

### Emergency Contact Numbers

Gardai, Fire, Ambulance	999 or 112
Hospitals South Tipperary General Hospital, Clonmel	052 6177000
Caredoc (South East Region)	1850 334 999
Garda Confidential number	1800 666111
Clonmel Garda	052 6177640
Cahir Garda	052 7445630
Tipperary Garda	06251212
Cashel Garda	062 75840
Carrick on Suir Garda	051 642040

### Useful Contacts

Samaritans	1850 609090, <a href="http://www.samaritans.org">www.samaritans.org</a>
Parent line	1890 9272777, <a href="http://www.parentline.ie">www.parentline.ie</a>
Teenline	1800 833 634, <a href="http://www.teenline.ie">www.teenline.ie</a>
Childline	1800 66 66 66 or text 'Talk' to 50101
1lifeSuicide National Helpline	1850 281281, <a href="http://www.1life.ie">www.1life.ie</a>
<b>AWARE</b> - Depression Support	01 676 6166 <a href="http://www.aware.ie">www.aware.ie</a>

Libraries- [www.tipplibraries.ie](http://www.tipplibraries.ie)

South Tipp County Coucil: [www.southtippcoco.ie](http://www.southtippcoco.ie)

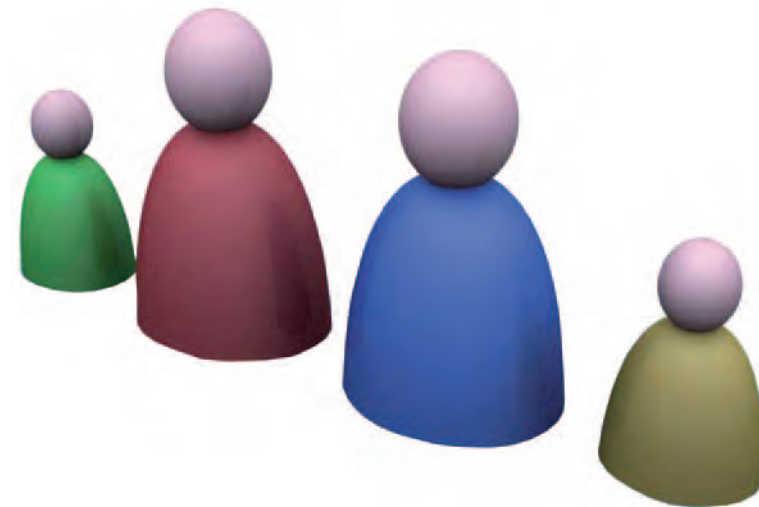
### ICE Numbers – In Case of emergency number

This number to be added to your contact list in your Mobile Phone and can be used in an emergency by emergency services.

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



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An initiative of  
 The South Tipperary Children's Services Committee  
 - Funded and supported by South Tipperary County Council  
 & South Tipperary Community & Voluntary Forum

## Day Care Centres

Cahir:  
Day Care Centre  
St. Mary's Road  
Tel: (052) 744 5480

Cappawhite:  
Day Centre for the Elderly  
Community Centre  
Tel: (062) 75071

Carrick-on-Suir:  
Day Centre for the Elderly  
Pill Road  
Tel: (051) 640085

Cashel:  
Day Care Centre for the Elderly  
St. Patrick's Garden, Deepark Road  
Tel: (062) 63288

Clogheen:  
Vee Valley Day Care Centre  
Tel: (052) 746 5477

Clonmel:  
Day Care Centre  
for the Elderly  
Irishtown  
Tel: (052) 612 4882

Tipperary:  
St. Vincent Day Care Centre  
for the Elderly  
St. Vincent's Health Centre  
Tel: (062) 82105

Fethard & District:  
Day Care Centre  
Fr. Tirry Centre, Barrack Street,  
Tel: (052) 613 2917

## Meals Services

Clonmel:  
Meals on Wheels  
Tel: 085 754 4565

Cahir:  
Meals on Wheels  
Pearse Street  
Tel: (052) 744 1093

Carrick-on-Suir Social Services  
Community Hall Greenside  
Tel: (051) 640652

Fethard:  
Meals on Wheels  
Via Fethard & District Day Care  
Fr. Tirry Centre, Barrack Street,  
Tel: (052) 743 2917

Tipperary:  
Meals on Wheels  
Community Centre  
St. Michael Street,  
Tel: (062) 51622

Glengoole:  
Millenium Family  
Resource Centre  
Tel: (052) 915 7992

Ring a Link Services South Tipperary Booking 1890 42 41 41		 <b>Fares per Trip:</b> Adults: €3.00 Under 16s: €2.00 Under 3s: Free Schools per week €15.00 Free Travel Pass accepted
<u>Carrick on Suir</u> Connecting services to: Waterford, Clonmel, Kilkenny Serves: Owing, Faugheen, Ahenny, Kilcash, Ballynei11, Newtown, Piltown, Grangemockler, Ninemilehouse, Tullahought, Windgap Monday to Saturday 08.00—17.00 (Limited service on Saturday)	<u>Clonmel</u> Connecting services to: Waterford, Limerick, Dublin, Cork Serves: Clonmel, Ardfinnan, Clogheen, Grange, Ballyporeen, Ballylooby, Burncourt, Newcastle, Goatenbridge, Knocklofty, Kilcoran Monday to Saturday 07.30—18.00	
<u>Tipperary Town</u> Connecting services to: Waterford, Limerick Serves: Tipperary, Dundrum, Donohill, Doon, Donaskeigh, Hollyford, Cappawhite, Toem, Knockavilla, Monard, Limerick Junction, Lattin, Cullen, Emly, Lisvernane, Aherlow, Bansha Monday to Thursday 08.45—17.30	<u>Tipperary Town</u> Connecting services to: Waterford, Limerick Serves: Tipperary, Dundrum, Donohill, Donaskeigh, Hollyford, Cappawhite, Knockavilla, Limerick Junction Friday 08.45—17.30	
<u>Tipperary to Thurles</u> Connecting services to: Dublin, Cork Serves: Tipperary, Dundrum, Donohill, Donaskeigh, Hollyford, Cappawhite, Knockavilla, Boherlahan, Ballagh, Clonoulty, Goold's Cross, Holycross Wednesday Starts 10.00 Leaves Thurles—14.00	<u>Tipperary to Cashel</u> Connecting services to: Clonmel, Limerick, Dublin, Serves: Collecting along the N74 including Kilfeakle, Thomastown and Golden. Monday to Friday 09.00—16.00 (Limited service on Thursday)	
<u>Slieveardagh (Local Service)</u> Connecting services to: Clonmel and Thurles Serves: Ballingarry, The Commons, Killenaule, Drangan, Glengoole, Coalbrook, Gortnahoo, Urlingford Wednesday and Friday 09.00—17.00	<u>Slieveardagh to Clonmel</u> Connecting services to: Waterford, Limerick Serves: Ballingarry, Drangan, The Commons, Coalbrook, Mullinahone, Cloneen, Killusty Thursday Starts 08.45, returns 12.30	
<u>Slieveardagh to Kilkenny</u> Connecting services to: Clonmel, Carlow Dublin, Cork, Waterford Serves: Ballingarry, The Commons, Killenaule, Drangan, Mullinahone, Coalbrook, Kilmanagh Saturday 09.00— returns 14.00	<u>Tipperary Town School Services</u> Schools: St Ailbe's, St Anne's and CBS Serves: Dundrum, Donohill, Donaskeigh, Cappawhite, Knockavilla, Monard Monday to Friday 08.00 and 17.30	

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## Foreword

I am delighted that South Tipperary County Council and its partners in the South Tipperary Children's Service Committee have come together to develop this family support directory of services for South Tipperary. The South Tipperary Children's Services Committee was established in September 2011 to promote and develop planning & coordination in service provision for children & young people so as to secure better outcomes in terms of their welfare, wellbeing & development. Stakeholders involved in the Children's Service Committee include:

- The Dept of Children & Youth Affairs;
- South Tipperary Local Authority;
- Youth services;
- Irish Primary Principals Network;
- Community & Voluntary Forum;
- County Childcare Committee
- National Association of (Secondary) Principals & Deputy Principals;
- The HSE;
- Gardaí;
- Local Development Company;
- National Education
- Welfare Board;
- Barnardos;
- South Tipperary Comhairle na n-Óg.
- V.E.C.;
- Probation service;
- FRC/CDP network;
- Tipperary Rural
- Traveller Project;
- Dept. of Social Protection;

This directory is the result of a recommendation by the wider statutory, community and voluntary sector in South Tipperary for a local handbook of all public services and community-based initiatives who deliver a variety of supports to families.

In the current social and economic climate, demands on such services are increasing – in both the level of demand itself and the depth and scale of the support issues. To this end, it is important that all service providers are fully aware of the associated supports available in the community, so that a more joined-up level of service provision can be achieved.

I am aware that group listings often date very quickly and it is planned to develop a web site [www.tipperaryfamilysupports.ie](http://www.tipperaryfamilysupports.ie) so that project profiles and contact details can be updated and amended.

I would specifically like to record the enthusiastic response from all those service providers in the county who provided the information for this directory. This in itself highlights the spirit of partnership and co-commitment to pro-active service delivery in the county. I would specifically like to thank the South Tipperary Community & Voluntary Forum who co-ordinated the development of the Directory.

This directory will be of immense value to all those working in projects and programmes who realise the importance of working in partnership with one another – to maximum our reach into the community and enhance the quality of life for all. South Tipperary County Council is happy to fund and to be a lead partner in the development of this family support booklet. I encourage you to keep it at hand and I hope it will be a key resource to you as a family support service provider in the county.

### **Cllr John Crosse**

Cathaoirleach

South Tipperary County Council

## Accord

*Accord prepares couples for Catholic Marriage and assists them in maintaining and enhancing their relationships through counselling.*

### Services

**Marriage Preparation Courses:** Trained personnel facilitate the course covering topics such as family of origin / self-awareness, communication, conflict, commitment, children, church, sexuality and fertility awareness.

**Relationship Counselling:** Couples / individuals come for counselling who are experiencing difficulties in their relationship.

### Service Access

**Service Users:** Couples and individuals who wish to get married or experience difficulties in their relationship.

**Referral/ Access:** Through our offices in Tipperary Town and Clonmel or telephone 1850 303 202.

### Service Locations

**Clonmel:** St. Mary's Pastoral Centre, Irishtown, Clonmel Co. Tipperary  
Tel: 052 6124144  
Email: clonmelaccord@eircom.net

**Tipperary Town:** Accord House, 8 Abbey Street, Tipperary Town  
Tel: 062 33330  
Email: accordtipphurles@eircom.net

## Aiseiri

*Aiseiri is a professional treatment programme for persons experiencing difficulties with alcohol use, drugs use or gambling. Treatment is provided both on an outpatient and residential basis.*

### Services

<b>28 Day Residential Programme for Addicted Persons:</b>	The residential programme is of 28 days duration, and is based on the Twelve Steps of Alcoholics Anonymous, which is now in use in many similar treatment centres throughout the world.
<b>Aftercare:</b>	Two year aftercare weekly support programme on completion of residential care.
<b>5- Day Residential Family Programme:</b>	5- Day residential family programme for families of addicted persons, including individual's sessions, group sessions, lectures and meditation.
<b>Out- Patient Service:</b>	By appointment only.
<b>Pre- Admission:</b>	By appointment only.
<b>Appointments:</b>	
<b>Post Treatment Follow Up Appointments:</b>	By appointment only.
<b>Counselling:</b>	By appointment only.

### Service Access

<b>Service Users:</b>	Any person who is affected by addiction. Any family member who is worried about addiction.
<b>Referral / Access:</b>	Telephone during office hours for an appointment.

### Service Location

<b>Cahir:</b>	Townspark, Cahir, Co. Tipperary Tel: 052 7441166 Fax: 052 7442250 Email: infocahir@aiseiri.ie	<b>Office Hours:</b> Mon to Fri 9am – 4.30pm
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## Alzheimer Society of Ireland

*The Alzheimer Society of Ireland is the leading dementia specific service provider in Ireland offering home care services.*

### Services

**Day Care Services** - Le Cairde Day Care Services, The Grounds of Our Lady's Hospital, Cashel, Co Tipperary 062/63060. We offer a service five days a week. The service is open between the hours of 10 a.m. and 4 p.m. Where possible we provide transport. The service aims to provide activities that are stimulating and of personal interest. During the day a programme of activities that includes reminiscence, reality, music, drama and relaxation therapies is available. Gentle exercise is also encouraged. Every effort is made to ensure that a friendly, homely atmosphere exists. A full meal is provided during the day. On some days there is a hairdresser and also a chiropodist & other services in the centre. Most of the costs of this service are provided by local fundraising, by an annual grant from the HSE & by a modest daily charge of €15 paid by or on behalf of those who attend the service.

**Home Care Services** - The Community Resource Centre, Kickham Street, Clonmel, Co Tipperary – Contact 086/0490548

*This service assigns a trained dementia care worker to a client's residence for a designated number of hours per week. The service offers support, stimulation and activity for the person with dementia as well as support and respite for the carer.*

**Alzheimer Café** - The Community Resource Centre, Kickham Street, Clonmel – The last Thursday of each month from 11am – 1.00pm - *The Alzheimer café is a place where people with dementia, their carers and family members can come to meet and socialise, get information and support from staff and volunteers. We would very much like it to be a place where medical professional might visit also, to show their support to the people they care for, in a non-medical or clinical environment.*

**Home Care Service** - Trained care workers call to homes.

**Family Support Group** - Provides a support to family members who are caring for a person with dementia.

**National Helpline** - 1800 341 341 (open Monday to Friday 10am to 4pm). Talk to someone who understands, & get information about dementia.

### Service Access

**Service Users:** Family members and people who suffer with Alzheimer's disease.

**Referral / Access:** Contacting office directly, through Doctors, Public Health Nurse, etc.

### Service Location

**Clonmel:** Clonmel Community Resource Centre, Kickham Lodge,  
Kickham Street,  
Tel: 052 6182730 - 086 0490548  
Catherine Bartels – Home Care Coordinator  
Fax: 052 6182730  
Email: [asiclonmel@alzheimer.ie](mailto:asiclonmel@alzheimer.ie)



## **Barnardos – South Tipperary Family Welfare Conference Service**

*Barnardos supports children and families through providing a number of direct family support services from over 40 centres across the country. The Family Welfare Conference Service based in Clonmel is for families who have a concern about a child or young person.*

### **Services**

#### **Family Welfare Conference Service:**

The Family Welfare Conference is a process which provides a structured opportunity for the family to meet and discuss the concerns about a child or children's safety or welfare. It provides families with a way to find a solution to the issues and it involves close family members, other relatives, close friends and most importantly the child or young person themselves. The programme is aimed at any families experiencing difficulties in South Tipperary with children under the age of 18 years. The service can be delivered in a place suitable for the family.

### **Service Access**

#### **Service Users:**

Families within South Tipperary

#### **Referral / Access:**

By calling into the project in person or by phone, by making a self-referral or by being referred to the service by a professional / other agency.

### **Service Location**

#### **Clonmel:**

Unit 5, Hughes Mill, Suir Island, Clonmel, Co. Tipperary

Contact: Carol McDonnell

Tel: 052 6170665

Fax: 052 6172921

Email: [info@southtipp.barnardos.ie](mailto:info@southtipp.barnardos.ie)

## **Barnardos – Family Support Project**

*The project offers information, help and support for families with children or young people under eighteen years. As part of our family support services we offer the following:*

### **Information on parenting and other issues affecting families**

*A listening ear for parents , children or young people experiencing difficulties*

*Opportunities for parents and their children to talk and play together*

*A one to one parenting support programme, designed by Barnardos to meet the needs of children and families which can be delivered in the family home. It is suitable for families who experience difficulties and challenges when parenting children.*

*The programme also includes a crisis management and practical support element.*

### **Service Access**

**Service Users:** The communities of Elm Park, Bianconi Drive, Cooleen Close, Heywood Close, Carrigeen, the Wilderness and Oakland Drive in Clonmel. We also take referrals from families who have a child attending St. Oliver’s School, Elm Park. This catchment area may change in 2013.

**Referral / Access:** By calling into the project in person or by phone, by making a self-referral or by being referred to the service by a professional / other agency.

### **Service Locations**

Clonmel: 140 Elm Park, Clonmel, Co. Tipperary  
Contact: Carol McDonnell  
Tel: 052 6170750  
Fax: 052 6170740  
Contact email: carol.mcdonnell@barnardos.ie

## Brothers of Charity Services South East

### Services to Children aged 0-18 years with an Intellectual Disability & their Families

*The Brothers of Charity Services provide a range of supports to people with an Intellectual Disability in the South Tipperary area. Its services to children acknowledges the important role parents and families have in nurturing and developing their child's abilities.*

#### Services

**Home Based Programme:** Working with parents and young children (0-3yrs) in their family home. The Home Based Programme assists and advises parents on nurturing their child's learning and development and services the South Tipperary area.

**Parent & Toddler Group:** Provided jointly by Social Work and Home Based Programme the monthly Parent & Toddler Group offers parents of children referred to South Tipperary Early Intervention. Team the opportunity to meet and discuss common areas of concern and to experience developmental and play activities with their children.

**Child Development Centres:** Pre-school service for children with an Intellectual Disability aged 2.5 to 5 years. Lus na Greine Pre-School, Clonmel & Tus Maith Pre-School, Tipperary Town

**St. Rita's Respite:** Clonmel based residential respite service for children aged 2.5-18 yrs with moderate to severe levels of Intellectual Disability.

**Tir na nOg:** Community based residential service for children with Intellectual Disability and Autistic Spectrum Disorders.

**Multi -Disciplinary Supports:** Social Work and Psychology as part of the South Tipperary Early Intervention Team and supports to children attending Child Development Centres and Special Schools in the South Tipperary area.

#### Service Access

##### Service Users:

Children with an Intellectual Disability in the moderate to severe range or children with a Mild Intellectual Disability with complex needs.

