

# Directory of Services

delivered by

**North Tipperary LEADER Partnership, Roscrea**  
and  
**Roscrea Primary Care Team**

COMMUNITY EMPLOYMENT SCHEME



TRAVELLER PROGRAMME



ROSCREA YOUTH PROJECT



SECOND CHANCE ACCESS/  
PRE-DEVELOPMENT PROGRAMME



JOBS CLUB



FAMILY SUPPORT SERVICE



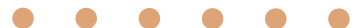
ASCEND  
DOMESTIC VIOLENCE PROGRAMME



CHILDCARE SERVICE



SERVICES ACCESSED THROUGH THE  
PRIMARY CARE TEAM





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## **NORTH TIPPERARY LEADER PARTNERSHIP COMMUNITY EMPLOYMENT PROGRAMME**

### *What We Do*

The objective of the Community Employment Programme under the operational programme of Human Resources Development is to provide temporary employment and individual training for long-term unemployed and socially excluded. North Tipperary LEADER Partnership (NTLP) operates a Community Employment Project in order to give people employment opportunities in a supported setting where skills based training and personal development are central to the experience.

In partnership with FÁS NTLP sponsors a community employment programme which allows individuals to get valid work experience in a number of areas such as administration, childcare, youth work, maintenance & canteen facility. The work experience is combined with an individual training plan giving opportunities to train, retrain and therefore upskill benefitting each individual's progression in the job market and/or with further education.

### *Who Can Access Community Employment*

By checking with your local FÁS employment services you can check your eligibility to apply for any positions advertised regularly on the FÁS Website. The FÁS employment officer holds a full day clinic in the NTLP Roscrea branch (Newline Road) on Thursdays (Tel. [0505]23379) and there is a FÁS Employment Office in Silver Street in Nenagh, Co. Tipperary (Tel. [067] 31879).

### *How to Apply*

Once your eligibility is established you should forward your CV and a cover letter to NTLP Roscrea for the position you are interested in. In addition NTLP has a Jobs Club service available to all to help with preparing CVs and letters and off course help with interview skills.

### *Individual Learning Plan*

Once you are accepted into a role your Community Employment Supervisor will go through all your options with you in relation to your personalised training plan and also support your work experience in-house.

*Staff*

For more information please contact:  
Mary Spillane @ NTLP Tel. (0505) 23379

## NORTH TIPPERARY LEADER PARTNERSHIP TRAVELLER PROGRAMME

### *What We Do*

The NTLP Traveller Programme aims to counter the disadvantage experienced by the Traveller Community in North Tipperary. There are three strands to the programme which promotes equality of access to services and equality of outcomes from services for the Travelling Community in North Tipperary. It works in partnership with the HSE, FÁS, VEC, North Tipperary County Council, Gardaí, Department of Education and North Tipperary Sports Partnership.

### *Services*

#### **Traveller Development Programme**

The Traveller Development Programme works with Travellers in Nenagh and Roscrea providing support to adults and young people to access educational and social/sporting activities. Groups are run for women, men and young people including literacy, numeracy, arts and crafts, sporting and social activities. Support is provided to Travellers to access services and in liaising with service providers.

#### **Primary Health Care Programme**

The aim of the Primary Health Care Programme is to improve the health status and quality of life of the Travelling Community in North Tipperary. Traveller women have been trained and are employed as Community Health Workers. They deliver a health promotion programme to all Travellers in the County.

#### **Family Support Programme**

The aim of the Family Support Programme is to assist identified Traveller families in North Tipperary to better manage their homes and to interact with agencies and community structures more effectively. The Family Support Worker supports Traveller families in existing housing and in relocation to new housing; in the upkeep of their home; in education for children; and in education for adults.

*Staff*

*Programme Co-ordinator:*

Imelda Reidy, Tel. (0505) 23379

*Community Health Workers:*

Kelly Marchall

Patricia Doyle

Anne Harty

Noreen Harty

Martina Hutchinson

Tel. (0505) 23379

*Traveller Family Support Worker:*

Anne Neville

*Traveller Community Development Worker:*

Chelo Alfonso

## NORTH TIPPERARY LEADER PARTNERSHIP ROSCREA YOUTH PROJECT

### *What We Do*

NTLP Roscrea Youth Project aims to provide a range of quality services and supports to young people between 7-18 years in the Roscrea area. Supports offered are on an individual and group work basis depending on needs. These services are designed to meet the needs of young people, their families and communities.

