

Welcome to edition 37 of our newsletter In This Together Tipperary. Previous issues can be found on [www.tipperarycoco.ie](http://www.tipperarycoco.ie). The In This Together campaign emphasises the importance of collective support. This newsletter is part of an overall communication campaign showcasing community support in County

Tipperary since March 2020 and while the Keep Well campaign continues.



This issue contains information on:

- Pride of Place
- Energy Saving Tips
- Heritage Week
- LPT Advice
- New TCC phone numbers
- Flu Vaccine details 7-12 year olds
- Brain Health

### Tipperary Pride of Place 2021

The Pride of Place competition was judged in Tipperary on September 28th and 29th 2021. The four groups competing were:

**Ballyporeen Community Council:** The Key achievements over the last 10 years include a complete refurbishment of the old community centre at total project cost of €465K and the opening of this centre as a multi-functional facility for the community.

**Tipperary Down Syndrome:** showcased their state-of-the-art premises in the heart of Co. Tipperary, the premises has opened many doors permitting Down Syndrome Tipperary to promote a positive image of people with Down Syndrome.

**Ballysloe Community Council:** In 2020 they created a sensory garden - the committee and the families all came out in turns to complete the garden. It was a very trying time but with dedication and huge support, they finally have a beautiful sensory garden and community house which is a huge achievement for such a small community.

**Lorrha SCEAL (Social Enterprise)-** The community cooperative, SCEAL, was formed as a Social Community Enterprise for the Advancement of Lorrha/Dorrha in 2014.



The judges Martina Moloney and Liam Hanaway were very impressed with the high level of community activity and volunteerism in the county. All the participating groups are to be commended for their provision of excellent services, facilities and support to their respective communities within the Tipperary county.

If you would like to provide content to the next issue of this Newsletter or add your organisation as a group that receives this on a mailing list please email



### Let's go easy on the treats –Key messages

- Making small gradual changes in relation to treats and having smaller amounts and less often will help families succeed in making healthy snacking become the norm.
- Taking the decision to reduce treats together as family and including children in the discussion will make it more likely that they will agree to it.
- If children understand why they are having smaller treats and less often, it will encourage them to form healthier eating habits for life.

**Let's go easy on the treats**

# Energy Saving Tips

**Devices**  
Use a power strip which means that at night or when you leave the house, you can easily unplug your devices at once.

**Appliances**  
Switch off all your appliances at night and when you are not home. You should turn off your computer whenever you are not going to use it for more than an hour.

**Energy savers**  
Where possible use a microwave for cooking, and use the toaster rather than the grill.

**Lighting**  
Turn off lights when you are leaving a room or when you do not need them.

**Kettle**  
Don't boil full kettles for one cup of tea, but do make sure you have enough water to cover the element.

**Hot water**  
Set your hot water thermostat to between 60-65°C, to make sure that you do not overheat your water.

**Radiators**  
Use the radiator valve to turn the temperature down or off in rooms that you do not use a lot.

**Curtains**  
Close curtains to keep heat in, but open them in the morning to let the heat of the sun in.

**Oven**  
Keep your oven door shut and use the space well. Batch cooking saves you time and energy, especially if you have a busy lifestyle.

**Cooking**  
When your food is nearly cooked, turn off the rings/oven and use the built up heat to finish cooking your food.

**Showers**  
A shower typically uses 20% of the energy compared to a full bath, so keep the bath as a treat.

**Use sensors**  
Outdoor lights can be fitted with sensors and timers to reduce operating times.



## National Heritage Week Awards 2021



The National Heritage Week Awards highlight Ireland's 'heritage heroes', and showcase the most engaging and innovative projects from National Heritage Week 2021. To take account of restrictions on gatherings due to COVID-19, this year National Heritage Week comprised a mix of online, in-person and community projects. In total, more than 1,050 projects and events took place around the country, as communities and individuals answered the Heritage Council's call to 'open the door to heritage' and celebrate local heritage for the first time.

Each heritage activity shared on the National Heritage Week website was considered for a National Heritage Award.