Multi-Disciplinary Services -	<i>children up to 18 years.</i>
Home Based Programme -	<i>children aged 0-3 years.</i>
Parent & Toddler Group -	<i>children up to 5 years of age referred to South Tipperary Early Intervention Team.</i>
Child Development Centres -	<i>children aged 2.5 - 5 years</i>
St. Rita's Respite -	<i>children aged 2.5 - 18 years</i>
Tir na nOg -	<i>children up to 18 years</i>

#### Service Locations

##### Clonmel & Tipperary Town:

Children's Services Manager, Lus na Greine, Boherduff, Fethard Road, Clonmel  
Tel: (052) 6170554 E-mail: [gilliandarrer@tipperary.brothersofcharity.ie](mailto:gilliandarrer@tipperary.brothersofcharity.ie)

##### Referral/Access

Applications in writing to: *Johanna Cooney, Director of Services  
Brothers of Charity Services South East, Belmont Park, Waterford*

## Carers Association

*The Carers Association is the national voluntary organisation that represents the family carer. The association provides information, training and a home respite service for family carers and also advocates on the carers behalf.*

### Services

**Home Respite Service:** This service enables the family carer to take a much needed break where The Carers Association provides a respite worker to take the place of the carer.

**"Care in the Home Course"** This is a FETAC level 5 course which gives the family carer training in order to improve the quality of caring for their loved one.

**Information:** The Carers Centre provides information on all social welfare allowances for carers.

**Support Groups:** A support meeting for carers takes place in Clonmel on the first Wednesday of each month.

### Service Access

**Service Users:** Carers and their families.

**Referral / Access:** Contact Clonmel office

#### Service Locations

**Clonmel:** 8 Sarsfield Street, Clonmel.

**Opening hours:** Monday to Thursday 9am – 5.30pm and Friday 9am to 5pm.

**Tel:** 052 6170455 Fax: 052 6170456 Email: carersclonmel@carersireland.com

**Carrick-on-Suir** Nano Nagle Resource Centre, Greenside, Carrick-on-Suir,

#### (outreach centre):

**Opening Hours:** 2<sup>nd</sup> Tuesday of each month, 11am to 12 noon.

**Cashel (outreach centre):** Civic Offices, Friar Street, Cashel.

**Opening Hours:** 1<sup>st</sup> Friday of every month, 3pm to 4pm.

### The Carers Association – Monthly Career Support Meetings

The association holds monthly carer support meetings which assist family carers with children with special needs and also offers the opportunity to meet other parents in similar circumstances.

Guest speakers such as public health nurses, occupational therapists solicitors also attend these meetings to offer advice to parents. Also free counselling sessions available on one to one basis.

Meetings are monthly: The Clonmel group meets first Wednesday of every month and Carrick on Suir group meets the second Tuesday of every month

**Contact:** Richie Molloy  
Email: rmolloy@carersireland.com  
Tel: 086 1967482

## Child & Family Psychology Dept in Conjunction with the Clonmel Community Resource Centre – Parents Plus Children’s Programme

A 6 week course being run in the Clonmel Community Resource Centre from 9:30am -12:15 pm one morning per week. - suitable for parents of children **aged 6-11yrs** with a full range of presentations including: emotional and behavioural difficulties, ADHD type difficulties, mild autistic difficulties, learning delay, speech and language difficulties. Run over a 6 week period topics covered include, solving childhood problems, play and special time, positive rules, establishing routines, the power of encouragement, using consequences, prevention plans, step by step discipline, problem solving with families, family listening games, encouraging parents, encouraging homework. Programme will be run based on resources and demand for Community Based Parenting Course

### Contact:

Contact Name: Michelle Mc Cormack  
 Contact Address: Child and Family Psychology Dept  
 South Tipperary Therapy Services, Western Road, Clonmel  
 Contact email: michelle.mccormack @ hse.ie  
 Tel:052 61 83422

## Clonmel Art Therapy – “Creative Expression for Emotional Healing

Art therapy is a form of psychotherapy where art materials are used for self-expression and reflection in the presence of a qualified art therapist. This form of therapy can be beneficial to anyone who is experiencing emotional distress. As art therapy is a primarily visual form of therapy, it allows the client to creatively express what words cannot. No artistic skill is required as all forms of expression are equally valued.

### Services

The service at present is aimed at children and adolescents; however art therapy is suitable for all ages & abilities. Group & individuals catered for. Private referrals also taken.

### Service Location

Currently based at Clonmel Family Resource Centre, Kickham Road, Clonmel, Co. Tipperary

Contact Person: Lisa Dundon/ Sarah Collins  
 Tel: 087 7735338 / 087 9764031  
 Email: clonmelarttherapy@gmail.com

## Clonmel Community Based Drugs Initiative (C.C.B.D.I)

<b>Parent to Parent Programme:</b>	Preventative drug education programme focusing on parents and understanding drug culture aimed at parents of children from 10 to 12 years. Programme involves six two hour sessions and topics covered include: Putting yourself in the way - four things parents need to know to protect their children from today's toxic culture, Signs and symptoms, Trust as a tool to develop character, The importance of a positive belief system, Managing the internet in your home, The seven common traps.
<b>Basic Drug Awareness:</b>	Basic drug awareness - Signs and Symptoms, Services Available aimed at parents of those transferring to second level education involving two, two hour sessions. Topics covered include: Alcohol, Cannabis, Solvents, Signs and Symptoms and is delivered through group work, one to one sessions, role play etc. Available in Clonmel/Cahir and run as required
<b>Parent Support Group:</b>	Improve the quality of life for those affected by substance misuse issues, peer support for those living with substance misuse issues in the family home and one to one support for those that are not ready to join a group situation. The Programme is aimed at Parents and careers of those involved in substance misuse. The average group size is 10-12 and the parent support group is run on an ongoing basis. Topics covered include: the practice of self-care. Available in Clonmel/Cahir and is run weekly
<b>Auricular Acupuncture:</b>	The is as a form of stress relief for those caring for individuals involved in Substance Misuse aimed at carers for individuals involved in substance misuse. The programme can be run on a one to one or group basis and is run on an ongoing basis. A donation of €3 is requested if the client can afford it. Available in Clonmel/Cahir on a weekly basis
<b>Drug Education and Awareness Programmes:</b>	Increase awareness of substance misuse issues. Provide up to date and accurate information allowing people the opportunity to make informed choices. Parent to Parent Programmes. Community Substance Awareness Programmes. Run on a group basis as requested. Available in Clonmel/Cahir

Contact: Clonmel Community Based Drugs Initiative  
 Address: Wilderness Youth and Community Centre  
 Contact email: clonmelcbdi@wstcys.ie  
 Tel: 086 8557212

## Community Mother Programme Clonmel Community Parent Support Programme Ltd.

*The Community Mother Home Visiting Programme provides ante natal support; one to one support; breastfeeding support; information regarding child's development, activities, services and supports in your area; Parents can request a Community Mother to call by asking at the Ante Natal Clinic, asking the Public Health Nurse, or telephoning the Programme Office. The Community Mother Home Visiting Programme service is for all parents of children 0 to 5 years, especially for people having their first or second baby. Parents may choose the time and number of Home Visits to suit their needs. Community Mother visits will centre around the parent's needs as an individual and the programme is adapted to suit each individual family. Community Mothers have an excellent knowledge of activities and services in the area.*

### Services

#### Community Mother Home Visiting Programme:

This programme is designed to meet the needs of the individual families. Community Mother home visits will centre around the parent's needs as an individual and as a parent. The community mother will adapt the programme to suit the family. Topics covered include: breast/bottle feeding, teething; talking; child development; listening and tuning into your child; parenting and how to enjoy your child more. This programme a free service, if you would like further information parents can meet with a Community mother in room 3, Clonmel Community Resource Centre, Kickham Street, Clonmel, Co. Tipperary

#### Home Visits:

Community Mothers provide support & information through home visits.

#### Mother and Baby Group:

Mother and baby / breastfeeding support meets each Monday afternoon in Training room 1, Clonmel Community Resource Centre, Kickham Street, Clonmel. Time 2.00- 3.30 pm.

#### Parent and Toddler Groups:

Church of the Resurrection, Wilderness, Clonmel every Monday 10.00 am – 12  
Elm Park New Community Centre, Clonmel every Tuesday 10.00am – 12 noon.  
St. Mary's Parish Hall, Irishtown, Clonmel every Wed & Thursday 10.00am – 12

**Contact Person:** Jill Sandvoss 052 6128199 Email: ccpspl@gmail.com

### Service Access

**Service Users:** The Community Mother Home Visiting Programme services are for all parents of children 0 to 5 years, especially for people having their first or second baby.

**Referral/ Access:** Contact Office.



## Clonmel Community Resource Centre

*The Centre accommodates "not for profit" Community, Voluntary and statutory agencies who provide a wide range of services for the benefit of all sectors of the community as part of integrated family support services.*

*CCRC provides an environment which encourages Voluntary, Community & Statutory groups to work together and to share resources for the benefit of the community*

*Capacity to host projects addressing changing needs as part of the provision of integrated family support services Contact Details:*

### Services

<b>Childcare:</b>	Full & part time childcare service "Tots 2 Teens" for babies to 12 years (inc afterschool service). Child development is central to the quality childcare service offered and all childcare staff are certified to a minimum of FETAC V. Discounted childcare is available for eligible parents under the Community Childcare Scheme and also the "Free Pre-school Year" under the Early Child Care & Education scheme
<b>Training:</b>	Training/meeting rooms all fitted with projectors & whiteboards are available for hire 6 days per week from 8am - 10pm. Community & Voluntary rates are available for qualifying groups
<b>Counselling:</b>	Counselling room available
<b>Computers:</b>	Computer training facility for 14 students + tutor
<b>Rainbows:</b>	Rainbows programme available for children 7-12yrsn who are suffering as a result of a bereavement or separation in their family.
<b>Breastfeeding Supports</b>	"An Seomra Cothú" -Breast Feeding "drop in" room and access to breast feeding support & information
<b>Suicide Bereavement Support Group</b>	This is an open support group for anyone over 18 bereaved by suicide can come together and support each other, talk, listen and be heard. Two trained facilitators attend each meeting. Monthly meetings take place in Clonmel Resource Centre. For further info contact 052 6129143 Supported by HSE & Regional Suicide Resource Centre

### Contact Details

Clonmel Community Resource Centre, Kickam House, Kickam Street, Clonmel  
 Contact Name: Naomi Burke Manager  
 Contact Email: infocccr@gmail.com  
 Contact No: 052 6129143  
 Website: www.clonmelresourcecentre.com

## Clonmel Community Youth Project

*Clonmel Community Youth Project is a special community based youth project funded under the Department of Education & Skills. The primary target group of Clonmel Community Youth Project is young people aged 10 to 21 years, with a particular emphasis on meeting the needs of those who are disadvantaged and/or "at risk".*

*C.C.Y.P works within the following areas of Clonmel: Wilderness Grove, Carrigeen, Oakland Drive, Boherduff, Fairfield's, Elm Park estate, Bianconi Drive, Heywood Close and Cooleens Close consisting of 839 houses in total, some of which are included in the RAPID area (Wilderness Grove, Carrigeen, Elm Park estate, Bianconi Drive, Heywood Close and Cooleens Close). C.C.Y.P ensures that young people are included; have opportunities to actively participate in all areas of the work; engaged in identifying their own needs and deciding possible responses; all the while empowering young people to recognise their own potential and value as experts in their own lives and community.*

### Services

The methods of provision which the project use to engage and meet the needs of the young people include:

Weekly core group sessions.

One to one support work is offered on an individual basis to those who are experiencing difficulties in their home, school or community setting.

Special Interest Programmes are organised and offered to young people with a particular interest.

Seasonal themed programmes: Easter, Halloween, Christmas.

Extensive eight week summer programme.

### Service Location

**Clonmel:** Wilderness Youth & Community Centre, Wilderness Grove, Fethard Road, Clonmel, Co. Tipperary

**Clonmel:** St. Oliver's Complex, Elm Park, Clonmel, Co. Tipperary  
 Contact Person: Catriona Guerin – Project Co-ordinator  
 Tel: 086 6045810 / 052 6170876  
 Email: clonmelcyp@wstcys.ie  
 Website: www.wstcys.ie

## **Clonmel Youth Diversion Project**

*Referral of and engagement with young people who have come to the attention of the law or who are in danger of becoming involved in offending behaviour due to varying circumstances.*

### **Services**

#### **Support to young people aged 12 to 18 years:**

The project provides support to young people referred while challenging their involvement in offending behaviour through appropriate programmes and activities. This includes attendance at our centres and outreach work with staff.

### **Access Service**

#### **Service Users:**

Young people aged 12 to 18 years.

#### **Referral/ Access:**

Professional referral (through JLO or Community Gardaí, youth organisations and other service providers), parental referral or self- referral.

### **Service Locations**

**Clonmel:** Wilderness Youth & Community Centre, Wilderness Grove, Clonmel, Co. Tipperary.  
Tel: 052 6180713 or 087 9573669  
Email: clonmelydp@wstcys.ie

**Clonmel:** St Oliver's Complex, Elm Park, Clonmel, Co. Tipperary

## County Tipperary Citizen Information Service

*Citizens Information Centres (CICs) provide citizens with information, advocacy, and advice on all their rights and entitlements and the service is free, confidential and independent.*

### Services

<b>Information:</b>	We provide customers with a free & confidential information service on all their rights & entitlements.
<b>Assistance:</b>	We assist customers with form filling, making calls on their behalf and letter writing.
<b>Advocacy:</b>	We can provide customers with a limited advocacy service in preparing appeals to SW and the HSE, and help with complaints to the Rights Commissioner and Employment Appeals Tribunals on employment issues (subject to available resources).
<b>Free Legal Advice Centre</b>	We provide customers with free legal advice once a month in two centres in South Tipperary (Clonmel and Tipperary Town).
<b>Outreach Services:</b>	We provide outreach services in Carrick-on-Suir, Cashel and Cahir each week and customers can call in or telephone these centres and we can give presentations to various organisations on our service.

### Service Access for Members of the Public

**Referral** The public can call into centres, telephone the centres, write a letter or send an email.  
**/ Access:** No appointment necessary. Alternatively information can be obtained by calling our information line 0761 07 4000 or log on to [www.citizensinformation.ie](http://www.citizensinformation.ie)

### Service Location

- Thurles** (CIC) Head Office: Mary Plunkett, 34/35 Croke Street, Thurles, Co. Tipperary.  
 Opening times: Mon – Fri 10am to 1pm & 2pm to 4pm and Thurs 7.30pm- 8.30pm.  
 Email: [mary.plunkett@citinfo.ie](mailto:mary.plunkett@citinfo.ie) Tel: 0761 07 6510 Fax: 0504 22488
- Clonmel** (CIC): Market Place, Clonmel, Co. Tipperary.  
 Opening times: Mon – Fri 10am to 4pm and Wed/Thurs 7 – 9 pm. Free legal advice: 3rd Thursday of every month 7.30pm – 9.00pm. Email: [clonmel@citinfo.ie](mailto:clonmel@citinfo.ie) Tel: 0761 07 6460
- Tipperary** (CIC): Community Service Centre, St. Michael's Street, Tipperary Town.  
 Opening times: Mon/Tues/Thurs 10am – 1pm & 1.30pm – 3pm; Wed 10.30am – 12.30pm; Fri 10am – 1pm & 1.30pm – 2.30pm Free legal Advice: 2nd Wed of each month from 7.30pm – 8.30pm Email: [tipperary@citinfo.ie](mailto:tipperary@citinfo.ie) Tel: 0761 07 6540 Fax: 062 33954
- Carrick-on-Suir** (Outreach): Nano Nagle Resource centre, Greenside, Carrick-on-Suir, Co. Tipperary.  
 Opening Hours: Every Tuesday 10.30am – 1pm. Tel: 051 642418
- Cashel** (Outreach): Civic Offices, Friar Street, Cashel, Co. Tipperary.  
 Opening Hours: Every Thursday 10.30am – 1pm Tel: 086 3616251
- Cahir** (Outreach):  
 South Tipperary County Council Offices, Erasmus Smith House, Cashel rd. Cahir,  
 Opening Hours: Every Wednesday 10.30am – 12.30pm Tel: 052 7441322

## Cuan Saor Women's Refuge

*Cuan Saor is a community / voluntary organisation providing a range of supports to women and children who are or have experienced domestic violence.*

### Services

<b>Refuge:</b>	Short term crisis accommodation for women and families who need to leave their home as a result of domestic violence.
<b>Support and Information:</b>	One to one support for women who are in a domestic violence relationship, this service provides a space for a woman to examine her options so that she can an informed decision about her life and that of her children.
<b>Helpline:</b>	A confidential helpline for women who need support, especially women who do not have access to transport to visit the service.
<b>Outreach:</b>	Support & Information drop in and appointment based service provided in an outreach capacity to designated locations in South Tipp. Appointments can be made through the main office.
<b>Court Accompaniment:</b>	Support & information for women who wish to access the legal system: filling forms, meeting solicitors, going to court and aftercare.
<b>Childcare:</b>	Childcare for women who need to access services while resident in Cuan Saor, also support for children during this time, managing child protection cases, making referrals and attending child protection conferences, providing support to external clients and aftercare. This service also delivers training to schools on healthy/unhealthy relationships.
<b>Counselling:</b>	By appointment.
<b>Group Work:</b>	"Pattern Change Programme" this is a 12 week educational programme for woman who have experienced an abusive intimate relationship.
<b>Education /Training Programmes:</b>	This service provides training and awareness raising to schools and community groups on domestic violence.

### Service Access for Women who are experiencing Domestic Violence

#### Referral / Access:

Professional referral, self-referral by contacting the Clonmel office, any outreach centre or telephone helpline 1800 57 67 57.