“To provide a safe and positive environment in which young people are supported and encouraged in so far as possible to actively participate in realising their full potential.”

### *In-School Services*

- Links Project (Primary School)
- Copping On Programme (Primary School)
- Transfer Programme (Secondary School)
- The Leadership Programme (Secondary School)
- Transition Year (Secondary School): Positive Mental Health; Sexuality Workshops; Anger Management Programmes

### *Community Services*

- Community Youth Groups
- Young Women’s Group
- One to One Support
- Follow Your Dream
- R. A. Y. Project (Roscrea Area Youth Diversion Project)
- Summer Project
- Comhairle na n’Óg
- Youth Forum
- Positive Mental Health Workshops
- Support to Roscrea Youth Club

All groups and activities are offered to a variety of age groups, at different times during the year. For more details please contact any of the staff listed below.

### *Roscrea Area Garda Youth Diversion Project*

The R. A. Y. Project for the Roscrea area was established in late summer of 2008. The project was set up to work with young people from the ages of 12-18 years. The programme operates both group work and one to one work including the Copping On Programme in the local primary schools, a car maintenance course and a natural horsemanship training course. We run a training course for young people between the ages of 16 and 18 which is called the A.C.E. (Assert, Create, Enable) Training programme. This course will enable young people in making decisions about their future.

#### *Links:*

[www.teenspace.ie](http://www.teenspace.ie)  
[www.spunout.ie](http://www.spunout.ie)  
[www.drugs.ie](http://www.drugs.ie)  
[www.healthinfo.ie](http://www.healthinfo.ie)

[www.dailnanog.ie](http://www.dailnanog.ie)  
[www.comhairlenanog.ie](http://www.comhairlenanog.ie)  
[www.youthjustice.ie](http://www.youthjustice.ie)

### *Staff*

#### *Youth Project Co-ordinator:*

Deirdre Cahir, Tel. (087) 216 6011

#### *Youth Development Worker:*

Donna Fanneran, Tel. (087) 903 3123

#### *R. A. Y. Project Worker:*

Valerie Hearn, Tel. (087) 210 6606

Neill Halligan, Tel. (087) 055 0992

#### *Youth Project Assistant NTLP Youth Project:*

Cormac McMahon, Tel. (0505) 23379

## ROSCREA SECOND CHANCE ACCESS/ PRE-DEVELOPMENT PROGRAMME

### *What We Do and Who Can Access*

We offer a range of pre-development programmes to people who want to avail of the opportunity to learn new skills and connect with others in the community. Programmes such as Creative Arts and Wood Turning are open ended programmes. New enrollments can be taken at any time and are free of charge.

### *Pre-Development Courses and Groups*

- Basic Computers: 9.30 am to 11.30 am Wednesdays
- Intermediate Computers 12 noon to 2.30 pm Wednesdays
- Creative Journey Art Group 10 am to 1 pm Wednesdays
- Creative Wood Carving Group 2 pm to 5 pm Tuesdays

Please note that days and times may be subject to change.

### *Basic Skills*

In partnership with North Tipperary VEC Lifelong Learning we offer both one to one and group learning in the areas of basic skills – with the aim of improving writing, reading, maths and communication skills.

### *WRAP*

In partnership with Mental Health Ireland we offer training in Wellness Recovery Action Planning (WRAP). The programme is delivered by a certified WRAP facilitator (see [www.imrec.ie](http://www.imrec.ie)). Topics are covered using a workshop style with interactive discussions and related activities, and include:

- Hope
- Personal Responsibility
- Self-Advocacy
- Education
- Support
- Self-monitoring using WRAP Wellness Recovery Action Planning

Dates and times for this programme vary.

## *ASIST (Applied Suicide Intervention Skills Training)*

In partnership with HSE Suicide Prevention we host ASIST training from time to time. The emphasis of ASIST is on suicide first aid, on helping a person at risk of suicide stay safe and seek further help.