On the morning of the 20<sup>th</sup> October all eyes were on the Awards ceremony which was broadcast from Dublin, hosted by RTE broadcaster Anne Cassin and attended by Minister Malcolm Noonan, Minister of State for Heritage and Electoral Reform. The Awards had 5 categories as well as the Heritage Hero award and the County Award. It turned out to be a good day for Tipperary. First up was the Sharing Heritage Award which was won by the Daughters of Dun Iascaigh from Cahir. They received the award for their historical walking tour celebrated the contribution women have made to Cahir over the centuries through the surprise, overnight installation of 24 temporary plaques throughout the town and the development of a new walking tour, available via an online map. The Water Heritage Award which is sponsored by LAWPRO was won by Suircan Community Forum Clonmel for their 'Citizen scientists water sampling project on the River Suir' recruited up to 30 volunteers to undertake training in water sampling with a view to taking samples at key points along the River Suir and its tributaries. The samples will be tested to establish water quality. The organiser believes the river is under-valued and its aim is to highlight water quality and its effect on river health. Finally the County Awards were announced and the winner for Tipperary was Slieveardagh Mining Interest Group, Virtual Old School Mining Museum claimed the prize in County Tipperary. Its project, Virtual Field Trip of the Slieveardagh Coalfield, focused on guided tours of the now abandoned mining sites around Slieveardagh Hills.

Sincere congratulations to all our winners and thanks to all the groups that took part in this years Heritage Week.

Roisin O'Grady Heritage Officer



### **LPT advice for those who cannot access of use online services**

- Revenue fully appreciates that not all property owners are able to avail of, access or use online services.
- With this in mind, Revenue's service delivery model, including in relation to Local Property Tax (LPT), is designed to cater for those who are unable to avail of these services.
- Specifically in relation to LPT, Revenue has issued approx. 200,000 paper LPT Returns accompanied by a covering letter to property owners who have not previously filed or paid their LPT through our online portal or who are not registered for either of our online services (myAccount or ROS).
- Property owners who haven't received a paper LPT Return and who are not in a position to submit their LPT Return online should not be concerned.
- An alternative option available is to contact Revenue's LPT Helpline on (01) 7383626.
- Revenue's call centre agents will assist property owners by filing their return and setting up their payment method over the phone.
- In advance of calling, property owners will need to first value their property and have their Property ID and PIN to hand (these can be found on any LPT correspondence previously received from Revenue).
- Alternatively, property owners can write to Revenue with details of their Property ID, your PIN, property valuation and preferred payment option.

### **Valuing your property**

- It is not necessary for property owners to use online sources to determine the value of their property for LPT.
- Other non-online sources that will assist property owners to value their property include the property pages in newspapers (local and/or national) or checking the information displayed in the local auctioneer's office.
- Property owners are required to determine the value of their property in order to identify the 'valuation band' their property falls into which, in turn, determines the amount of LPT a property owner will pay.
- As the bands are very wide, it is not so much an exact valuation down to the last euro property owners need to determine but rather an honest and realistic approximate valuation.

### **Paying your LPT**

- There is a wide range of LPT payment options that do not require interaction with online services.
- For example, property owners can choose to pay by cheque, by once off cash payment through an approved payment service provider, or by deduction at source from their pension.
- Property owners can select any of these payment options on the paper LPT return or when they contact Revenue by phone or in writing.
- If property owners have already been paying LPT by one of the recurring payment options, the current payment method will be automatically carried forward to 2022.
- This means that the current recurring payment method will continue to apply for 2022 unless a property owner selects a different payment option when submitting his or her LPT Return or if he or she notifies Revenue by phone or in writing that of a different payment method.

### **LPT letters causing anxiety**

- There is no need for anyone to be anxious about receiving an LPT letter from Revenue.
- It's important to remember that the majority of the property owners Revenue are contacting last valued their property and submitted an LPT return back in 2013.
- The purpose of the letters is simply to set out and remind property owners of the key information they need to know about meeting their LPT obligations for the upcoming valuation period.
- Revenue wouldn't be doing its job correctly if it didn't explain to property owners what they have to do and by when and inform them of where they can get guidance and assistance if they need it.

### **Call volumes to the LPT Helpline**

- Revenue's LPT Helpline number is 01 7383626.
- The helpline is open from 9.30am to 4.30pm Monday to Friday.
- As the deadline for filing LPT Returns is **7th November**, Revenue is currently experiencing a very high volume of contacts to their LPT Helpline.
- Revenue is currently answering an average 3,000 calls per day.



## Tipperary County Council Contact number

Please note the new contact numbers for the offices is changing with effect from Monday 1st November.