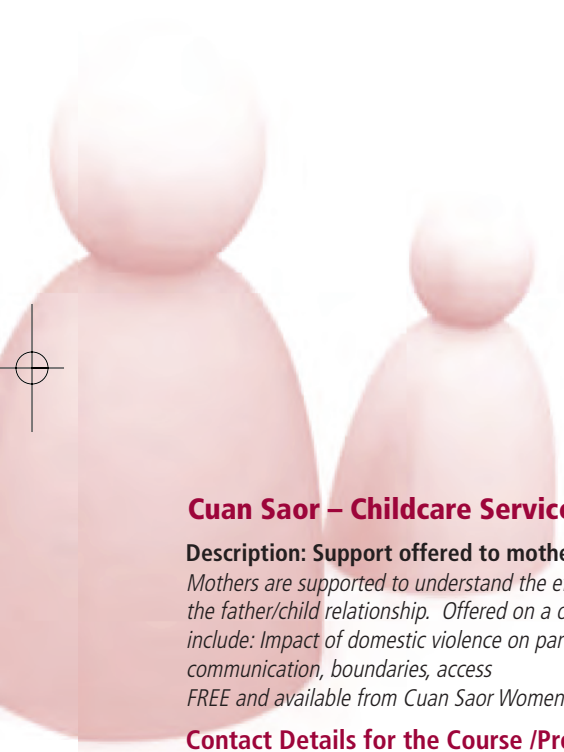
#### Service Locations

<b>Clonmel:</b>	3 Jervis Place, Parnell Street, Clonmel, Co Tipperary Tel: 052 6127557 Fax: 052 6127757 Email: projectleader@cuaansaor.org
<b>Tipperary Town (outreach):</b>	Knockanrawley Resource Centre, Knockanrawley, Tipperary Town Tel: 062 52793 Opening Hours: Tuesdays 10am – 4pm

**Cashel (outreach):** Our Lady's hospital Cashel, Co. Tipperary  
Tel: 062 70600  
Opening Hours: Mondays 10am – 4pm

**Killenaule (outreach):** Killenaule Health Centre, Killenaule, Co. Tipperary  
Tel: 052 9156481  
Opening Hours: Wednesday 2pm – 4pm

**Carrick-on-Suir (outreach):** Nano Nagle Resource Centre, Greenside, Carrick-on-Suir, Co. Tipperary  
Tel: 051 642418  
Opening Hours: Thursdays 10am- 4pm



### **Cuan Saor – Childcare Services**

**Description: Support offered to mother's who are parenting through domestic violence.**

*Mothers are supported to understand the effects of domestic violence on children and to encourage the father/child relationship. Offered on a one to one basis based on need and topics covered include: Impact of domestic violence on parenting, impact of domestic violence on children, feelings, communication, boundaries, access  
FREE and available from Cuan Saor Women's Refuge*

#### **Contact Details for the Course /Programme/support:**

Contact Name Mary Barry – O'Gorman  
Contact Address: 3 Jervis Plc, Parnell St, Clonmel  
Contact email: childcare@cuansaor.org  
Tel: 052 6127557

## CURA

*CURA provides crisis pregnancy counselling*

### Services

<b>Free Pregnancy Testing:</b>	CURA can provide a free and confidential pregnancy testing service at the centre.
<b>Crisis Pregnancy Counselling and Support:</b>	This is provided at any time during the pregnancy in the form of confidential and non- directive counselling. Information on social welfare & other rights & entitlements during and after the pregnancy.
<b>Information: Referrals:</b>	Linking clients with other supports, such as family support services, financial advice, etc.
<b>Support with Accommodation:</b>	If required, CURA can provide a list of pre – natal and post natal accommodation services throughout the country.
<b>Post-Natal Support:</b>	Support & practical information for mums after the birth of baby.
<b>Support for Fathers and Other Family Members:</b>	Pregnancy counselling and support to fathers and other family members.
<b>Post-Abortion Support:</b>	1 to 1 counselling for those feeling loss or grief after an abortion.
<b>School Awareness Programme:</b>	This programme provides information on services provided by CURA and aims to raise awareness of crisis pregnancy. It is available to schools throughout the county.

### Service Access

**Service Users:** Anyone affected by crisis pregnancy – the woman, her partner and family.

**Referral / Access:** Drop in or appointment.

#### Service Location

**Thurles:** 20A Liberty Square, Thurles, Co. Tipperary  
Tel: 0504 26226  
Email: curathurles@eircom.net  
Lo Call: 1850 622626

Opening Hours: 4pm – 6pm

### Other relevant service information

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

**Positive Options:** Text 50444 or [www.positiveoptions.ie](http://www.positiveoptions.ie)



## Department of Social Protection

*The Department of Social Protection administers a range of income maintenance payments, alongside the primary Social Welfare payments. The Community Service provides a personal consultation, advice and advocacy service with service users regarding income issues, primary payment of Supplementary Welfare Allowance (SWA), which is a statutory short term means tested income support. Eligibility for SWA is determined by being habitually resident in Ireland, satisfying a means test and not being in full time employment, education or on strike. Additional supplementary payments, according to service user's needs and eligibility include Rent Supplement (once the local authority deem person in need of housing), Mortgage Interest Supplement, Diet, Travel and Additional Heating Supplements, and once off Exceptional Needs Payments or Urgent Needs Payments.*

*The service also conducts means assessment of service users for eligibility for such welfare allowances as Blind Welfare Allowance, Nursing Home Support Scheme, Mobility Allowance, the Back to School Allowance and for Medical Cards. The service is administered locally by individual Community Welfare Officers at 33 locations around the county, usually in the local Health Centre. More detailed information can be found at [www.welfare.ie](http://www.welfare.ie)*

### Service Access

**Service Users:** Persons wanting advice on financial, housing and personal issues, applying for an income support payment (SWA), applying for a Medical Card or Nursing Home Support Scheme. Persons in financial need, who have insufficient income to meet their basic needs, as determined by the Social Welfare (Cons) Act 2005, can apply for an SWA payment. They must satisfy the following conditions: that they live and are legally in the state; that they are not in full time employment, education or on strike; that they satisfy the required means test; that they have applied for any other benefit/ allowance that they are entitled to; that they satisfy the conditions of the particular scheme and that they satisfy the habitual residence test (except for once off Exceptional Needs Payments).

### Referral/ Access:

Service users can contact the main office in Clonmel on the FREEPHONE number 1800 60 30 10 for details of their local Community Welfare clinic or call to the Community Welfare clinic at their local Health Centre.

### Service Location

**Clonmel:** Western Road, Clonmel, Co. Tipperary  
Tel: 052 6177211  
Fax: 052 6177270

## **DESSA - Empowering Parents Training Programme**

*The Empowering Parents Programme seeks to support parents to acquire the knowledge and skills to effectively advocate on behalf of their child. The programme topics cover advocacy skills & strategies, medical & social models of disability, legislation & policy & education & inclusion. The programme is aimed at Parents of children with disabilities. The programme is organised on a group basis with average of 10 – 15 participants over a 6 week period*

Topics covered include: Medical & Social Models of Disability, Legislation & Policy, Education & Inclusion, Advocacy Skills & Strategies

Available usually on an annual basis from South Tipperary Childcare Committee, Clonmel & Three Drives Family Resource Centre, Tipperary

Contact : Kay Teahan

Address: DESSA South East, Droichead FRC, Callan, Co. Kilkenny

Email: [advocacy@dezza.ie](mailto:advocacy@dezza.ie)

Tel: 087 3534432

## **The SER Family Support Network**

*The SER Family Support Network is an organisation supporting family members affected by substance misuse. We provide brief intervention and referral to peer family support groups in areas in the south east.*

### **Service Access**

For further information please contact:

051 312010/0866045805

Website: [www.serfamilysupportnetwork.org](http://www.serfamilysupportnetwork.org)

See also our details for family support groups in South Tipperary,

### **Carrick on Suir FSG**

Tel: 051 645775 or 987 9827669

### **Clonmel FSG**

Tel: 052 6189381 or 0868557212

## Edge Youth Diversion Project

*The EDGE Project is a Garda Youth Diversion Project, co-funded by the Department of Justice, Equality & Law Reform and the European Social Fund. It works with young people in the Carrick-on-Suir District aged 12 – 18 that are at risk of or are already involved in activities that may be considered anti – social or criminal. The project aims to divert these young people through group work, activities, programmes and one to one work.*

### Services

**Weekly Group Work during School Year:** Young people are engaged in groups throughout the school year. These groups engage young people in a variety of programmes and activities aimed at diverting them from anti – social behaviours, engaging them in positive activities and promoting personal development.

**One to One Work:** This service is for young people who want / need more contact time with staff in order to work on specific issues.

**School Holiday Programmes:** Throughout school holidays the project runs a programme that is positive, fun and developmental for project members to take part in.

**Family Contact:** We work to support the families of our participants when they engage with us. This is to ensure that parents are aware of how their young person is getting on in the project, that their young person is / not attending, to include parents in the work process and to dispel any anxiety the parents may feel about their young person's involvement in the project.

### Service Access

**Service Users:** Young people aged between 12 – 18 years and their families.

**Referral / Access:** Referrals from JLO, parents, local Gardaí, schools, youth organisations, peers and self.

### Service Location

#### Carrick-on-Suir:

Youth Resource Centre, 56 New Street, Carrick-on-Suir, Co. Tipperary  
Tel: 051 645560 or 086 8589873 / 086 7703302  
Email: [edgeproject@hotmail.com](mailto:edgeproject@hotmail.com)

## Foroige

*Foroige is the leading youth organisation in Ireland, working with young people aged 12 – 18 years through volunteer – led clubs and staff – led youth projects. Foroige works with all young people through our general services and also works with vulnerable young people who require additional support through a full range of targeted services.*

### Services

**Youth Clubs:** Young people are supported to run their own clubs with the help of volunteers while developing themselves and their community.

**Club Development:** Foroige helps young people and leaders to start up a new Foroige club in their area.

### Service Access

**Service Users:** Young people aged 12 – 18 and volunteers.

**Referral / Access:** Contact the Regional Youth Officer for Waterford and South Tipperary and they will put them in touch with the club leader in the club nearest to them.

### Service Locations

#### Waterford

**(Regional Office):** Foroige Office, Oakvilla, Military Road, Waterford  
Tel: 086 2316302  
Email: [gail.osullivan@foroige.ie](mailto:gail.osullivan@foroige.ie)

**Ardfinnan:** Community Centre, Ardfinnan, Clonmel, Co. Tipperary

**Clerihan:** Community Centre, Cahir Road, Clerihan, Clonmel,

**Drangan:** Community Centre, Drangan, Thurles, Co. Tipperary

**Clonmel:** Elm Tree Community House, Elm Park, Clonmel Co. Tipperary

**Carrickbeg:** Carrickbeg Community Centre, Carrick-on-Suir, Co. Tipperary

**Ballyporreen:** Community Centre, Ballyporreen, Co. Tipperary

**Kilsheenan:** Please contact office for further information

**Newcastle:** Please contact office for further information

**Grange:** Please contact office for further information

## Foroige – Carrick-on-Suir Neighbourhood Youth Project

*The aim of the Neighbourhood Youth Project is to provide direct intervention for young people aged 10 – 18 years & their families, who are experiencing adversity, to enable them to grow & develop to their full potential.*

### Services

**Homework Support:** 6 programmes running weekly, facilitated by teachers and students.

**Teenage Health and Sexuality:** School based programme to 2<sup>nd</sup> year students in Comeragh. Regular programmes with boys and girls aged 13+.

**Summer and Holiday Programmes:** 9 week summer programme of activities for young people who have been actively in groups throughout the year. Easter and mid-term activities.

**Big Brother Big Sister Mentoring Programme:** Mentoring programme which matches young people with an adult.

**Sports and Outdoor Pursuits Groups/ Special Interest Groups:** Soccer, basketball, canoeing, swimming, art, craft, music, etc.

**School – Based Groups:** Leadership, alcohol & drug awareness, health and sexuality.

**Outreach Youth Work in Glenview and Ballylynch Estates:** General youth work activities, homework clubs, one to one work, sports and holiday programmes.

**Young Parent's Support Programme:** Support programme for young parent's aged between 15 – 21 years.

### Service Access

**Service Users:** Young people aged 10–18 yrs., & their families experiencing adversity.

**Referral / Access:** Referrals from schools, parents, HSE, Community Gardaí and self.

### Service Locations

**Carrick-on-Suir:** 16 Kickham Street, Carrick –on-Suir, Co. Tipperary  
Tel: 086 3848160 – Anne Howard, 086 8331886  
– Siobhan Clifford, 086 0479851 – 051 645967  
Sarah Dunleavy Email: anne.howard@foroige.ie

#### **Carrick-on-Suir Glenview Estate (outreach):**

RESPOND! Community Centre, Glenview, Carrick-on-Suir, Co. Tipperary

#### **Carrick-on-Suir Ballylynch Estate (outreach):**

23 Kilonerry Close, Carrick-on-Suir, Co. Tipperary

## GROW Community Mental Health

*GROW is a support service for people who are struggling with their mental health or who want to prevent a mental breakdown.*

### Services

**Weekly Meetings:** 2 hourly meeting with a 12 step programme.

**Phone Service:** Information line for callers 1890 474 474.

**Education Service:** Short courses in the promotion of good mental health.

**Information:** Promotional stands at exhibitions etc.

**Outings, Social etc:** Social outlets for inclusion in communities & to prevent isolation.

### Service Access

**Service Users:** The service is aimed at anyone over 18 years needing the service.

**Referral / Access:** Come to meeting or contact regional office.

### Service Location

#### Kilkenny (regional office):

Eileen Watson,

Ormonde Home,

Barrack Street, Kilkenny

Tel: 056 7761624 or 1890 474 474 Fax: 056 7751615

Email: Southeastregion@grow.ie

Website: www.grow.ie

Opening Hours: Monday – Thurs 8 to 3.30pm, Fri 8am to 12.30pm

#### Tipperary Town:

St. Vincent's Day Care Centre. Clients only.

Community Service Centre, St. Michael's Street, Tipperary Town.

Weekly meeting, for information contact the regional office.

#### Clonmel:

Morton Street Day Centre, Morton Street, Clonmel, Co. Tipperary. Clients only.

Clonmel Resource Centre, Kickham Street, Clonmel, Co. Tipperary.

Weekly meeting, for information contact regional office.

#### Cahir:

Aiseiri Cahir, Townspark, Cahir. For information contact regional office.

## HSE Child and Adolescent Psychiatry Service (CAPS)

*Psychiatric/ medical assessments related interventions with psychology/ nursing, if appropriate.*

### Service Access

**Service Users:** Children with suspected psychiatric condition.

**Referral / Access:** Only after family doctor's assessment and recommendation.

### Service Location

**Clonmel:** Coleville House,  
Coleville Road,  
Clonmel, Co. Tipperary  
Tel: 052 6189204  
Fax: 052 6189205

## HSE National Counselling Service – South East

*The HSE National Counselling Service – South East provides counselling in the South East for adults who have had a childhood experience of trauma, abuse or neglect.*

### Services

**Counselling:** Counselling for adults who have had a childhood experience of trauma, abuse or neglect.

### Service Access

#### Service Users:

Adults over 18 years of age in the South East who have had a childhood experience of trauma, abuse or neglect.

#### Referral/ Access:

Either self- referral on Freephone 1800 234 118 or by written referral from a professional.

### Service Locations

#### Waterford (Head Office):

Primary Care Centre,  
223 Lismore Park,  
Waterford  
Tel: 1800 234 118



## HSE Child and Family Services

*Psychological service for children (0-18 years) and their families.*

### Services

**Psychological Intervention for Children in Care:** Assessments and interventions for children, psycho- educational group work/ workshops for carers.

**Psychological Intervention for Child Health:** Providing support to children with health problems and supporting children with emotional and behavioural problems.

**Psychological Intervention Child Welfare:** Supporting children who have psychological problems associated with child welfare difficulties, e.g. behaviour problems, parenting difficulties, adjustment disorders, sleeping difficulties.

**Disability Service, Early Intervention (0-5 years):** Assessment and diagnosis of children 0 –5 years with developmental delay, providing support to children and their families, psycho- educational workshops for parents and carers.

**Disability Services, 6 – 18 years:** Assessment and diagnosis of children 6 – 18 years; providing support to children and their families, psycho- educational workshops for parents and carers.

**Childcare Leader for Childcare / Child Health & Child Welfare:** Home based intervention programmes aimed at supporting the individual needs of the child and the families, e.g. toileting, sleeping, parenting difficulties and anxiety.

**Childcare Leader for Disability Services:** Home based intervention programmes aimed at supporting the individual needs of the child and the families, e.g. behaviour difficulties, parenting difficulties and feeding.

### Service Access

**Service Users:** Children 0 – 18 years and their families.

**Referral / Access:** Access to the Psychologist is by referral through the family's G.P. Access to the Childcare Leader is through the Psychologist.

### Service Location

**Clonmel:** South Tipperary Therapy Services, HSE South, PCCC South, Western Road, Clonmel, Co. Tipperary  
Tel: 052 6177911 Fax: 052 6177919 Email: roisin.egan@hse.ie

**Carrick-on-Suir:** Health Centre, Carrick-on-Suir, Co. Tipperary

**Tipperary Town:** Health Centre, Tipperary, Co. Tipperary

**Cashel:** Health Centre, Cashel, Co. Tipperary

## HSE Children and Families Services

*The HSE Children and Families Services provide child protection and child welfare services under the 1991 Child Care Act in relation to children and young people up until the age of 18 years.*

### Services

**Child Protection and Welfare:** The service assesses concerns relating to the abuse or chronic neglect of children and young people and takes appropriate measures in accordance with the "Children First" guidelines to ensure child safety and welfare. The service also advises and supports vulnerable families, in crisis or otherwise, to enable them to provide appropriate care for their children.

**Children in Care:** The service supports children and young people placed in alternative care settings.

**Foster Care:** The service is responsible for the recruitment, assessment, support and supervision of foster carers.

**Family Support** Family support workers offer home visiting and support to identified vulnerable families.

### Service:

#### Child Care Leader Service:

The Child Care Leaders, on referral from social workers, undertake direct work with children, young people, families and carers in relation to such issues as challenging behaviour and parenting. They can also undertake such parenting programmes as the Triple P and Parenting Plus with families as requested.

### Service Location

#### Clonmel:

Social Work & Child Care Department, Yellow House, St. Luke's Hospital,  
Western Road, Clonmel, Co. Tipperary  
Tel: 052 6177302 or 052 6177303  
Fax: 052 6177301

#### Carrick-on-Suir:

Health Centre, Waterford Road, Carrick-on-Suir, Co. Tipperary

#### Tipperary Town:

St. Vincent's Health Centre, Station Road, Tipperary Town

## HSE Community Development Service

*The HSE Community Development Service operates from a concept of health which recognises the wider social determinants of health in the community and the close association between inequalities of health status and social exclusion. Adopting a generic community development approach and in partnership with other like – minded agencies from the statutory and the community and voluntary sectors, the service participates in initiatives around the county to support disadvantaged groups which are in one way or another excluded from equitable access to resources and services to identify their specific needs and to strengthen their capacity to meet these needs. The remit of the service is also determined by responsibilities to three identified care groups under the HSE Primary, Community and Continuing Care pillar at LHO/ county level – namely: Children and Families, Older Persons, and Disability. Because of the HSE's regional social inclusion remit in the four areas of Drug and Alcohol; the Homeless; Travellers and Ethnic Minorities; and RAPID, CLAR, Community Development & LGBT group, the Community Development can also be assigned responsibilities within these.*

### Services

**Community Development Service with Disabilities:** Service to promote and to undertake a community development approach with regard to addressing the needs of people with disabilities. Since 2006, the CD Worker has had a key role in the development of Cashel Gold Star Initiative to raise awareness in the community of access issues & to involve people with disabilities & different sectors of the town in making the changes for greater accessibility.