Participants learn how to:

- Recognise possible signs of distress
- Reach out and offer support
- Review the risk of suicide
- Apply a suicide intervention model
- Link people to further support

Evaluations have shown that ASIST increases caregivers' knowledge and confidence in responding to a person at risk of suicide.

Target Audience: ASIST provides practical training for all caregivers, both formal and informal; whether concerned about the welfare of a friend or a client at risk of suicide.

Method: Presentation, discussion, interactive group work, group and individual skills practice.

Delivery: ASIST is a two-day workshop delivered over two consecutive days. Attendance at the two full days is essential.

### *Staff*

*Social Support Worker:*

David Carter

North Tipperary LEADER Partnership  
Community Resource Centre  
New Line, Roscrea, Co. Tipperary

Tel. (0505) 23379

Email: [dcarter@ntlp.ie](mailto:dcarter@ntlp.ie)

## ROSCREA JOBS CLUB

### *What We Do*

The Jobs Club provides a one to one service and short training courses on job seeking skills. Supports and facilities provided through this programme are available to all job seekers and services are free of charge.

The Jobs Club offers advice and training in:

- CV Preparation
- Improving Interview Techniques
- Application Form
- Application Letters
- Job Seeking Techniques

Upon registration you will have access to a resource room to assist you with:

- Job Seeking
- Printing
- Photocopying
- Internet Access
- Telephone Usage

### *Staff*

Jobs Club Leader: Catherine Conlon

Administrator: Linda Conlon

New Line

Roscrea, Co. Tipperary

Tel. (0505) 23379

## COMMUNITY BASED FAMILY SUPPORT SERVICE

### *What We Do*

The family support service aims to provide early intervention supports and services to families as a means of enhancing family functioning and improving family coping generally. This is done by the provision of direct support to individual families with the objective of strengthening family ties to extended family, friends, neighbours and the community. The programme also aims to strengthen families by contributing to the development of community activities therefore providing opportunities for participation at community level. All interventions are done in partnership with the families concerned. Families can be supported through this service with issues such as:

- Parenting
- Relationship Break-up
- Bullying
- Neighbourhood/Community Relationships, etc.

### *Referrals*

Families living within the Roscrea catchment area can access the service directly by contacting the Family Support Worker who will assist in the completion of the referral form. Alternatively, referrals can be made by the family doctor, public health nurse, teacher, social worker or other professional working with the family. All referrals are made with the knowledge and permission of the family.

### *Location and Timing*

Family support work can take place in a variety of settings depending on individual circumstances. Frequently one-to-one support is offered in the family home, but can also be offered in a community or healthcare setting. There is no time limit on the support offered to families. Frequently short-term support is sufficient to resolve particular issues. However, every family is different and some interventions take longer than others.

### *What Families Can Avail of this Service?*

This service is available to all families with children and teenagers aged up to 18 years. Priority is based on level of need. This service offers support with a variety of matters including:

- Parenting support
- Support following relationship break-up
- Bullying
- Improving school attendance
- Improving social and community ties
- Interfacing with services and agencies on issues of access and entitlements, etc.

#### *Contact*

*For more information contact:*

North Tipperary LEADER Partnership  
Resource Centre  
Roscrea, Co. Tipperary  
Tel. (0505) 23379

## ASCEND DOMESTIC VIOLENCE PROGRAMME

### *What We Do*

Ascend is North Tipperary's Domestic Abuse Service for women who have or are experiencing domestic abuse/violence in their intimate relationships. The service is managed by North Tipperary Leader Partnership (NTLP) in Partnership with the HSE West.

### *Who Can Access*

We aim to put the safety of women and children at the centre of our work. We aim to empower women in their lives and to advocate on their behalf where appropriate.

### *Services Offered*

#### **Telephone Support**

This is a confidential listening and information service. A woman has the opportunity to discuss domestic violence/abuse in her life. If a woman wishes to discuss her situation in person an appointment can be made at any of the various locations in North Tipperary.