Contact	New Number	Old Number
<b>Customer Services Desks</b>	0818 06 5000	0761 06 5000
<b>Emergency Out of Hours</b>	0818 06 5003	1890 923 948
<b>Tipperary eParking (ParkMagic)</b>	0818 06 5004	1890 800420

The 076 number will no longer be in use from 31<sup>st</sup> October 2021. However, customers who dial the old number will be diverted to the new number until the end of December 2021.



## Creating Wellness Series

CONNECTING COMMUNITIES

### Ways to Wellness Open Day

12pm to 4pm, Friday 5th November  
Hidden Café, Place4U

### Knit & Natter Sessions

10am to 12pm, Tuesday 9th & 16th November  
Mai's Café, Market Place

### Urban Knitting Workshops

10am & 11.30am, Saturday 20th November  
Tipperary Museum of Hidden History

### The Mistletoe Café

11am to 4pm, Sunday 5th December  
Hidden Café, Place4U

### Solstice: From Darkness to Light

Spoken Word with Eileen Acheson  
6pm, Tuesday 21st December  
Kickham Chapel



## Ways to Wellness Open Day

PART OF THE CREATING WELLNESS SERIES: CONNECTING COMMUNITIES

Explore your creative side with a variety of arts/crafts activities to choose from. Experience a taste of Ways to Wellness with Beehouse Arts in a friendly, social space at the Hidden Cafe, Place4U, Morton Street, Clonmel, Friday 5th November, 12pm to 4pm.

Select from the following time slots:

12pm - 1pm

1pm - 2pm

2pm - 3pm

3pm - 4pm

Over 18 years only.

Sessions are free but booking is required as numbers are limited.

Phone or text: 087 9149494  
Email: [brigid@beehousearts.ie](mailto:brigid@beehousearts.ie)

Funded by South Tipperary Action Network (STAN)  
& Mental Health Awareness in association with Tipperary ETB.





## Age and Opportunity's Bealtaine Festival networking event



Age & Opportunity's Bealtaine Festival with Tipperary Arts Office wish to facilitate a (virtual) meeting between older person organisations and local professional artists, where they can chat about creative ideas and see if there is potential to work together in the future. If you are an artist or representative of an older person's organization or work in an older person care setting and would like to attend, please fill out the relevant form below.

This opportunity is open to Artists/Creatives/Musicians, Active Retirement groups, Community Interest groups, Mens' Sheds, Local Arts Groups, Tidy Towns Group or similar, Day Care Centres, Residential Centres, Community Hospitals, Nursing Homes etc.

This meeting will take place on Tuesday 16th November from 3pm -5pm through Zoom.

Further information and applications are available through the links below.

Please email applications to [artsoffice@tipperarycoco.ie](mailto:artsoffice@tipperarycoco.ie) by the 5th November.

Please contact 0761 06 6448 with any enquiries.



## WAKE UP TO BRAIN HEALTH

with Dr Sabina Brennan

**WEDNESDAY 3RD NOVEMBER  
2021, 7 PM, ONLINE**

Would you like your brain to be quicker,  
sharper, better?

In her lively and entertaining talk Dr Sabina Brennan explains how your brain works and transforms cutting-edge neuroscience into easy-to-understand practical tips to keep your brain healthy.

Booking details at  
[www.tipperarylibraries.ie](http://www.tipperarylibraries.ie)



## **FLU VACCINE FOR 7-12 YEAR OLDS**

The children's flu vaccine is free and available to all children aged 2 to 17 from participating GP practices and pharmacies. Their flu vaccine is given as a single spray in each nostril of the child's nose. Most children who get the flu have mild symptoms but sometimes children get seriously ill with the flu. Children, especially younger children, are also more likely than adults to get severe complications of flu.

### **Complications of the flu include:**

- pneumonia
- bronchitis
- inflammation of the brain (encephalitis) - this is rare

The flu vaccine is a safe, pain free and effective way to help protect children from the flu - and to protect others too, for example their brothers and sisters, parents and especially grandparents. Children who are sick with flu can sometimes miss weeks in crèche, childcare and school. If your child becomes sick with flu, they may also miss out on their usual activities such as hobbies and sports. If enough children are vaccinated against the flu, fewer children and adults will need to see their doctor or need treatment in hospital because of the flu during flu season.