**Community Development Service with Children and Families:** Service to support voluntary and community groups providing family support and in particular groups in receipt of HSE Section 39 funding.

**Community Development Service with Older Persons:** Service to support voluntary & community groups providing community based elderly support services in particular groups in receipt of HSE Section 39 funding, e.g. day centres

**Primary Care Community Participation Strategy:** Service to support the community in the identification of health issues to be addressed as part of Primary Care development and in strengthening its capacity to sustain a role in the development of Primary Care teams.

**Generic Community Development Work:** The Community Service is also variously involved in representing the HSE on different structures with appropriate remits at county and local levels and in participating in appropriate community development initiatives around the county.

### Service Location

#### Clonmel:

HSE Community Services, Western Road, Clonmel, Co. Tipperary  
Tel: 052 6177306  
Fax: 052 6177301  
Email: ruairi.ocaisleain@hse.ie

## HSE Disability Psychology Services – Supports for Parents of Children on the Autism Spectrum

### Workshops:

#### Tuning in to your child on the Autism Spectrum:

workshops aimed at parents/carers who are supporting a child on the Autistic Spectrum covering the following what is ASD, causes of ASD, understanding behaviours and learning different strategies to deal with behavioural difficulties, the use of visual supports for promoting communication and positive behaviour, the use of social stories in promoting social understanding and our last workshop is aimed at supporting parents and looks at what stress is and how to manage stress.

#### Parent to parent support sessions:

Monthly session developed by parents for parents and facilitated by a member of the Psychology department.

#### Further details:

Parents /carers whose child has a diagnosis of ASD and who are on the HSE Psychology waiting list for intervention. Referrals can be made via your G.P.

Parent to parent support sessions: Parents must have attended the Understanding behaviours workshop and the Tuning in to ASD: An Introduction

#### Contact:

**Contact Name:** Roisin Egan  
**Contact Address:** South Tipperary Therapy Services, Western Rd, Clonmel  
Tel: 052 6183407

## HSE – Family Communication & Self Esteem – FCSE

*The FCSE course aims to help parents to explore how they communicate with their children & each other. The course supports parents in the good job they are already doing. Supporting parents of teenagers to enhance their relationship with their children and offering the opportunity to talk with other parents. Run over an eight week period, topics covered include: Communication & Listen in the family, Self-esteem, The Good Enough Parent, Setting Limits with your child, Exploring feelings, Resolving Conflict, Assertive Parenting*

#### Contact Details:

**Contact Name:** Catherine O'Loughlin  
**Contact Address:** Health Promotion Dept, Community Care Services, Western Road, Clonmel  
**Contact email:** Catherine.oloughlin@hse.ie  
**Tel:** (052)6177930

## HSE Health Promotion Department (South Tipperary)

*Our work involves working with health professionals, teachers, community workers, parents and the general public. We offer training, education and support, to enable people to integrate health promotion into their work and personal life.*

### Services

**Training Courses:** Please contact us for a copy of our current training prospectus.

**Parenting Courses:** For parents of teenagers (Family Communication and Self Esteem).

**Smoking Cessation Service:** Information and support to assist individuals to stop smoking.

### Support for

**Teachers:** We support teachers working with student around health issues and personal development. Playground marking resources also available.

**Sexual Health:** Information and educational resources available.

**Pre – School:** Support and training in relation to physical activity and healthy eating policy development.

### Service Access

**Service Users:** Health Professionals, teachers, community workers, parents and the general public.

### Referral/ Access:

Contact us by telephone or email.

### Service Locations

**Clonmel:** PCCC Services, Western Road, Clonmel, Co. Tipperary  
Tel: 052 6188293 or 052 6188276  
Fax: 052 6177496  
Email: hilda.oneill1@hse.ie

## HSE South Tipperary Pre – School Services Department

*The service is aimed at pre – school service providers, parents, guardians, voluntary and statutory agencies, and the general public.*

### Services

Support and inspection of notified pre - school services under Part V11 Child Care Act 1991 and the Child Care Pre – School Services (No 2) Regulations 2006

Information for parents, guardians and the general public on the statutory requirements for Pre – School Services.

Support and advice on development of new pre – school service provision.

Provision of a list of pre – school services notified to the HSE within the South Tipperary area. Dealing with complaints.

### Service Access

**Service Users:** Pre-School Service Providers, Parents, Guardians, Voluntary & Statutory agencies, & the general public.

### Service Locations

**Clonmel:** HSE Pre School Services Department, 34 Queen Street, Clonmel,  
Tel: 052 6170931 – General Office  
052 6170895 – Pre School Services Officer  
Email: [phil.mackey@hse.ie](mailto:phil.mackey@hse.ie)  
Contact Person: Phil Mackey Pre School Services Officer,  
Claire Fahey – Administrative Officer  
Website: [www.hse/earlyyears-services](http://www.hse/earlyyears-services)

## HSE Public Health Nursing

*HSE Public Health Nursing provides a child health screening, surveillance & parent support service.*

### Services

<b>New born Infants and Post Natal Pre-school Children:</b>	Home visits to new born infants and mothers.  A child health screening and surveillance service is offered to parents of children from birth to school age & a support service to parents of pre – school children. The child health service is provided either at the clinic/ health centre or the home.
<b>School – aged Children:</b>	A school health screening service to children in primary schools.
<b>School based Immunisation Service:</b>	Booster Immunisation are given in primary, special schools & secondary schools & HPV immunisation began in 2010 for girls in secondary.
<b>Early Intervention Services for Children with Intellectual, Physical &amp; Sensory Disabilities:</b>	Public Health Nurses (PHNs) work as members of an early intervention team for children with intellectual, physical & sensory disabilities providing support, referral, counselling.

### Service Access

<b>Service Users:</b>	Parents of pre – school and school – aged children and their children.
<b>Referral/ Access:</b>	Home visits from nurses, clinics at health centre, school health service.

### Service Locations

<b>Clonmel (Management &amp; Support Staff):</b>	Community Care Public Health Nursing Management & Support Staff, Western Road, Clonmel, Co. Tipperary Tel: 052 6177338 /052 6177288 Contact Times: Monday – Friday 9am – 5pm
<b>Ahenny:</b>	Health Centre, Ahenny, Carrick-on-Suir, Co. Tipperary Tel: 051 645713 Contact Times: Mon – Fri 9am – 10.30 & 4pm – 5pm
<b>Ardfinnan:</b>	Health Centre, Ardfinnan, Clonmel, Co. Tipperary Tel: 052 7466134 Contact Times: Mon, Wed, Fri 9.30 – 10.15 am; Thurs 11am – 12 noon
<b>Ballingarry:</b>	Health Centre, Ballingarry, Thurles, Co. Tipperary Tel: 052 9154243 Contact Times: Monday and Thurs 9.30 – 10.30am



- Ballymacarbry:** Four Mile Water Health Centre, Ballymacarbry, Clonmel,  
Tel: 052 6136456  
Contact Times: Mon to Friday 9am – 10.15 am
- Ballyporeen:** Health Centre, Ballyporeen, Co. Tipperary  
Tel: 052 7467487 Contact Times: Tuesday, Friday 10.30am – 12 noon
- Ballysloe:** Health Centre, Ballysloe, Gortnahoe, Thurles, Co. Tipperary  
Tel: 056 8834341 Contact Times: Mon, Wed, Thurs 9.30 – 10.30am & Tues,  
Friday 12 noon – 1pm
- Bansha:** Health Centre, Bansha, Co. Tipperary  
Tel: 062 54263 Contact Times: Monday – Friday 9.30am – 10.15am
- Cahir:** Health Centre, Pearse Street, Cahir, Co. Tipperary  
Tel: 052 7445602 Contact Times: Monday – Friday 9.30am – 10.15am
- Cappawhite:** Health Centre, Cappawhite, Co. Tipperary  
Tel: 062 75126 Contact Times: Mon, Wed 11am – 12 noon & Tues, Thurs,  
Fri 9.30am – 10.15am
- Carrick-on-Suir:** Health Centre, Carrick-on-Suir Co. Tipperary  
Tel: 051 645191 Contact Times: Monday – Friday 9.30am – 10.45am
- Cashel:** Primary Care Centre, The Green, Cashel, Co. Tipperary  
Tel: 062 70600 Contact Times: Monday, Friday 9.30am – 10.30am
- Clogheen:** Health Centre, Clogheen, Co. Tipperary  
Tel: 052 7465315 Contact Times: Mon, Wed, Thursday 9.30am – 10.15am
- Clonmel:** Community Care Centre, Western Road, Clonmel, Co. Tipperary  
Tel: 052 6177000 Contact Times: Mon – Fri 9.30 – 10.15/10.30am
- Dundrum:** Health Centre, Dundrum, Cashel, Co. Tipperary  
Tel: 062 71524 Contact Times: Mon, Wed, Thurs 9.45 – 10.30am  
& Friday 11am – 12.30pm
- Emly:** Health Centre, Emly, Co. Tipperary  
Tel: 062 57222 Contact Times: Mon – Thurs 9am – 10.30am & Friday  
10am – 11am
- Fethard:** Health Centre, Fethard, Co. Tipperary  
Tel: 052 6131251 Contact Times: Mon, Tues, Thurs 9.30am – 10.15am  
& Wed, Fri 10.30am – 1pm
- Killenaule:** Health Centre, Killenaule, Thurles, Co. Tipperary  
Tel: 052 9156481 Contact Times: Monday – Friday 9am – 10.30am
- Kilsheelan:** Health Centre, Kilsheelan, Clonmel, Co. Tipperary  
Tel: 052 6133541 Contact Times: Monday, Friday 12 noon – 1.30pm  
and Tuesday, Wednesday, Thursday 9.30am – 10.15am

- Mullinahone:** Health Centre, Mullinahone, Co. Tipperary  
Tel: 052 9153676 Contact Times: Tues, Wed, Friday 9.30am – 10.30am
- New Inn:** Health Centre, New Inn, Cashel, Co. Tipperary  
Tel: 052 7462416 Contact Times: Monday – Friday 9.30am – 10.15am
- Newcastle:** Health Centre, Newcastle, Clonmel, Co. Tipperary  
Tel: 052 6136182 Contact Times: Tuesday 11am – 12noon
- Rathgormack & Clonea Power:** Health Centre, Clonea Power, Carrick-on-Suir, Co. Tipperary  
Tel: 051 646212 Contact Times: Monday – Friday 9.30am – 10.15am
- Tipperary Town:** St. Vincent's Health Centre, Station Road, Tipperary Town.  
Contact Times: Monday – Friday 9am – 10.30am

## South Tipperary Breast Feeding Supports

### South Tipperary General Hospital Maternity Unit,

Clonmel Maternity Unit is a member of the Baby Friendly Hospital Initiative to promote and support breastfeeding. There are two lactation consultants on staff to assist with help and advice.

Tel: 052 6177093.

### Three Drives Family Resource Centre – Tipperary Town

Breast feeding support group meets – every Monday morning 10am – 12 pm – the session is attended by a public health nurse in the Three Drives Family Resource Centre.

Tel: 062-80831

### Clonmel Community Mother Programme

#### Mother & Baby/ Breastfeeding Support Group

This group meets each Monday afternoon in Training Room 1, Clonmel Community Resource Centre, Kickham Street, Clonmel.

Time: 2.00 – 3.30 p.m.

Tel: 052 6128199

## HSE Substance Misuse Service

*This is a free, easy access, low threshold substance misuse service for under 16's (with parental consent) and over 16's across South Tipperary*

### Services

<b>Addiction Counselling:</b>	Counselling for users and their families.
<b>Drug Education:</b>	Drug Education for schools, communities, industry & HSE staff.
<b>Clinical Nurse Support:</b>	Heroin and alcohol detoxification.
<b>Family Therapy:</b>	Support for families and concerned persons.
<b>Alternative Therapies:</b>	Auricular acupuncture and Indian head massage.
<b>Relapse Prevention:</b>	Women's support groups, linkages and referrals to residential services, harm reduction service.

### Service Access

**Service Users:** Users/ misusers of alcohol and other substances (under 16 years of age with parental consent); also families and concerned persons.

**Referral/ Access:** Self – referrals and referrals from other services (contact office, drop in, through drug education); addiction counselling by appointment only.

### Service Locations

**Clonmel (Head Office):** 11-12 Peter Street, Clonmel, Co. Tipperary  
Tel: 052 6177900 Fax: 052 6177919 Email: john.casey@hse.ie  
Contact Times: Monday to Friday 9am – 5pm.  
Out of hours Drop In: Thursday 5pm – 8pm and Saturday 10am – 1pm

**Carrick-on-Suir:** Tel: 052 6177900  
Contact Times: Out of hours Drop In: Tuesday 5pm- 8pm

**Tipperary Town:** Tel: 052 6177900  
Contact Times: Wednesday 10am – 4pm By appointment only

**Cahir:** Tel: 052 6177900  
Contact Times: Wednesday 10am – 1pm By appointment only

**Cashel:** Tel: 052 6177900  
Contact Times: Thursday 2pm – 4pm By appointment only.

**Mullinahone:** Tel: 052 6177900  
Contact Times: Friday 2pm – 4pm By appointment only

## Knockanrawley Resource Centre

*As a community development project, we work with the local community in the community to provide support, services and training to address needs that have been identified by individuals and groups that will enhance their lives.*

### Services

**Family Therapy & Counselling** Provides opportunities to individuals, couples and families seeking solutions to present life difficulties. Services also include stress management, mediation, Cuan Saor and addiction counselling outreach, anger management.

**Daisy chain Childcare** Accessible and affordable facilities range from babies, toddlers, playschool, and pre – school, after school and out of school facility during school holidays.  
**Section:** Daisy chain promotes a play based, child- centred and quality learning environment.

**Parent & Family Support Programme:** This programme celebrates the positives and recognises the responsibilities and challenges of parents and families by offering: Parent and child activities, training and education, information and support, e.g. Parent & Toddler Group, Lone Parent Group, Positive Parenting courses, one to one support, Coping with Challenging Behaviours Support Group, Rainbows, English Language support for non - Irish national parents, family learning (supported by South Tipperary VEC), seasonal family celebrations, summer camps, etc.

### Service Access

**Service Users:** Residents from local community, men, women, children, lone parents, unemployed, Travellers, settled people, non – Irish nationals.

**Referral/ Access:** In keeping with KRC outreach policy, staff members actively outreach in the local community. Through this, awareness is created of the various services and supports on offer within the centre. This, coupled with our open door policy is encouraging and enables people to self- refer or referrals are made through statutory bodies and other agencies. There is also strong intersectional communication in KRC and referrals may arise internally.

### Service Locations

**Tipperary Town:** Knockanrawley Resource Centre, Knockanrawley, Tipperary Town,  
Tel: 062 52688 Fax: 062 52206 Email: [Knockanrawley@eircom.net](mailto:Knockanrawley@eircom.net)

## Knockanrawley Resource Centre Limited

### – Parenting Supports

**Positive Parenting Programme:** This Positive Parenting Course seeks to provide parents with the opportunity to reflect on their parenting and to build skills and strategies that will support the parent –child relationship. The programme is aimed at Parents/ Carers who may be struggling with managing difficult behaviour from their children, interested in techniques that work or who need increased confidence around their parenting skills. This programme is run on a group basis of up to 10 people but individual one to one Positive Parenting Supports can be arranged by request. It is run over an 8 week period with 2.5 hr sessions per week. Topics covered include: The Good Enough Parent, Reasons why children misbehave and using Positive Attention, Quality Time, Children and Emotions, Active Listening and Assertive Parenting, Also:

- Positive Parenting 1:1 Support Sessions
- Positive Parenting for Fathers

**The KRC Parent and Family Support Programme Parents Club:** A peer support group for parents, who themselves act as mentors to new parents who join the group. Theme days are hosted for the children of the Club, for example, Halloween, Christmas and Easter. The programme is aimed at parents who may be marginalised and vulnerable in any way. Meetings are on Monday morning 10.30 -12.30pm. Topics covered to date include: Peer Support Space: Stress Management: Paediatric First Aid: Drugs Awareness: Cooking on a budget: Parental self-care.

**Baby, Parent and Toddler Group** The KRC PFSP Baby, Parent and Toddler Group meet each Tuesday from 11a m-12.30pm. It provides a warm, welcoming space for parents/carers to come and interact and play with their child and also offers an opportunity to meet other parents and children. It helps develop social and interpersonal skills for the children. The group engages in free play, art and crafts, storytelling, dancing, making puzzles, play dough etc.

**Family Cooking on a budget** Create nutritious, wholesome, food on a budget for the family

**SHE - Personal Development Group for women parenting alone:** A personal development group for women who are parenting alone. It provides a space for personal development skills to cope with parenting alone, including relaxation, stress management and assertiveness. Meetings on Thursday morning. 10.30 – 12 .30pm with up to 12 participants  
Topics covered include: Personal Development, Coping Skills, Parenting Skills mediation, information support

**Contact:** Helen Buckley  
Address: Knockanrawley Resource Centre Ltd, Tipperary Town  
Email: helenbuckleykrc@eircom.net  
Tel: 062 52688

## MEND (Men Ending Domestic Abuse)

*MEND works with male perpetrators of domestic/ violence and their partners/ ex-partners throughout the South- East region.*

### Services

**Intervention Group:** Delivering domestic abuse/ violence intervention group.

**Individual Programmes:** Individual programmes for male perpetrators of domestic abuse/ violence.

**Support for Female Partners:** Parallel support for female partners/ ex-partners.

**Policy Work:** Profiling the MEND programme and creating and informing policy on domestic abuse/ violence regionally and nationally.

### Service Access

**Service Users:** Men who are abusive/ violent in intimate relationships (and women who experience violence in intimate relationships once the male partner/ ex- partner has engaged with the programme).

