 1850 20 50 50

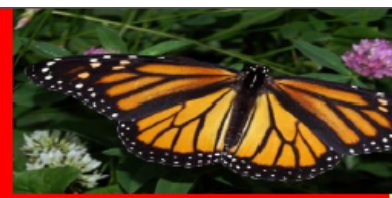
Irish Water 1890 278 278

Add as appropriate

\_\_\_\_\_

\_\_\_\_\_

If you are feeling low or distressed,  
please just talk about it with  
someone .....



## EMERGENCY / CRISIS NUMBERS:

YOUR LOCAL GP  
OR  
**SHANNONDOC**  
1850 212 999  
OR **CAREDOC**  
1850 334 999  
OUT OF HOURS  
GP SERVICE

**GARDA/  
EMERGENCY  
SERVICES**  
999/112

**24/7 SUICIDE  
HELPLINE**  
1800 247 247  
Text "HELP" to  
51444 (Pieta  
House)

**THE SAMARITANS**  
116 123  
TEXT  
087 260 9090  
EMAIL:  
jo@samaritans.org

**AWARE  
SUPPORT LINE**  
1800 80 48 48  
email:  
supportmail@aware.ie

**FARM &  
RURAL STRESS  
HELPLINE**  
1800 742 645

**CHILDLINE**  
1800 666 666

## OTHER SUPPORTS

**PIETA HOUSE**  
"Preventing  
Suicide and  
Self-Harm"  
1800 247 247  
Pieta House  
Roscrea  
0505 22568

**SHINE  
INFOLINE**  
1890 621 631  
Supporting  
people  
affected by  
Mental Ill  
Health

**PIETA SUICIDE  
BEREAVEMENT  
LIAISON SERVICE**  
North Tipperary  
085 8568081  
South Tipperary  
085 8073040  
www.pieta.ie

**ALZHEMMER  
HELPLINE**  
1800 341 341

**GROW  
INFO LINE**  
1890 474 474  
Supporting those  
experiencing  
mental health  
problems

**MABS  
(Money  
Advice &  
Budgeting  
Service)  
Helpline**  
0761 07 2000

**MENTAL HEALTH  
IRELAND**  
www.mentalhealthireland.ie

**YOUTH SUPPORT  
SERVICES**  
www.jigsaw.ie  
www.spunout.ie  
www.ReachOut.com

**TIPPERARY  
LIVING LINKS**  
Suicide  
Bereavement  
Listening &  
Support Service  
087 9693021

**TIPPERARY CITIZENS  
INFORMATION**  
Thurles 0761 076510  
Clonmel 0761 076460











Comhairle Contae Thiobraid Árann  
Tipperary County Council