#### **Information & Outreach Support**

This service provides women with information and support. Women can discuss the issue of domestic violence that has been or is currently a part of their lives. This Service offers an opportunity to explore further options available.

#### **Court Accompaniment**

This is a service that provides women with support who find themselves accessing the court system to secure Protection, Safety and Barring Orders.

#### **Group Support**

Women can access group support, which is facilitated by Ascend staff.

#### **Personal Development**

Periodically Ascend works in partnership with other agencies to provide personal development courses for women.

## Other Agencies

Ascend gives women information regarding other agencies that they may need to access, such as Legal Aid, Court Clerk, MABS, Gardaí, Social Welfare, Housing, Counselling or Children's Services etc.

## Awareness Raising Sessions for Community, Voluntary, Statutory Groups & Schools

Awareness raising sessions are designed to meet specific needs of the above-mentioned groups. These sessions are designed to promote an increased knowledge and understanding of the issue of domestic violence.

### *Staff Contact Details*

*For information or an appointment contact:*

Office Tel. (0505) 23379 or (0505) 23999

Fax (0505) 23386

Mobile Numbers:

(086) 828 3399 (Roscrea/Nenagh)

(086) 857 6719 (Thurles)

(087) 950 1299 (Court Accompaniment – North Tipperary)

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

Web: [www.ntlp.ie](http://www.ntlp.ie)

Outreach appointments available throughout North Tipperary.

*Other useful numbers:*

Adapt House Limerick providing support and services for women

1800 200 504 (free phone)

Women's Aid Helpline: 1800 341 900 (free phone)

## ROSCREA COMMUNITY CHILDCARE SERVICE

### *What We Do*

We cater for babies, waddlers, toddlers, pre-school montessori and play-based learning. Roscrea Community Childcare is available to all parents in need of childcare. Reduced rates apply to social welfare recipients.

### *Location and Opening Hours*

Community Resource Centre  
New Line  
Roscrea, Co. Tipperary

Opening Hours:  
Monday to Friday 7.15 am - 6 pm

### *Qualifications and Training*

All our staff is fully qualified in the area of childcare including:

- FETAC accredited Training level 5 & 6
- Child Development & Play – Caring for Children
- Special Needs Training – Speech & Language
- HACCP – Health & Safety
- Occupational and Paediatric First Aid
- Managing Challenging Behaviour
- Children First Guidelines

We are regularly inspected by the HSE Pre-school Inspectorate and the Environmental Health Officer.

*Contact Details*

Margaret Murphy

Tel. (0505) 23379 or (087) 6774609

Fax (0505) 23378

Email: [mmurphy@ntlp.ie](mailto:mmurphy@ntlp.ie)

## SERVICES ACCESSED THROUGH THE ROSCREA PRIMARY CARE TEAM

### *Physiotherapy (Children and Adults)*

- How is the problem interfering with everyday life?
- What is it stopping you from doing?
- How long have you had this problem?
- Have you had a fall recently?

#### *Contact Details*

Maura O'Doherty

Tel. (0505) 21498

### *Occupational Therapy (Adults)*

The aim of occupational therapy is to maximise or maintain independence and safety in every day activities that are important to you. You should make contact if you require advice in any of the following areas:

- Washing
- Dressing
- Feeding
- Toileting
- Mobility
- Memory

#### *Contact Details*

Teresa Manon

Tel. (0505) 21498

### *Public Health Nursing/Community RGN's*

Do you require nursing care, wound/leg ulcer dressing, administering of injections, help with continence problems, have difficulty caring for self, or need equipment (wheelchair, commode etc.)?

#### **Children 0-5 years and Families**

Advice on all aspects of childcare

- Feeding
- Weaning
- Toilet Training
- Constipation
- Behaviour

Weekly clinic Tuesdays from 2-4 pm in Creagh House. No appointment necessary. Ante-natal classes also available.

#### *Contact Details*

Noreen Rooney  
Mary Louise Dillon  
Mary Ryan  
Siobhan Deegan

Tel. (0505) 21498

### *Community Welfare Services*

- What is your current family size and circumstances?
- What is your current household income?
- Do you have a medical card?
- Does your house need repairs or refurbishment?
- Do you need assistance completing forms for State services?