**Referral/ Access:** The men initially make contact by telephone following either self – referral or referral by an agency such as the HSE, Probation Services etc. The female partners/ ex- partners of the men are contacted by a female partner support worker.

### Service Locations

#### Waterford (Head Office):

The Men's Development Network, 30 O' Connell Street, Waterford

Tel: 051 844260 Email: [john@mens-network.net](mailto:john@mens-network.net)

Contact Times: Monday to Friday 9am – 5pm

#### South Tipperary:

Tel: 087 9156632 for information

## **St Michaels Community Centre Tipperary**

*St Michaels Community Centre is a community service for those in need in Tipperary Town. The centre provides a variety of services to the community & houses a wide range of community & voluntary projects.*

### **Services**

**Meals on wheels**

**Laundry service or the elderly**

**Restaurant or the elderly & those in need in our community]EU cheese distribution**

**FAS training centre**

**Community IT Room**

**Monitoring Units for the Elderly**

**Department of Social Protection,**

**Citizens Information**

The centre also caters for community groups such as AA, GROW, Flower Club, Art Group, Tipp Mid West Radio, Red Cross, St Vincent de Paul & Tipperary Musical Society

### **Service Access**

**Service User:** Individuals, communities and groups who are disadvantaged .

**Referral/ Access:** By calling to the centre or contacting the individual group.

### **Service Locations**

**Tipperary Town:** St Michaels Community Centre, Michaels Street, Tipperary Town  
Tel: 062 51622 Fax: 062 33510

## Mid – Tipperary Drugs Initiative

*The Mid-Tipperary Drugs Initiative offers the following services:*

**Parent to Parent:** This is a preventative drug education programme aimed at parents of children aged between 7-14 years old. Topics include: Preventative Steps for Parents, Exploring today's Culture, Signs & Symptoms, Character Development, Family Responsibility and Internet Safety. This programme is free & is available in Cashel, Tipperary Town, Fethard, Killenaule, Mullinahone & Cappawhite.

For further details please contact Carmel O' Neill – Tipperary Regional Youth Service  
– 087 6188075 Email: carmel.oneill@trys.ie.

**Drug Awareness Programme:** This is an informative course aimed at raising awareness of parents of children aged between 7-17 years around substance misuse. Topics include: Drug Types, Signs & Symptoms, Early Warning Signs and Support Systems available. This programme is free & is available in Tipperary Town, Cashel, Fethard, Killenaule, Cappawhite and Mullinahone.

For further details please contact Carmel O' Neill – 087 6188075  
Email: carmel.oneill@trys.ie.

**Family Support Group:** This group aims to support families affected by substance misuse either through a group support or one to one support. The programme is aimed at families of people involved in substance misuse. Topics include: Support and Recovery of Family. This is a free programme and is available in Mid Tipperary (Cashel, Tipperary Town etc.).

**Holistic Therapy:** This Holistic therapy supports families affected by substance misuse & is aimed at these families. Auricular Acupuncture is free all other treatments cost €7 per session. For further details please contact Carmel O' Neill – 087 6188075  
Email: carmel.oneill@trys.ie.

**Certificate in Addiction Studies:** This programme is offered annually (January) is a ten week programme certified by Tipperary Institute and offers participants an introduction to substance misuse. The programme is aimed at all members of the community, parents (free of charge) and professionals (€50).

For further details please contact Carmel O' Neill – 087 6188075  
Email: carmel.oneill@trys.ie.

**Drug Education & Awareness Programme:** This programme is aimed at parents and increases awareness of substance misuse issues. It provides up to date and accurate information allowing people the opportunity to make informed choices. Parent to Parent Programmes & Community Substance Awareness Programmes. This programme is free of charge and is available in Clonmel and Cahir.

For further details please contact Carmel O' Neill – 087 6188075 carmel.oneill@trys.ie.



## Millennium Family Resource Centre

*We are a family resource centre working to support individuals, families and communities to develop skills and ability to enable them to address issues of exclusion and marginalisation.*

### Services

**Mother and Toddler Groups:** A non-formal group meeting once a week in an outreach centre in the Slieveardagh area to provide mutual support.

**Elderly Services:** Warm nutritious meal weekly; activities as identified by the service users; a social network; advocacy and support.

**Relationship Counselling:** One to one counselling provided by trained and qualified practitioners in the area of relationships and bereavement.

**Disability Services:** Adults from the Slieveardagh area attend full services provided by the Brothers of Charity in the project centre where Integration and social connectivity are central.

**Family Support:** Outreach social worker (Primary Health Care Team) providing outreach and on to one support for individual families and linking them into services within the area especially within the MFRC.

**Education & Training:** FETAC accredited training to support individuals to up skill and develop new skills to enhance their job and work prospects.

**Childcare Services:** We provide a pre-school and homework club to the village of Glengoole.

### Positive Parenting programme delivered on a group basis.

The programme supports parents in developing healthy relationships with their children and in managing challenging behaviour. One to One Family support through our Family support Worker Mother and Toddler Groups. & Young Women's Group.

The catchment area is Slieveardagh

**Contact:** Clare Cashman

**Address:** Millennium Family Resource Centre, Glengoole, Thurles, Co Tipperary

**Email:** clarecashman@mfrfc.ie

**Tel:** 052 9157 992

### Service Access

#### Service Users:

People and families living within the Slieveardagh area but not exclusively, where we can assist or support we endeavour to do so.

**Referral/ Access:** Contact the centre.

### Service Locations

#### Glengoole:

MFRC, Glengoole, Thurles, Co. Tipperary

Tel: 052 9157992 Fax: 052 9157897 Email: admin@mfrfc.ie

**Ballinonty:**

Community House, Ballinonty, Thurles, Co. Tipperary. For info contact MFRC.

**Mullinahone:**

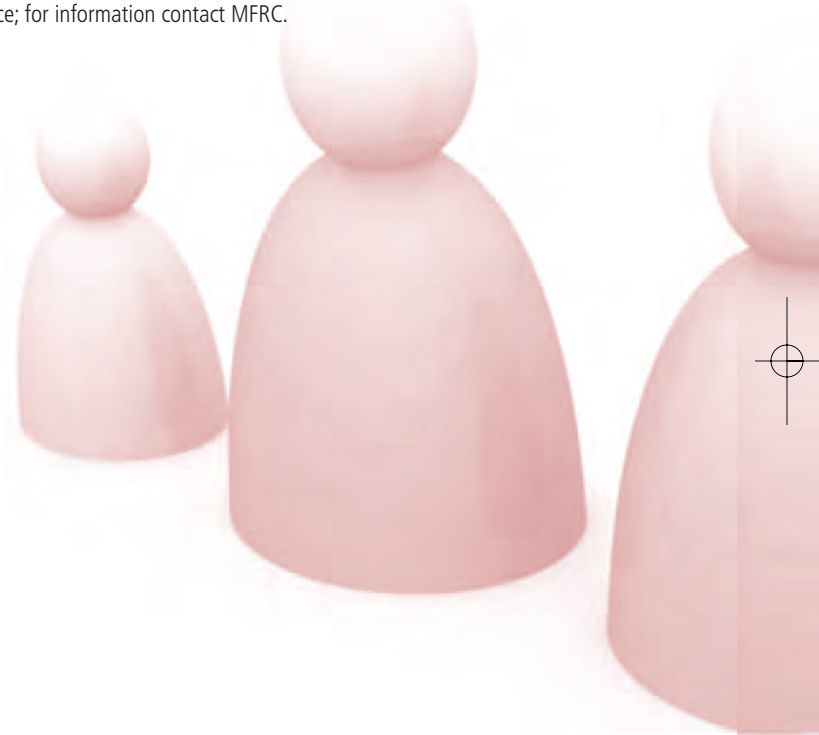
Mullinahone Community Centre, Mullinahone, Thurles, Co. Tipperary.  
For information contact MFRC.

**Ballingarry:**

Bright sparks Childcare Service, Ballingarry, Thurles, Co. Tipperary.  
**Tel:** 052 9154896. Full day childcare service.

**The Commons:**

The Commons Pre School Service, The Commons, Thurles, Co. Tipperary. Pre-school and after school service; for information contact MFRC.



## Money Advice & Budgeting Service (MABS)

*MABS provides advice to people who are having difficulties with managing their money or are in debt. The service is free, independent, confidential and non – judgmental.*

### Services

<b>Money Advice:</b>	Advice on budgeting and money management.
<b>Negotiating with Creditors:</b>	Negotiating with creditors directly or assisting clients to negotiate on their own behalf.
<b>Income Maximisation:</b>	Ensuring clients are getting all entitlements.
<b>Community Education:</b>	Training can be provided to groups on areas such as budgeting or and MABS related issues.

### Service Access

#### Service Users:

People on low income and Social Welfare recipients.

#### Referral/ Access:

Through contact with local office or national helpline 1890 283438

### Service Locations

#### Clonmel:

5 Printers Lane, Market Street, Clonmel, Co. Tipperary  
Tel: 0761 07 2750 Email: clonmel@mabs.ie

#### Tipperary Town:

19 Davis Street, Tipperary Town, Co. Tipperary  
Tel: 0761 07 2130 Email: tipperary@mabs.ie

#### Carrick-on-Suir:

Nano Nagle Resource Centre, Greenside, Carrick-on-Suir, Co. Tipperary  
Tel: 0761 07 2810 Email: carrick\_on\_suir@mabs.ie

## Nano Nagle Community Resource Centre, Carrick-on-Suir

*The Carrick on Suir Community Resource Centre is a modern, multi-purpose resource centre conveniently located at the heart of Carrick on Suir, Co. Tipperary. The Resource Centre is involved in developing services and providing facilities for the people of Carrick on Suir and the surrounding areas, especially those most disadvantaged and offers an excellent environment from which a number of service providers in the areas of Disability, Community ICT, Education, Community Development, Senior Citizens, Community upskilling and information provision work.*

### Services include:

LES (Local Employment Service),

South Tipperary VEC Adult Learning Scheme (051) 649514/ (087) 9025144,

Workplace Basic Adult Education (051) 643031/087 2904160,

MABS (Money and Business Advice Service) (076) 1072750

Citizens Information Service (076) 1076460

Carrick-on-Suir Active Retirement Club (051) 640398,

The Carers Association (052) 70455

First Aid Courses

Cuan Saor,

Rape Crisis Service,

Mental Health Services Clinic,

IWA (062) 52744

Al Anon,

The Chapel is available for family masses, concerts and recitals.

Other community based supports are available at the centre. Please contact the centre for more information

### Service Access

**Service Users:** The communities of Carrick on Suir & surrounding areas.

**Referral / Access:** By calling into the project in person or by phone

### Service Locations

Nano Nagle Centre, Community Resource Centre, Greenside, Carrick on Suir

Contact No: 051 642418

Email Address: carrickresource@eircom.net

## National Educational Psychological Service (NEPS)

*NEPS is part of the Department of Education and offers psychological services to schools in South Tipperary*

### Services

**Consultation and Casework:** Consultation and casework concerning individual children as agreed with school Principals and in consultation with parents.

**Support and Development Work in Schools:** Support to schools on policies and procedures; advisory work in schools including in service; advice on school based assessment strategies; advice on classroom strategies and resources; work with parents or students; support to schools in responding to critical incidents; research and development.

### Service Access

#### Service Users:

This is a school based service and priorities for NEPS intervention are agreed in consultation with school Principals.

#### Referral/ Access:

Through school principals.

### Service Locations

**Clonmel:** c/o Vocational School, Raheen Road, Clonmel, Co. Tipperary  
Tel: 052 6125833 Fax: 052 6125897  
Email: anne\_keating@education.gov.ie

## NCBI Working for People with Sight Loss

*NCBI offers community based services to help people to adapt to sight loss and maintain their independence. These services include emotional support to the individual experiencing loss of vision and to their families, advice and information on all aspects of vision loss. Our services are offered to people of all ages, from birth through to older age.*

### Service Access

#### Service User:

Anyone experiencing sight loss.

#### Referral/Access:

Referrals can be made by health care professionals, family members or individuals experiencing sight loss.

### Service Location

#### Kilkenny:

NCBI Working for People with Sight Loss (South Tipperary) No. 7 Ormond Road, Kilkenny  
Contact Person: Ann-Marie Walsh  
Tel: 056 7763530  
Email: am.walsh@ncbi.ie  
Website: www.ncbi.ie

## Rainbows

*Rainbows is a peer support programme to assist children who are grieving a death, separation or other painful transition in their family. The programme is aimed at children who are grieving a death or separation age range 7 – 12 years. The programme is based on group work with a 4 – 5 children meeting once a week for one hour for thirteen weeks. Topics covered include: Understanding and coming to terms with feelings, Sharing & listening to other sharing similar pain, “celebrate me” days. Two facilitators run the programme and support the children to work through a journal. This is a free service and is available in Clonmel Community Resource Centre and it is intended to run a number of groups annually.*

### Service Location

#### Clonmel:

Clonmel Community Resource Centre.  
Contact Person: Naomi Burke  
Tel: 052 6129143  
Email: clonmelcommunityresourcecentre@gmail.com

### Knockanrawley Resource Centre Limited – Rainbows (Rainbows Site) Tipperary Town

*This is a peer support group for children who are experiencing, or have experienced a significant loss in their lives, for example death of a family member or family separation. Aimed at Children up to 12 years old who are experiencing or have experienced a significant loss in their lives. The programme operates on a group basis with up to 6 children. The programme is run one evening a week for ten weeks for one hour. Available from Tipperary on demand*

#### Topics covered include:

One of a Kind, Inside Out- Feelings, Why my Family,  
Making the pieces fit, Coping skills

Fee: No cost to participant

Contact Name: Helen Buckley  
Tel: 062 52688  
Contact Address: Knockanrawley Resource Centre Ltd, Tipperary Town  
Contact email: helenbuckleykrc@eircom.net

### Spafield Family Resource Centre, Cashel – Rainbows Programme

*Delivered on a group basis to children up to 12 years who have experienced separation, divorce or bereavement. The course is delivered for one hour per week for 12 weeks and carried out through the medium of art and reading. It is carried out in a group setting and helps children in coming to terms with the changes in their lives.*

Contact: Spafield Family Resource Centre  
Address: Old Road, Cashel, Co. Tipperary  
Contact email: spafieldfrc@yahoo.ie  
Tel: 062-63622

## School Completion Programme Clonmel

*In school service which aims to have a positive impact on pupil retention. We work in five primary schools and one post primary school in Clonmel.*

### Services

**Homework Clubs:** An after school programme which offers students support with their homework.

**Individual Support:** Individual therapeutic support is offered to young people to help them with a variety of issues.

**Transfer Programme:** A programme which is offered to sixth class students to help ease the transfer from primary school to post primary.

**Summer Camps:** A variety of summer programmes are offered to target students

### Service Access

**Service Users:** Target students in the designated schools.

**Referral/ Access:** Through schools.

### Service Locations

#### Clonmel:

c/o Colaiste Chluain Meala, Raheen Road, Clonmel, Co. Tipperary  
Tel: 052 6121450 Email: scpclonmel@gmail.com

## School Completion Programme Tipperary

*In school service which aims to have a positive impact on pupil retention. We work in five primary schools and one post primary school in Tipperary Town.*

### Services

**Same as School Completion Programme Clonmel.**

### Service Access

**Service Users:** Target students in the designated schools.

**Referral/ Access:** Through schools.

### Service Locations

**Tipperary Town:** c/o St. Ailbe's VEC, Rosanna Road, Tipperary Town, Co. Tipperary  
Tel: 062 51905 Email: scpclonmel@gmail.com

## Social Work Department Triple P – Positive Parenting Programme

*Triple P is a programme that teaches parents strategies to reduce problem behaviour in children and improves parental skills. The programme is run for service-users of Social Work Department by Social Work referral only. Run over a 6 week period topics covered include: Creating a stable and supportive family environment; Social skills for children; Dealing with Problem Behaviour; Encouraging Positive Behaviour; Parental self-care.*

**Parents Plus** Practical evidence- based parenting courses designed to support and empower parents to manage and solve discipline problems, to create satisfying and enjoyable family relationships and to help children and young people grow up and reach their full potential.

The programme is run for service-users of Social Work Department by Social Work referral only. Run on a one to one basis over an 8 week period, topics covered include: Tuning into your child; Child centred play & communication; Encouraging & Supporting your Child; Understanding and Responding to Misbehaviour; Assertive Parenting; Establishing Rules & Boundaries; Solving problems together; Choices & Consequences; Using Routines & Rewards.

Contact: Social Work Department, Yellow House,  
St. Luke's Hospital, Western Road, Clonmel, Co. Tipperary  
Tel. (052) 6177302/3



## South East Simon Community

*South East Simon Community work with single people (male or female over 18 years) or families who are experiencing or at risk of homelessness in the South Tipperary area.*

### Services

**Tenancy Support & Sustainment (TSS) Service:** Provides support to people referred through the Local Homeless Action Team and the Local Authority who are in need of support in maintaining their tenancies or moving from homelessness or emergency services into secure housing.

**Aftercare Service:** Providing supports for young adults leaving care to secure accommodation and to integrate back into the community. We assist with identifying the support service that would be suitable for them to link into. Referrals are received from the HSE.

**Support Advocacy:** People can drop into our service if they are struggling maintaining their home, find themselves without a home or living in unsuitable accommodation. Our staff will endeavour to assist them.

**Supports:** Accessing accommodation; life skills training, key working, regular home visits, supporting clients to keep medical and other important appointments, advice and information and advocacy, support with applying for social welfare entitlements, referral to appropriate services such as MABS, addiction services, mental health services, training and education.

### Service Location

#### Clonmel:

Contact Details: Sinead Cronin Daly,  
2 Brighton Place, Clonmel, Co. Tipperary, Simon Homeless Service  
Tel: 052 6172742 or 086 8168482  
Opening Hours: 9am – 5pm Monday to Friday  
Email: [info@southeastssimon.ie](mailto:info@southeastssimon.ie)  
Website: [www.southeastssimon.ie](http://www.southeastssimon.ie)

## South Tipperary Autism Support Group

*The South Tipperary Autism support group provides general information, facilitates monthly meetings and organises activities for children on the Autistic Spectrum as well as hotel breaks for their parents. We in South Tipperary Autism Support Group will continue to campaign for necessary services to be put in place and made available to all who need intervention and support.*

### Services

**Monthly Meetings:** Monthly meetings for parents of children on the Autistic Spectrum are held in Clonmel Community Resource Centre.