Make an appointment with your GP or Pharmacist, or find out more about the children's flu vaccine [here](#)

### **Please remember the following important flu vaccine facts that you can share with your patients and family members:**

- In the last 10 years, almost 5000 children were admitted to hospital with complications of flu. Almost 200 children had to have treatment in intensive care and 40 children died
- The nasal flu vaccine is the recommended vaccine for children who are in at-risk groups and have conditions like chronic heart, liver or respiratory diseases
- The nasal flu vaccine protects against the same strains as the vaccine given to at risk groups and 65s+
- The nasal flu vaccine has been found to be more effective for children than the flu injection
- The flu vaccine cannot give you the flu and you cannot spread the flu to others after getting the nasal flu vaccine
- A small number of children between the age of 2 to 8 years who are at risk and have never had the flu vaccine before will need 2 doses of the Nasal Flu vaccine 4 weeks **apart** for protection
- The flu vaccine for children has been given to children in the US since 2003 and in the UK since 2013 and in Ireland since 2020
- A study from the UK showed a 94% reduction in primary school age children and a



Referrals for The Rainbows Programme at the Knockanrawley Resource Centre CLG Site are now being taken:

The Rainbows Programmes provide

- a 10-week listening, group support programme for children and young people following a bereavement or parental separation.
- Children of a similar age (from 7- 12 years) and loss experience are in separate groups.
- Rainbows is not counselling or professional therapy.

For further enquiries or to enrol your child please contact Helen Buckley on 062 52688

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



The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and is funded by the European Social Fund under the Programme for Employment, Inclusion and Learning (PEIL) 2014-2020.

A Planet Youth Webinar



## The importance of sleep for our teenagers



A webinar for parents that explores the importance of sleep, the reasons behind typical sleep challenges, and how parents can practically support their teenagers to understand and prioritise their sleep.

With Lucy Wolfe  
Sleep Consultant and Author

Thursday the 11th of November

19.00 - 20.15

Register at:

<https://eventwebinarjam.com/channel/PlanetYouthTeenSleep>





Please find below link to Information Leaflets on **Electoral Matters** which have now been uploaded in English to the intranet.

[Information Leaflets on Electoral Matters](#)

For your information please note :

The following leaflets '[Register of Electors](#)' and '[How Local Authorities are Elected](#)' are available in the following 17 languages – English, Irish, Arabic, Chinese, Czech, French, German, Hungarian, Italian, Latvian, Lithuanian, Polish, Portuguese, Romanian, Russian, Slovakian and Spanish. These can be downloaded directly from the [Department of Housing, Local Government and Heritage website](#)

The leaflet '[How Ireland's MEPs are Elected](#)', is available in the following 14 languages – English, Irish, Czech, French, German, Hungarian, Italian, Latvian, Lithuanian, Polish, Portuguese, Romanian, Slovakian and Spanish. These can be downloaded directly from the [Department of Housing, Local Government and Heritage website](#)

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

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



**ALONE** setup a dedicated Coronavirus helpline for Older People **0818 222 024**, if you have any concerns or queries about COVID 19 call ALONE's dedicated support. line 8am to 8pm.



"Tipperary PPN website [www.ppntipperary.ie](http://www.ppntipperary.ie) is the host for the community resources for In This Together for Tipperary.

As part of the In This Together Campaign we have setup a Tipperary Community [YouTube Channel](#) showcasing videos and content produced in Tipperary promoting community and support families coping at home & cocooning.



## TCC Staff/Elected Members Test Driving Electric Cars from Barlo Motors



### 7 WAYS TO START MAKING KINDNESS THE NORM IN YOUR DAILY LIFE:

- 1 Send an uplifting text to a friend or family member.
- 2 Let that guy merge into traffic with a wave and a smile.
- 3 Include intentional moments of kindness, laughter and delight in your daily routine.
- 4 Go *slightly* outside of our comfort zone at least once a day to make someone smile.
- 5 Share a compliment with a co-worker or friend.
- 6 Reach out to a family member you haven't spoken to in awhile.
- 7 Treat someone to a cup of coffee (a friend, stranger, or even yourself).

make kindness the norm.

#WorldKindnessDay  
#MakeKindnessTheNorm  
[www.randomactsOfKindness.org](http://www.randomactsOfKindness.org)

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

You are not alone, help is at hand.