**Information:** We provide information to parents about entitlements and education in the form of a one to one service.

**Activities for Children:** We organise activities for children during school breaks.

**Respite for Parents:** We organise hotel breaks for parents.

### Service Access

**Service Users:** Parents with children on the Autistic Spectrum and their children.

**Referral/ Access:** Contact the office.

### Service Locations

**Clonmel:** Room 4, Clonmel Community Resource Centre, Kickham Lodge, Kickham Street, Clonmel, Co. Tipperary  
Tel: 052 6129529  
Fax: 052 6129529  
Email: [info@southtippautism.ie](mailto:info@southtippautism.ie)

## South Tipperary Action Network (STAN) Promoting Mental Health

A need had been identified within the field of mental health and wellbeing, to bring mental health organisations and support groups together with community and voluntary groups in the South Tipperary Area. To achieve this we are hoping to create a network of organisations, South Tipperary Action Network – STAN.

STAN is being formed with a view to organising networking meetings so that we can collaboratively improve the lives of all those effected by Mental health issues – which is all of us.

STAN will be a network of mental health service providers established to provide networking and sharing opportunities for people and organisation working in the mental health area in South Tipperary. Currently there is a STAN Steering Group in place to help establish STAN with membership from Service Users, Mental Health Ireland, Grow, Community & Voluntary Forum, and County Council & HSE Mental Health & Community Development Services.

### Referral/ Access:

Email: [info@stanmentalhealth.ie](mailto:info@stanmentalhealth.ie) or visit our website [www.stanmentalhealth.ie](http://www.stanmentalhealth.ie)

## South Tipperary Volunteer Centre

*The South Tipperary Volunteer Centre facilitates volunteering at a local level by putting people who want to volunteer in touch with groups who require volunteers. The South Tipperary Volunteer Centre (S.T.V.C.) is funded to support individuals interested in volunteering and Community Based / Not for Profit volunteer involving organisations.*

### Services

#### Volunteer

#### Registration and Placement

**Organisational Support** As champions of best practices in volunteering the S.T.V.C. will work with registered organisations to support their volunteering needs.

**Volunteer Management Training** The S.T.V.C. provides volunteer management training to assist organisation in putting proper processes and procedures in place to ensure volunteer involvement has a positive impact on the organisation.

**Garda Vetting** As an authorised signatory for Garda Vetting the S.T.V.C. provides Garda Vetting for organisations that do not have access to their own authorised signatory.

### Service Locations

**Cahir:** C2 Carrigeen Commercial Park, Clogheen Road, Cahir, Co. Tipperary  
Tel: 052 7443407  
Email: [info@volunteersouthtipp.ie](mailto:info@volunteersouthtipp.ie)  
Website: [www.volunteersouthtipp.ie](http://www.volunteersouthtipp.ie)

## South Tipperary County Childcare Committee

*The South Tipperary County Childcare Committee provides supports on funding, training and information to all childcare services including child minders in South Tipperary.*

### Services

**Funding:** Supporting provider applications for capital, ECCE, CCS and CETS.

**Training:** Providing relevant training courses for childcare workers.

**Information:** One-stop shop for all relevant childcare information.

### Service Access

**Service Users:** Childcare providers, childcare students, parents, developers.

**Referral/ Access:** Contact office (by telephone, email, via website or drop-in).

### Service Locations

**Clonmel:** Unit 5, Hughes Mill, Suir Island, Clonmel, Co. Tipperary  
Tel: 052 6182274 Fax: 052 6128776 Email: [info@southtipchildcare.ie](mailto:info@southtipchildcare.ie)  
Opening Hours: Monday – Friday; 9am to 5pm

### Early Childcare Supports in accessing quality childcare & childcare schemes

STCCC encourage effective and transparent collaboration, communication and consultation with all parents in childhood care and education; optimising resources to support the implementation of the early childhood care and education strategy.

Three childcare funding schemes supported by STCCC give parents increased opportunity to participate in quality childcare. The Early Childhood Care & Education Programmes, Childcare Community Subvention & Childcare Employment Scheme are vital areas for the development of the child. Please Ger Boland STCCC for more information.

### S.P.E.A.K. (Special Parents Empower Amazing Kids) – Voluntary Group

Support group for parents who may be experiencing similar challenges in everyday life, such as childrens' medical conditions, accessing educational and health supports. Developing new friendships and supporting each other, helping to break down barriers in attitudes and awareness of children with additional needs. S.P.E.A.K. have networking events and cover topics e.g. empowering parents i.e. on their rights and information on how to gain supports for families, computer training, coffee and play mornings, music, nutrition, stress management, courses funded & supported by South Tipperary County Childcare committee.

Contact: South Tipperary County Childcare Committee  
Contact Address: 5 Hughes Mills, Suir Island, Clonmel  
E mail: [info@southtipchildcare.ie](mailto:info@southtipchildcare.ie)  
Tel 052-6182274

## South Tipperary County Council (Housing Section)

*The Housing Section provides housing supports and advice.*

### Services

<b>Social Housing Accommodation:</b>	Provision of social housing through Local Authority build; Part V acquisitions; voluntary housing; Rental Accommodation Scheme; Long term leasing of units and acquisition of new / second hand units.
<b>Pathways to Home Ownership:</b>	Affordable housing / purchase schemes and housing annuity loans to first time buyers.
<b>Special Housing Needs:</b>	Traveller accommodation; provision of accommodation for the homeless and Housing. Adaptation Grant schemes for persons with a disability and older persons to adapt their homes to meet their long term needs.
<b>Housing Support Options:</b>	Extensions in lieu of re-housing; improvement works in lieu of re-housing; sale of affordable sites.
<b>Housing Advice:</b>	Advice on all housing support options.
<b>Community Support for Local Authority Tenants:</b>	The County Council employs three Community Liaison Officers (CLO's) who have an integral and substantial role to play in the active and positive management of the Council's tenants and the Council's housing stock. This involves (1) facilitating in the establishment of new residents associations where required and assisting groups in the development and implementation of plans for their respective areas; (2) facilitating, supporting and developing the Estate Management Residential Networks and providing expertise in their input to relevant policy programmes of the council; (3) investigating anti-social behaviour complaints and implementing the Second Chance Programme and (4) providing support / assistance to vulnerable tenants and referral to clients to SE Simon for Tenancy Sustainment where required.

### Service Access

**Service Users:** Any member of the public with a housing need.

**Referral/ Access:** Contact County Council or Public Representative or [www.southtippcoco.ie](http://www.southtippcoco.ie).

### Service Locations

<b>Clonmel (County Council):</b>	Tel: 052 6134678	Contact: Aiden Fennessey
<b>Clonmel (Borough Council):</b>	Tel: 052 6183829	Contact: Marie O Gorman
<b>Cashel (Town Council):</b>	Tel: 052 6134700	Contact: Mairead Ryan
<b>Carrick-on-Suir:</b>	Tel: 051 642100	Contact: Anne Dunne
<b>Tipperary (Town Council):</b>	Tel: 062 80700	Contact: Mark Ryan

## South Tipperary Development Company

*The South Tipperary Development Company works with socially excluded individuals, groups and communities so as to enhance their capacity to play a fuller part in mainstream society. This is carried out in partnership with the relevant statutory, voluntary, community and private organisations, with the company playing the role of lead agency, initiator or as a participant.*

### Services

**Social Inclusion Service:** Provided through specific actions which address a range of needs of a number of prioritised target groups. These actions, amongst others, would include advocacy and other types of training, capacity building, mentoring, networking, policy development, needs analysis, pre-development work, guidance and information provision.

**Pathways:** In our Programme for Government we undertook to introduce a better approach to how the State engages with and supports the unemployed to get back into the workforce. 'Pathways to Work' sets out how we intend to do this and is a key element of our strategy to get Ireland working again. Delivered alongside the measures in the Government's Action Plan on Jobs to help create new employment opportunities, we aim to avoid a repeat of the mistakes of the 1980s and 1990s when unemployment remained high even after economic recovery took hold.

### Service Access

**Service User:** Individuals, communities and groups who are marginalised from participating in activities which are taken as normal by those in mainstream society.

**Referral/ Access:** Through being part of a group dealing with issues related to marginalisation, through referrals or by approaching any staff member of the South Tipperary Development Company.

### Service Locations

**Cahir:** C2 Carrigeen Commercial Park, Clogheen Road, Cahir, Co. Tipperary  
Tel: 052 7442652 Fax: 052 7442724 Email: info@stdc.ie

## South Tipperary Drug Outreach Project

*The South Tipperary Drug Outreach Project is a confidential service and is run by the Waterford and South Tipperary Community Youth Service. It provides services and responses for persons aged 13 years and upwards who are involved in high risk substance misuses and are experiencing social exclusion as a result of their substance misuse and socio economic background. The project aims to reduce the harm that people can do to themselves as a result of their substance misuse and supports and encourages them to begin to address the issues / problems presenting in their lives as a result of this substance misuse. The project is particularly focused on linking the individual seeking help into relevant support services in the locality.*

### Services

**One to One:** The outreach service offers one to one work with individuals aged 13 years upwards who are engaging in high risk substance misuse. The project also engages with those in recovery from substance misuse, and to a lesser extent, concerned persons affected by substance misuse issues. This work is particularly aimed at enhancing motivation and supporting clients in decisions made, with regard to addressing their addiction issues.

**Brief** The project aims to engage people for a maximum of 12 sessions. However, clients

**Intervention:** are welcome and encouraged to return to the project, if they require additional assistance. Alternative support services are put in place for service clients where need is determined.

**Education and Awareness:** The project works from a harm reduction ethos. This aim to assist individuals engaged with the project to review their substance usage and, where they are currently unable or disinterested in achieving total abstinence, harm reduction works towards encouraging safer drug / alcohol use through education and awareness.

**Auricular Acupuncture:** The outreach worker offers auricular acupuncture with specifically attempts to address issues pertinent to addiction, such as alleviating anxiety, assistance with sleep patterns, and reduction with craving.

**Service Integration:** This service works very closely with the HSE Substance Misuse Service and with the Coolgreany House addiction team. The project aims to link suitable persons to such services and also to best inform clients of their options with regard to accessing assistance with their issues. All such decisions are made with the clients consent.

### Service Access

**Service Users:** The target group for the fore-mentioned services generically refers to any individual either directly or indirectly affected by substance misuse.

**Referral/ Access:** The South Tipperary Outreach Project encourages the receipt of clients through a referral process. This is generally achieved through referral from hospital, GP's, substance misuse service, schools, probation etc. A referral form is filled in by the referring agent and co-signed by the client, signifying client consent. However, individuals can also self-refer. If any individual wishing to access the Outreach Service is not linked into a referring agent, independent contact can be made with the project worker by phoning (086) 8561683. Services who feel this service may be of benefit to them, may also contact the project and referral forms will be forwarded.



## Service Locations

### Clonmel (Project Base):

South Tipperary Drug Outreach Project,  
Youth Resource Centre, Irishtown, Clonmel, Co. Tipperary  
Tel: 086 8561683  
Email: [tipperaryoutreach@wstycs.ie](mailto:tipperaryoutreach@wstycs.ie)  
Website: [www.wstcys.ie](http://www.wstcys.ie)  
Contact Person: Vanessa Cunningham

### Clonmel (Out of Hours Drop In):

HSE Substance Misuse Service,  
Peter Street, Clonmel, Co. Tipperary  
Opening Hours: Thursdays: 5.30pm – 8pm and Saturday: 10am-1pm.

### Cashel (Clinic):

Primary Health Care Centre,  
Cashel, Co. Tipperary  
Opening Hours: Thursday: 10am-5pm. By appointment only.

### Cahir (Clinic):

Community Youth Centre (Old VEC),  
Cahir, Co. Tipperary  
Opening Hours: Wednesday: 10am-1pm. By appointment only.

## South Tipperary Genio Dementia Project

*South Tipperary Genio Dementia Project aims to transform the life experience of people with dementia and their families in South Tipperary. To enable the person with dementia to enjoy a happy and enriched life at home and within their community for as long as possible. To provide high quality, flexile, person-centre care through home based respite, crisis intervention and home from home respite.*

### Service Access

**Service Users:** Everyone who has a diagnosis of dementia and their families.

**Referral/Access:** Through GP's, memory clinic, PHN'S.

### Service Location

**Clonmel:** Rosehill, Glenconner, Clonmel, Co. Tipperary.  
Contact Person: Christina Morrissey  
Tel: 087 0550050  
Email: [sthtippdementiaproject@gmail.com](mailto:sthtippdementiaproject@gmail.com)



## South Tipperary Community & Voluntary Forum

*The South Tipperary Community & Voluntary Forum was established in January 2000 to represent the Community & Voluntary sector in the new local government structures in South Tipperary. Our mission is to facilitate people to empower themselves through collective participation in Community & Voluntary Development. STCVF actively supports and encourages Community and Voluntary groups to reach their potential, by developing networks, and providing information and training. South Tipperary Community & Voluntary Forum is run by an executive of 15 people elected at the AGM. There are 356 groups registered with the Forum at present The Forum is open to new member groups. Groups can become members by contacting the office for an application form and contacting the details below.*

### Other Services

**Community Representation:** STCVF has 56 reps on 31 boards across South Tipperary. These reps act as community representatives representing the best interest of the community & voluntary groups across South Tipperary.

**Other areas of work:** Continued support / Involvement with Issue- based or umbrella Networks in South Tipperary such as South Tipperary Disability Groups Forum, Children's Services Committee, Primary Care Project, LA21, Heritage & Environment Projects, South Tipperary Age Friendly County, Retail Strategy, County Data Unit, South Tipperary Genio Project, STAN & other Social Inclusion & Community Development issues as they arise

### Service Location

Coordinator - Julie White  
 Mobile: 087 9271524  
 Email: southtippforum@eircom.net  
 Unit 2c Carrigeen Commercial Park, Clogheen Road, Cahir, Co. Tipperary

## South Tipperary Lone Parent Initiative

*South Tipperary Lone Parent Initiative is a voluntary community based programme providing a free non judgemental information, support and training service in a confidential environment to anyone who parents alone.*

### Services

**Information:** Information on rights & entitlements, employment, training & education and other community supports.

**Support:** Support for lone parents is provided in the form of drop-In, phone, one to one. We help with difficult phone calls, form filling and any other requirements identified by the parent.

### Training:

**Strengthening Families** This is a 12 week parenting course delivered annually to Lone Parents in Clonmel and Carrick-on-Suir. The aim of the course is to promote high self-esteem, self-discipline, and social competence in children. It improves the parent child relationship while acknowledging family diversity and cultural differences. The programme is aimed at parents, guardians and any person with responsibility for the care of a child. The programme is delivered to groups and individuals. Groups have a maximum size of 12. The programme runs over 12 weeks. Some of the many topics covered include enhancing parent child relationships, positive discipline, rites of passage, cultural/spiritual and community involvement. Booking is essential.

**Computer Classes** In house computer classes aimed at beginners and those who have not engaged with services for support or learning for some time. As well as learning new computer skills participants increase confidence by meeting new people and committing to new learning. Booking is essential.

**Personal Development Programme:** confidence building, self esteem, goal setting, cookery, planning and shopping nutritionally on a limited budget.

**Parent and Toddler Group:** STLPI runs a community Parent and Toddler group weekly in Carrick-on-Suir. The group meets on Tuesday mornings during school term from 10.30am-12noon. Places are limited.

### Service Access

**Service Users:** Anyone parenting alone.

### Service Locations

**Clonmel:** Room 1, Clonmel Community Resource Centre, Kickham Lodge, Kickham St. Clonmel, Co. Tipperary  
Tel: 052 6127429 Email: stlpi@eircom.net  
Opening Hours: Mon, Tues & Wed: 9-4pm & Thurs/Fri: 9am-2.30pm

## South Tipperary Lone Parent Initiative – Strengthening Families Strengthening Communities Parenting Programme (SFSC)

*SFSC Parenting Course is a 12 week parenting course delivered to Lone Parents in Clonmel and Carrick-on-Suir (subject to funding). This course aims to promote high self-esteem, self-discipline, and social competence in children. It improves the parent child relationship while acknowledging family diversity and cultural differences. The programme is aimed at Parents or guardians or any person with responsibility for the care of a child. The programme can be delivered on a group or individual basis – groups have a maximum size of 12. The programme runs over 12 weeks. Topics covered include: Cultural/spiritual, Enhancing relationships, Positive discipline, Rites of passage, Community involvement.*

Contact: Breda Dunne  
Address: Room 1, South Tipperary Lone Parent Initiative,  
Resource Centre, Kickham Street,  
Email: stlpi@eircom.net  
Tel: 052 61 27429

## South Tipperary Parent Network

*The South Tipperary Parent Network offers support and encouragement to parents. We facilitate workshops and courses and also deliver talks to parent groups.*

### Services

<b>Parenting Workshops:</b>	Over one day, usually Saturday.
<b>Parenting Courses:</b>	One session per week over six weeks.
<b>Talks to Parent Groups:</b>	e.g. schools.

### Service Access

<b>Service Users:</b>	Parents
<b>Referral/ Access:</b>	Contact our office in the Clonmel Community Resource Centre.

### Service Locations

**Clonmel:** Clonmel Community Resource Centre,  
Kickham Lodge,  
Kickham Street,  
Clonmel, Co Tipperary  
Tel: 052 6123979  
Email: adler.ireland@gmail.com

## South Tipperary Sports Partnership

*South Tipperary Sports Partnership is committed to 'making a difference' to the people of South Tipperary through supporting the development of sport and increasing participation in physical activity in the County. The Partnership comprises a combination of local agencies, sporting groups, community leaders and sports enthusiasts working together to achieve this commitment.*

### Services

Co-ordinate the delivery of sport and recreation in South Tipperary.

Deliver programmes to target groups and the general population.

Train and educate volunteers and sports people.

Increase opportunities to participate in sport and physical activity.

Provide information on sport and physical activity in South Tipperary.

Promote the partnership, sport and physical activity.

Secure resources to sustain and grow the Partnership.

### Service Locations

Valerie Connolly, Sports Co-ordinator,  
Civic Offices, Cashel,  
Co. Tipperary  
Tel: 062 64737  
Email: [vconnolly@stsp.ie](mailto:vconnolly@stsp.ie)  
Website: [www.stsp.ie](http://www.stsp.ie)

Vincent Foley, Sports Inclusion Disability Officer (SIDO)  
Tel: 062 64738  
Email: [vfoley@stsp.ie](mailto:vfoley@stsp.ie)  
Website: [www.stsp.ie](http://www.stsp.ie)

## South Tipperary VEC

South Tipperary Vocational Education Committee provides a quality education service for all the people in its administrative area.

### Services

<b>Post Primary Schools /Colleges:</b>	There are 6 post primary schools located in South Tipperary at Cahir, Carrick-on-Suir, Clonmel (2), Killenaule and Tipperary. Programmes which are offered in these schools include: Junior Certificate, Junior Certificate Schools Programme, Transition Year Programme, Leaving Certificate, Leaving Certificate Vocational Programme, Leaving Certificate Applied Programme.
<b>Post Leaving Certificate (PLC) Courses:</b>	A PLC programme is a full time vocational & training programme which offers young people and adults the opportunity to gain a FETAC award after completing a yearlong course.
<b>Adult Guidance in Education Service (STAGES):</b>	STAGES is a friendly, free of charge, confidential supportive service which offers people advice on furthering their education.
<b>Adult Learning Scheme (ALS):</b>	This is a confidential service for adults who want to improve their reading, writing, spelling and basic maths.
<b>Back to Education Initiative (BTEI):</b>	Back to Education Initiative provides part-time accredited further education programmes for adults. Tuition is free for Social Welfare recipients and early school leavers.
<b>Community Education:</b>	Communication education is a process of learning and change which in turn benefits the individual and their community.
<b>Vocational Training Opportunities Scheme (VTOS):</b>	The Vocational Training Opportunities Scheme programme offers the long term unemployed the opportunity to participate in full time training without losing their Social Welfare benefits.
<b>Youth reach:</b>	The Youth reach Programme responds to the needs of unqualified early school leavers.
<b>English for Speakers of other Languages (ESOL):</b>	The English for Speakers of other Languages part time service helps non-English speaker's access classes in Basic English.
<b>Third Level Education Maintenance Grants:</b>	All eligible students who reside in South Tipperary may apply for a Maintenance Grant if they are attending a PLC course, Third Level Higher Certificate, Ordinary Degree, or Honours Degree course. For full details please see <a href="http://www.studentfinance.ie">www.studentfinance.ie</a>
<b>Post Primary School Transport Scheme:</b>	South Tipperary VEC administers the School Transport Scheme on behalf of the Department of Education & Skills.
<b>Youth Services:</b>	The VEC Youth Officer liaises with all youth organisations in the area to encourage partnerships in the youth work sector, implements the National Quality Standards Framework for Youth Work & supports volunteer run youth clubs through the administration of the Local Youth Club Grant Scheme.

**Special Needs Learning Support:** South Tipperary VEC works with the N.C.S.E and the D.E.S to ensure that the education needs are identified and provided for.

### Service Access

**Service Users:** Young people and adults who wish to avail of the education programmes offered in South Tipperary by the VEC.

**Referral/ Access:** People who wish to avail of the services named above should visit the South Tipperary VEC website at [www.tippouthvec.ie](http://www.tippouthvec.ie) for contact details and further information on all the services.

### Service Locations

**Clonmel (Head Office):** Administrative Offices, Western Road, Clonmel, Co. Tipperary  
Tel: 052 6121067 Fax: 052 6125951 Email: [admin@tippouthvec.ie](mailto:admin@tippouthvec.ie)

**Clonmel (Adult Education Office):** The Mall, Clonmel, Co. Tipperary Tel: 052 6126269 Fax: 052 6121030.  
For all queries relating to the Adult Education Service, VTOS, Community Education.

**Clonmel (STAGES):** The Mall, Clonmel, Co. Tipperary  
Tel: 052 6134105 Email: [stages@tippouthvec.ie](mailto:stages@tippouthvec.ie)

**Clonmel (ALS):** Adult Learning Centre, Bridgewater House, Gas House Bridge, Clonmel, Co. Tipperary  
Tel: 052 6127543 Fax: 052 6127543 Email: [mroche@tippouthvec.ie](mailto:mroche@tippouthvec.ie)

**Clonmel (BTEI):** Ormonde Adult Education Centre, Prior Park, Clonmel, Co. Tipperary  
Tel: 052 6176755 or 052 6176867 Email: [kmullaney@tippouthvec.ie](mailto:kmullaney@tippouthvec.ie)

**Cappawhite (Youth reach Adult & Further Education Centre):**  
Old Vocational School, Cappawhite,  
Tel: 062 75225 Fax: 062 75225 Email: [youthreachtipp@eircom.net](mailto:youthreachtipp@eircom.net)

**Cahir (Colaiste Dun Iascaigh):**  
Cashel Road, Cahir, Co. Tipperary  
Tel: 052 7442828 Fax: 052 7442233 Email: [info@colaisteduniascaigh.ie](mailto:info@colaisteduniascaigh.ie)

**Clonmel (Central Technical Institute):**  
Raheen Road, Clonmel, Co. Tipperary  
Tel: 052 6121450 Fax: 052 6121405 Email: [info@cti-clonmel.ie](mailto:info@cti-clonmel.ie)  
Includes: Colaiste Chluain Meala (vocational school), An Gaelcholaiste Cheitinn (All Irish second level unit) and the Senior College (Post Leaving Certificate).

**Clonmel (St. Joseph's School):**  
Ferry house, Clonmel, Co. Tipperary  
Tel: 052 6183000 Fax: 052 6123189 Email: [info@ferryhouse-school.com](mailto:info@ferryhouse-school.com)

**Killenaule (Scoil Ruain):**  
Killenaule, Thurles, Co. Tipperary  
Tel: 052 9156332 Fax: 052 9156332 Email: [scoilruain@eircom.net](mailto:scoilruain@eircom.net)

**Tipperary Town (St. Ailbe's School):** Rosanna Road, Tipperary Town, Co. Tipperary  
Tel: 062 51905 Fax: 062 51378 Email: [scoil@ailbes.com](mailto:scoil@ailbes.com)

## Spafield Family Resource Centre

*Spafield Family Resource Centre works with individuals & families in an inclusive & developmental way to combat social exclusion. Services provided include Adult Education, Counselling & Psychotherapy, Childcare, Community Development & support to marginalised groups.*

### Services

<b>Adult Education:</b>	Local Training Initiative, Back to Work Programme (FAS) and Back to Education programme. All courses are FETAC accredited.
<b>Community Development:</b>	Women group; English classes for foreign nationals; Rainbows peer support group for children who have experienced bereavement or separation; mother and toddler groups; art and craft classes.
<b>Childcare:</b>	Baby room, crèche, pre-school and after school projects.
<b>Counselling and Psychotherapy:</b>	Individual support available. All counsellors are accredited with the Irish Association for Counselling and Psychotherapy (IACP).
<b>Computer Classes:</b>	Beginners, intermediate and advanced ECDL.
<b>Room Rental:</b>	Room rental to local, regional organisations and community groups. For further information about room rental contact the centre.

### Service Access

**Service Users:** All community members of Cashel Town & within a fifteen mile radius.

**Referral/ Access:** Referrals from schools, HSE, Social Services, drop in service, outreach work by staff members, i.e. door to door.

### Service Locations

**Cashel:** Old Road, Cashel, Co. Tipperary  
 Tel: 062 63622 Fax: 062 63637 Email: spafieldfrc@yahoo.ie  
 Opening Hours: Monday – Friday, 9am to 6pm.

### Spafield Family Resource Centre Cashel – Positive Parenting Programme

*This programme is delivered on a group basis. The programme supports parents in developing healthy relationships with their children and in managing challenging behaviour.*

*This programme can also teach skills to help **your child succeed at school**, build their **self esteem** and feel emotionally secure. The course is interactive for participants and parents and caregivers can learn from each other.*

*The areas addressed include prevention and intervention plans, play and special time, listening skills, establishment of routines, motivation and encouragement. Programmes run on demand.*

*Please contact Spafield Family Resource Centre for further information **Tel: 062 63622***



## Suir Community Development Project

*Locally based service to promote awareness of a range of services available to the community and offer supports to the community through Residents Groups, Afterschool Club, Community based Playschool, Men's Group, Women's Group, Mother & Baby Group and offer Community based Education such as Basic Computer Classes, Employment Skills, Cookery, Jewellery Making, Health & Beauty, Alternative Remedies & Arts & Crafts.*

### Services

**Community-based** Early education service for pre-school aged children.

#### Playschool Service:

##### After-school

**Homework Service:** Homework support & activity club for 6 – 10 year olds.

**Men's Group:** Weekly meetings for men with activities such as painting and computers.

**Women's Group:** Weekly meeting of the women's group, social development & activities such as art/ craft, mosaic work & cookery.

**Parenting Programme:** Parenting skills, such as cookery, parenting course, art & crafts.

**Support to Resident's Group:** Support with set up and development of resident's group and on-going administration support such as photocopying and typing service.

**Networking:** Networking locally with other service providers and groups to keep ourselves and the local community informed of training and development opportunities.

### Service Access

**Service Users:** Local community residents and community networks and groups.

**Referral/ Access:** People can drop in to our centre, and we also have an outreach programme which operates in local estates and the wider community.

### Service Locations

**Carrick-on-Suir:** 12 New Street, Carrick-on-Suir, Co. Tipperary  
Tel: 051 641066 Fax: 051 641066 Email: suircdp@eircom.net  
Opening Hours: Monday – Friday 10am to 5pm

#### Carrick-on-Suir (outreach centre):

27 Comeragh View,  
Tel: 051 641077  
Opening Hours: Tuesday, Wednesday, Thursday: 10am to 1pm & as required.



## Suir Valley Community – Based Drugs Initiative

*Community based drug initiative offering support and education and awareness programmes to individuals and family members of anyone directly or indirectly affected by substance misuse. Also working with communities to identify their own needs in relation to substance misuse.*

### Services

**One to one Intervention** Initial contact with individuals who are looking for support or with individuals affected information on substance misuse.

#### by Substance Abuse:

<b>Family Support:</b>	We support family members affected by their own or another substance misuse. This is offered on a one to one basis and also in the form of peer support through a family support group.
<b>Auricular Acupuncture:</b>	Auricular Acupuncture offered as a support and relaxation technique.
<b>Tuesday Night Drop In:</b>	A drop in clinic open to anyone affected by their own or another's substance misuse.
<b>Drug Education and Awareness:</b>	The project provides up-to-date and accurate information which allows people the opportunity to make informed choices. Also offered are parenting programmes and drug awareness programmes.
<b>Policy and Practice:</b>	We facilitate communities to explore and identify local needs, develop strategies to reduce the demand for drugs and inform local and regional agencies of these needs.

### Service Access

**Service Users:** Individuals who are looking for support or information on substance misuse.

**Referral/ Access:** Self-referral or referral from other agencies.

### Service Locations

**Carrick-on-Suir:** 56 New Street, Carrick-on-Suir, Co. Tipperary  
Tel: 087 9827669 Email: [suirvalleycbdi@wstcys.ie](mailto:suirvalleycbdi@wstcys.ie)

## Three Drives Family Resource Centre

*Three Drives provides support for men, women and children in Tipperary Town who are experiencing stressful times in their lives as well as providing key supports to families in the area.*

### Services

<b>IT Training:</b>	Covering basic and follow on classes.
<b>Educational and Training courses (subject to demand):</b>	Courses include: Cookery (basic & advanced with an emphasis on cooking within a budget), Health and Nutrition, Personal Development, Assertiveness, Life Coaching, Car Maintenance, First Aid, etc.
<b>English Classes for members of the Non Irish Community:</b>	These classes cater for different grades from beginners upwards.
<b>Reading Recovery Programme:</b>	This is a programme of reading supports for primary school children.
<b>Independent Living Programme:</b>	This course provides basic cooking, nutrition & hygiene training for children with special needs.
<b>Counselling Service:</b>	A confidential counselling service is available in the centre.
<b>Art Therapy:</b>	Art Therapy is a way to work with anyone looking to resolve issues that are affecting their lives. The art image is done by the client and is the focus of the therapy.
<b>Women's Group:</b>	The group meet on a weekly basis and take part in a range of activities that the participants identify for themselves such as flower arranging, arts & crafts, cookery, talks from outside agencies, i.e. women's health, employment and welfare entitlements and issues that impact on women's lives in general.
<b>Breastfeeding Support Group:</b>	This group meets each Monday in the centre and is attended by a PHN & any queries mothers may have in concern to their baby's development is addressed. Additional information & supports are provided. There is a link with our Parent & Toddler group.
<b>Community Arts Programme for Adults and Children:</b>	Art classes are held each Monday morning for adults and in the afternoons for children.
<b>Positive Parenting programme on a one to one or group basis.</b>	The programme supports parents to build strong relations with children and managing difficult behaviour. Topics covered include: The good enough parent, reasons why children misbehave, quality time, children and emotions, active listening and assertive parenting, stress management and family change. Run on demand and delivered based on the need of the parent

**Other parenting supports delivered in the Three Drives area include:**

- Young mother support group
- Breast feeding support group – every Monday morning 10am – 12 pm – attending by a public health nurse in the Three Drives Family Resource Centre
- ADHD –ADD parent peer support group
- Parenting and Cookery support programme including: Cookery on a budget, exclusion diet in relation to ADHD.
- Art therapy programme for children on individual basis age (4 -18) – addressing issues such as anxiety, bullying, withdrawn behaviour, bereavement , loss as well as other issues –usually parents or schools refer the child or adolescent for therapy when behaviour is affecting the childs well being.
- Independent living programme for children with disabilities
- Catchment area - Tipperary Town (east urban)

**Service Access**

**Service Users:** Services in the centre are open to the local and wider community.

**Referral/ Access:** The centre can be contacted by phone or email.

**Service Locations**

**Tipperary Town:** 22/23 Greenane Drive, Tipperary Town, Co. Tipperary

Tel: 062 80831 or 062 80848 Fax: 062 80883

Email: [threedrivesfrc@eircom.net](mailto:threedrivesfrc@eircom.net)

Opening Hours: Monday to Friday, 9am to 5pm.

## Tipperary Rape Crisis & Counselling Centre (TRCC)

*A free confidential counselling service to adult survivors of rape and child sexual abuse (male and female), their families or anyone affected by sexual violence. Under 18 years on parental or professional referral.*

### Services

<b>Face to Face</b>	A long or short term weekly appointment with a fully qualified counsellor accredited
<b>Counselling:</b>	to the Irish Association of Counsellors and Psychotherapists (IACP). The counsellors who work in TRCC also have Rape Crisis Network Ireland (RCNI) training which is specifically for working with survivors of sexual violence.
<b>Telephone Helpline:</b>	A helpline to answer your questions, provide support and more.
<b>Court Accompaniment:</b>	The legal process can be a daunting one and court hearings are often difficult and confusing. The counsellor will attend court with their client and offer support and information while going through this process.
<b>Advocacy:</b>	Lobby for better services, improved access to justice, and changes in the law and in policy.
<b>School Talks:</b>	Provide education programmes to transition year students and upwards on rape and child sexual abuse.
<b>Workshops:</b>	Raise awareness in the community about sexual violence and how to prevent it.
<b>Inter-Agency Work:</b>	Work with others, such as doctors and the police, statutory and community organisations.

### Service Access

**Service Users:** Survivors of sexual violence, their families and friends.

**Referral/ Access:** Self-referral or professional referral. (All referrals via head office in Clonmel).

### Service Locations

#### Clonmel (Head Office):

20 Mary Street, Clonmel, Co. Tipperary

Tel: 052 6127676 or 052 6127677 Fax: 052 6129171 Email: [trcc@eircom.net](mailto:trcc@eircom.net)

All queries and referrals to head office.

#### Carrick-on-Suir (outreach centre):

Nano Nagle Resource Centre, Greenside, Carrick-on-Suir, Co. Tipperary

Opening Hours: Wednesday 9.30am – 3.30pm

#### Cashel:

Spafield Family Resource Centre, Cashel, Co. Tipperary

Opening Hours: Monday 9am – 5pm

#### Thurles:

Social Services Building, Rossa Street, Thurles, Co. Tipperary

Opening Hours: Wednesday 2pm – 5pm

#### Tipperary Town:

Service available on request

## **Tipperary Rape Crisis & Counselling Centre – One to One Counselling**

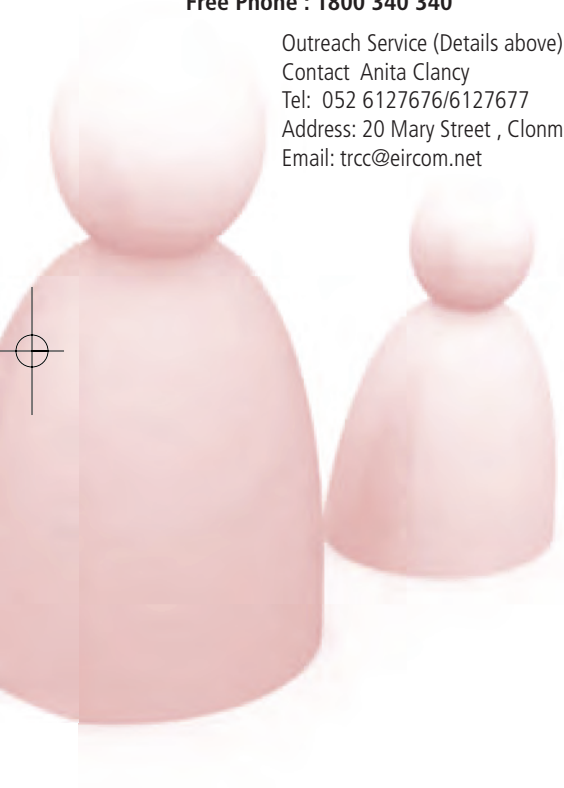
*During the course of therapy many issues may be explored including parenting. Clients have the opportunity to explore this issue with a view to gaining awareness, insight and improving their relationship with their children.*

*Tipperary Rape Crisis & Counselling Centre provide free, confidential counselling to survivors of Rape and Child Sexual Abuse (male & female) their families, friends, or anyone affected by sexual violence, Under 18yrs with parental or professional referral.*

*Parents of clients aged under 18yrs are offered support counselling with a separate therapist.  
Free Confidential service*

**Free Phone : 1800 340 340**

Outreach Service (Details above)  
Contact Anita Clancy  
Tel: 052 6127676/6127677  
Address: 20 Mary Street , Clonmel  
Email: trcc@eircom.net



## Tipperary Regional Youth Service (TRYS)

*Tipperary Regional Youth Service provides a range of quality and professional services to young people and their in a safe and inclusive environment, contributing to a changing society for the benefit of young people.*

### Services

**Tipperary Youth Project:** The Tipp YP provides a range of programmes and activities for young people aged 8 – 18 years, their families and their communities in Tipperary Town.  
Contact Donna on donna.mccarthy@trys.ie or (087)7720222

**TAR Project:** The Youth Diversion Project based in Tipperary Town works with young people 12 – 18 years old. Support is also offered to parents of young people engaged in the TAR project, this support involves looking at positive coping strategies to deal with their young people in times of difficulty. It can take the form of home visits or informal meetings. For more details contact Aisling/ Teresa on 087 2860998 or email aisling.reade@trys.ie/ teresa.normile@trys.ie

**Tipperary Youth Information Service:** This is an information provision service delivering support and outreach services to young people, their families and the community – this service has an information centre in Tipperary Town and also works with schools, projects and South Tipperary Comhairle na nOg. Contact Pauline on 062 52604

**TRYS Rural Outreach Project:** Our outreach workers work with volunteer led youth clubs in the towns and villages in Tipperary, supporting them to set up and develop local clubs for young people 8 – 18 years. Contact Maura on 0872860991 E maورا.carey@trys.ie

**TRYS Work Winner Programme:** An outstandingly successful bespoke training model designed for young people 18 – 25. The programme is tailored around each young person allowing them to choose and control their own training and work placement. It has been run in Cashel & Tipperary town. Contact Donal on (086)7744564 E donal.kelly@trys.ie

**Mid Tipperary Drugs Initiative:** This project works with individuals, families, communities to raise awareness and co-ordinate information provision, training and access to services relating to substance misuse, including preventative and early intervention work, auricular acupuncture & individual supports. Contact Carmel on 087 6188075 E:carmel.oneill@trys.ie

**Cashel NYP:** Cashel NYP is a community youth project which provides groups, programmes, a youth cafe, one to one supports, activities and access to other agencies for young people aged 8-18 and their families in Cashel. All groups, programmes, activities, etc. are based on the needs of the young people and their families. For further information please contact Catherine on 0877726888 E: catherine.doyle@trys.ie

### Service Access

**Service Users:** Young people, their families and the community.

**Referral/ Access:** Through projects, referrals, general drop in, etc.

### Service Locations

**Tipperary Town:** 17 Bank Place, Tipperary Town, Co. Tipperary Tel: 062 52604

**Cashel:** Cashel Youth Centre, Hogan Square, Cashel, Co. Tipperary Tel: 062 62824

## **Tipperary Regional Youth Service – Getting your Kids Through the Teenage Years – A how to Guide**

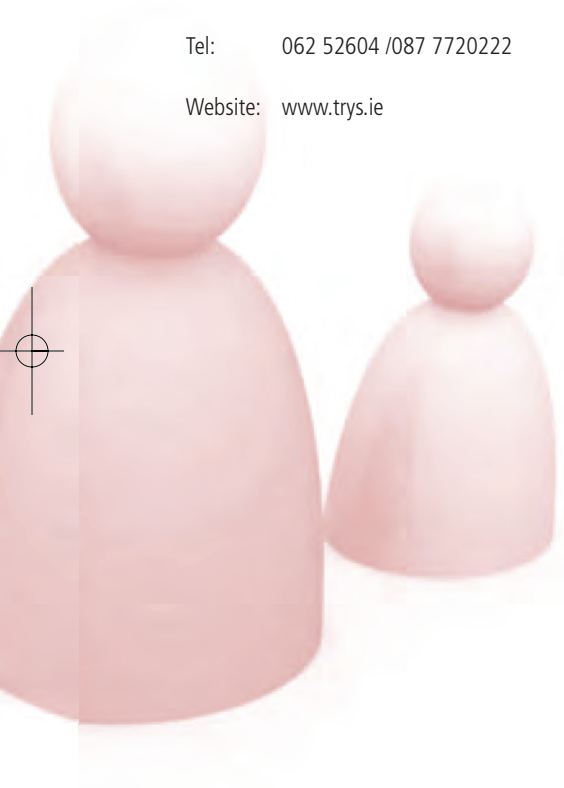
*A free four week programme to help parents cope with bringing up teenagers. Topics covered include Challenging Behaviour, Drug and Alcohol Awareness, Internet Safety, Risky Behaviour and Relationships. Each session will be facilitated by a skilled professional. There will be time at the end for parents to share their stories and support each other. Organised based on demand.*

Contact: Lisa 085 8009921 or Donna 087 7720222.

Address: Tipperary Regional Youth Service,  
17 Bank Place,  
Tipperary Town

Tel: 062 52604 /087 7720222

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



## Traveller Community Health Workers

*This is a peer health service for the Traveller community. The Traveller Community Health Workers offer information and support to Traveller families in South Tipperary. They carry out regular visits to families informing them of child health initiatives and act as liaison between the Traveller families and the Health Service providers, encouraging families to avail of services, assisting with correspondence, application forms and making appointments. They also provide information sessions on current health initiatives to Traveller families.*

### Services

**Family Visits:** Referrals from the health service executive (HSE).

**Child Health Visits:** Regular visits to Traveller families in relation to child health issues, e.g. immunisations.

**Traveller Culture Workshops:** Facilitation of workshops on Traveller Culture to HSE frontline staff, community groups and agencies.

**Information Service:** Providing information on health services to Traveller Families.

**Liaison Role:** Liaising with agencies, community groups and others with a Traveller focus.

### Service Access

**Service Users:** Traveller families in South Tipperary

**Referral/ Access:** By contacting the Traveller Community Health Workers in the community or by contacting the office and also by referral from the Public Health Nurse or other HSE staff.

### Service Locations

#### Clonmel:

Room 9, Clonmel Community Resource Centre,  
Kickham Lodge, Kickham Street, Clonmel, Co. Tipperary  
Tel: 052 6170947  
Email: phcp@eircom.net  
Contact Person: Julie Fleming



## Tipperary Rural Travellers Project (TRTP)

*Tipperary Rural Travellers Project is a community development project which advocates with and on behalf of the Traveller community in South Tipperary to ensure that the Traveller community has equal access to quality services, facilities, education and training as well as identifying and supporting accommodation needs.*

### Services

**Support Services for Traveller Men:** The aim of this project is to build a strong network of Traveller men engaged in education, to increase fitness levels and to educate the men on various health issues. It involves woodcraft workshops, health and fitness classes, literacy sessions, driver theory instructions and support with accommodation issues (Contact: Eugene O'Donnell – Men's Development Worker: eugeneodonnell99@hotmail.com ).

**Primary Health Care Programme:** The primary Health care project seeks to establish a model of Traveller participation in the promotion of health to liaise and assist in creating dialogue between Travellers and health service providers; to highlight gaps in health service delivery to Travellers and to work towards reducing inequalities that exist in established services (Four Traveller Community Health Workers are employed by the project: Brian Dillion 062 31138

**Traveller Youth (Afterschool Programme):** The Tipperary Rural Travellers Project currently runs two after schools programmes for young Travellers in the Cashel and Killenaule areas  
Contact: Mags Casey: tipptraveller@eircom.net

**Leadership Training:** Tipperary Rural Traveller Project delivers this training annually to support the work local Travellers are currently carrying out as advocates within their communities and any other leadership roles assumed  
(Contact: Brian Dillion 062 31138 or Mags Casey www.tipptraveller@eircom.net

**An Siopa – Second Hand Clothes:** 'An Siopa' opened on 1<sup>st</sup> October 2010 and encompasses a retail outlet for second hand clothes and bric a brac. This shop is not run for profit and provides a place for social integration, on-the-job training and a selling point for clothes at low prices to all members of the local community. There are seven women from the Travelling community working part – time in the shop on a voluntary basis at the moment.

### Service Access

**Service Users:** Members of the Traveller community.

**Referral/ Access:** Members of the Traveller community call in to TRTP offices or may be contacted through outreach work carried out by TRTP staff.

### Service Locations

**Tipperary Town (Head Office):** 1 St. Michael's Street, Tipperary Town, Co. Tipperary  
Tel: 062 31138 Fax: 062 51865 Email: tipptraveller-book@hotmail.com  
Office Hours: Monday to Friday: 10am – 5pm  
Primary Health Care Programme and Afterschool activities.

**Name of Support Service** Deaf Hear**Services**

DeafHear works with a broad and varied range of people including; the families of new born babies who are recently diagnosed, elderly people who have developed a recent hearing loss, adults and children who use Irish Sign Language, people who have an acquired Hearing Loss as well. We train employers and organisations on Deaf awareness and help local and national groups, incentives and legislation to be Deaf friendly. We support people and their families on a one to one basis such as family support and advocacy as well as in larger groups such as children and teenage camps, services and respite for adults with additional needs. We work closely with other support services such as medical, educational and government departments & we also provide a resource service which focuses on the use of technology to help individuals, such as listening devices and vibrating alerts to make their home safer and allow them to live a full life.

**Service Locations**

**Waterford:** DeafHear.ie, 2nd Floor, St John's Parish Hall, Catherine St. Waterford  
Tel: 051 855777 Text: 085 8060911 Email: [waterford@deafhear.ie](mailto:waterford@deafhear.ie)  
Website: [www.deafhear.ie](http://www.deafhear.ie)

**Name of Support Service** Irish Wheelchair Association IWA**Services**

The Irish Wheelchair Association (IWA) was founded in 1960 by a small group of wheelchair users committed to improving the lives of people with physical disabilities in Ireland. IWA has gone on to become an important provider of quality services to people with limited mobility throughout the country. Today, our association is made up of a vibrant network of 20,000 members and 2,300 staff, as well as many dedicated volunteers. Together we work to achieve greater independence, freedom and choice for people living with a disability.

**Service Locations**

Brodeen, Cashel Road, Tipperary Town, Co Tipperary. Tel: 062 52744  
Email: [tiptown@iwa.ie](mailto:tiptown@iwa.ie)

**Name of Support Service** Moore Haven - Tipperary**Services**

The Moore Haven Centre is a Centre for adults in the mild to moderate range of intellectual disability. We provide a day Centre for over 100 adults and a residential service to 19 adults attending our day service from a catchment area that extends for a radius of up to 30 miles from Tipperary town in counties Tipperary and Limerick. The Centre is located in O'Brien Street, Tipperary.

**Contact Details**

Tel: 062 52437 Email: [info@moorehaven.ie](mailto:info@moorehaven.ie) Website: [www.moorehaven.ie](http://www.moorehaven.ie)

**Name of Support Service** Tipperary Downs Syndrome Association

### Services

Down Syndrome Ireland (DSI) is dedicated to being the primary source of information and support to people with Down syndrome, their families and the professional community, working towards an improved quality of life for our members along with a respect and acceptance of people with Down syndrome as valued members of Irish Society. The Tipperary Branch meets every 6 to 8 weeks and offers assistance to parents. Some members are trained in Parents Link.

### Contact Details

Contact Name: Sandra Poyzer Tel: 087 9821047

**Name of Support Service** Rehab Care

### Services

Rehab provides services to around 145 people with disabilities in Tipperary through its Rehab Care and National Learning Network divisions in 12 locations. Rehab is a leading non-governmental organisation which works towards a world where every person has the opportunity to achieve their potential. Rehab provides high-quality health and social care, training and education, and rehabilitation, employment and commercial services. The people who currently use Rehab services include young people and adults with physical, sensory and intellectual disabilities, people with mental health difficulties, people with autism and people with an acquired brain injury. A range of essential services is also provided to older people, carers and others who are marginalised.

### Service Locations

National Learning Network Clonmel Tel: 052 6181555 Email: clonmel@nln.ie

**Name of Support Service** South Tipperary Supported Employment

### Services

South Tipperary Supported Employment promotes best practice in supported employment for people with disabilities such as mental, Physical, Sensory, Hidden & Intellectual disabilities, Asperger's & Autism

### Contact Details

Email: [stsp@eircom.net](mailto:stsp@eircom.net)/ Tel: 052 6129465

**Name of Support Service** Acquired Brain Injury Ireland - ABI

### Services

Our mission is to enable people with neuro-rehabilitation needs to lead meaningful lives in the community by providing personalised quality rehabilitation and support. We understand that each person is an individual and each brain injury is particular to that individual therefore our approach is to provide a custom-made rehabilitation and care programme specific to their needs that will help to maximise their abilities.

### Contact Details

052 6180990 Email: [tlutransitional.living.unit@hse.ie](mailto:tlutransitional.living.unit@hse.ie) / [breda.haesy@hse.ie](mailto:breda.haesy@hse.ie)

**Name of Support Service** National Learning Network

### Services

At National Learning Network, Roseville, Western Road, Clonmel. We aim to ensure that our courses encourage people to achieve their potential in a supported environment. Our programmes are flexible and offer personal development opportunities and realistic vocational choices for further education, training or employment. This service has helped more than 20,000 people - nationwide many of whom have never been employed - to join the workforce. The majority of students are made up by people with disabilities, although other groups and individuals facing obstacles in the search for work are increasingly using the services.

### Contact Details

Tel.: 052 6181555/ Email: clonmel@nl.n.ie

**Name of Support Service** South Tipperary Disability Groups Forum

### Services

The Disability Groups Forum a Sub Group of SIM is a Forum of interested statutory agencies and people with disabilities who meet monthly to discuss disability issues that arise in South Tipperary and to act as in information for people with disabilities in South Tipperary. The overall aim of the South Tipperary Disability Groups Forum is to promote the development of universal access at all levels through policies, actions and ways of working to seek to ensure the full involvement and inclusion of all people with disabilities in everyday South Tipperary life to achieve their own full potential to ensure maximum quality of life The Forum also raises awareness of disability related issues and concerns within South Tipperary.

### Contact Details

Julie White - STCVF (087)9271524 - southtippforum@eircom.net

**Name of Support Service** MS Society - South Tipperary Branch

### Services

Multiple Sclerosis Ireland is the only national organisation providing information, support and advocacy services to the MS community. We work with people with MS, their families and carers, health professionals, students and other interested in or concerned about MS.

### Contact Details

Katie Hourigan Regional Co-Ordinator  
087 2663564/ Tel: 056 7777771 - www.ms-society.ie

## Parent & Toddler Groups running in South Tipperary 2013

GROUP NAME	CONTACT NAME	TEL NO.	DAY GROUP MEETS	VENUE
<b>Ballyporeen Parent &amp; Toddler Group</b>	Sinead O'Dwyer/ Anne Macken	052-7467911 0868726561	Tuesday 9.30am-11.30am	Happy Days Creche
<b>Cappawhite Mother &amp; Toddler Group</b>	Peggy Gantley	062-75922 087-7756500	Friday 9.30-11am	Cappawhite N.S.
<b>Ballylooby Parent &amp; Toddler Group</b>	Lucy Bateman	086-8185690	Monday 10.30am-12.30pm	Ballylooby Community Hall
<b>Spafield Parent &amp; Toddler Group</b>	Rebecca Lenehan	085-7637075	Tuesday 10.30am-12.30pm	Spafield Family Resource Centre
<b>Cashel Traveller Parent &amp; Toddler Group</b>	Deirdre O'Connor	062-63622	Monday 9.30am-11am	Spafield Family Resource Centre
<b>Ardfinnan Community Council Parent &amp; Toddler Group</b>	Mary O' Neill	052-7466533 0863422697	Thursday 10am-12pm	Ardfinnan Community Centre
<b>Community Parent &amp; Toddler Group</b>	Liz Moloney	086-2361727	Tuesday 10.30am-12pm	16 Kickham St. Carrick on Suir.
<b>Three Drives FRC</b>	Anna Tuohy Halligan	062-80831	Thursday/Friday	Three Drives FRC Tipperary Town
<b>Clonmel Community P&amp; T Group St. Mary's Parish Hall</b>	Jill Sandvoss/ Deirdre Delemare	052-6128199 086-8359912	Wed & Thurs 10am-12pm	St. Mary's Parish Hall, Irishtown.
<b>Clonmel Community Parent &amp; Toddler Group – Elm Park</b>	Jill Sandvoss/ Deirdre Delemare	052-6128199 086-8359912	Tuesday 10am-12pm	Sports Complex, Elm Park.
<b>Kilfeacle Parent &amp; Toddler group</b>	Mary White	086-6016746	Wednesday 9.45am-12.45pm	Kilfeacle Community Centre
<b>Tipperary Rural Travellers Project Parent &amp; Toddler Group</b>	Mags Casey	062-31138	1 <sup>st</sup> Wednesday of Month 11am-12.30pm	Youth Service Building, Hogan Square, Cashel

## Parent & Toddler Groups running in South Tipperary 2013

GROUP NAME	CONTACT NAME	TEL NO.	DAY GROUP MEETS	VENUE
<b>Hollyford Parent and Toddler Group</b>	Mary Fahey	086-3432998	Friday Mornings	Foulmacduff
<b>Knockanrawley Parent &amp; Toddler Group</b>	Helen Buckley	062-52688	Tuesday 11am-12.30pm	Knockanrawley Resource Centre
<b>Grange Parent &amp; Toddler Group</b>	Sophia Doheny	087-1938823	Tuesday 10-12noon	Grange Community Hall Grange
<b>Church of The Resurrection Parent &amp; Toddler Group</b>	Clonmel Community Mothers	052-6128199	Monday 10am – 12Noon	Church of The Resurrection Hall
<b>Burncourt Parent &amp; Toddler Group</b>	Mags Keating Marian Butler	086-3241169 087-9675342	Wed 10.30-12.30 1 <sup>st</sup> Sat Month 10.30–12.30	Burncourt
<b>Annacarty Parent &amp; Toddler Group</b>	Siobhan Ryan Rosemary O'Brien	087-1271182 087-6937082	Thursday 10am-12pm	Annacarty Childcare
<b>Newcastle Parent &amp; Toddler Group</b>	Mandy Byrne Kate Dennehy	087-1846396 086-2450876	Tuesday	Newcastle Community Hall

The Family Support Directory contained correct service and agency information when it went to print. As information and contact details change regularly please see our website for any updates and information on various other services available in Tipperary

**[www.tipperaryfamilysupports.ie](http://www.tipperaryfamilysupports.ie)**

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