For help with any of the above see contact details overleaf.

### *Contact Details*

Seamus O'Dwyer  
Community Welfare Officer  
HSE  
Gaol Road  
Roscrea, Co. Tipperary

Clinics every Tuesday and Thursday from 10 am – 12 noon

### *Addiction Services*

#### **Alcoholics Anonymous**

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other in order to solve their common problem and help others to recover from alcoholism.

#### *AA Meetings Roscrea/Thurles/Templemore/Borrisoleigh:*

- Monday 8.30 pm (St. Sheelans College, Templemore)
- Tuesday 8.30 pm (CBS Secondary School, Templemore Road, Thurles)
- Wednesday 8.30 pm (Community Centre, Rosemary Street, Roscrea)
- Thursday 8.30 pm (CBS Secondary School, Templemore Road, Thurles)
- Friday 8.30 pm (Social Service Centre, Bank Street, Templemore)
- Saturday 8.30 pm (CBS Secondary School, Templemore Road, Thurles)
- Saturday 8.30 pm (Community Centre, Rosemary Street, Roscrea)
- Sunday 12.00 noon (Mount St. Joseph's Abbey, Roscrea)
- Sunday 8.30 pm (Community Hall, Main Street, Borrisoleigh)

#### *AA Meetings - Nenagh/Borrisokane/Portroe*

- Monday 8.30 pm (Old Church, Borrisokane)
- Tuesday 8.30 pm (Newport Church, Portroe, Old School Hall)
- Wednesday 1.00 pm and 8.30 pm (Nenagh Town Hall, Banba Square, Nenagh)
- Thursday 8.30 pm (Nenagh Convent of Mercy, Nenagh)
- Friday and Saturday 8.30 pm (Nenagh Town Hall, Banba Square, Nenagh)
- Sunday 12.00 noon (Convent of Mercy, Nenagh)

### **Al Anon Family Groups**

Fellowship of men and women whose lives have been or are being affected by another person's compulsive drinking. Information Centre is located in Dublin. Meetings are held all over Ireland.

### **Alateen**

Fellowship of young people whose lives have been or are being affected by a parent's compulsive drinking. Meetings held all over Ireland.

### **Narcotics Anonymous**

This is a group of recovering addicts who have found a way to live without the use of drugs. It costs nothing to be a member, the only requirement is a desire to stop using.

#### *Narcotics Anonymous Meetings:*

- Monday – 8.00 pm (New Institute, Nenagh)
- Thursday – 8.30 pm (New Institute, Nenagh)

### **Nar-Anon**

Nar-Anon is a support group for the families and friends of addicts who are negatively affected by the behaviour. This group provides a twelve step support programme.

### **Gamblers Anonymous**

This is a self-help organisation which holds regular meetings around the country and operates a twenty four hour telephone service.

#### *Gamblers Anonymous Meetings:*

- Thursday – 8.30 pm (Social Services Centre, Main Square, Thurles)
- Friday – 8.30 pm (Pastoral Centre, Irishtown, Clonmel)
- Saturday – 10.00 am (Aiséirí Treatment Centre, Cahir)
- Sunday – 8.30 pm (Social Services Centre, Main Square, Thurles)

### **Gam- Anon**

This is a fellowship of men and women whose lives have been affected by another person's compulsive gambling.

### *Contact Details*

#### **Addiction Services:**

P.J. Kennedy (Addiction Counsellor)  
St. Mary's Health Centre  
Thurles, Co. Tipperary  
Tel. (0504) 27617

Sláinte  
94A Silver Street  
Nenagh, Co. Tipperary  
Tel. (067) 42220/42221

Sláinte  
O'Connell Street  
Limerick  
Tel. (061) 483522

#### **Treatment Centres:**

Cuan Mhuire, Athy  
Tel. (059) 8631493

Cuan Mhuire, Athenry  
Tel. (091 ) 797102

Cuan Mhuire, Bruree  
Tel. (063) 90555

Aiséirí, Cahir  
Tel. (052) 7441166

Bushy Park, Ennis  
Tel. (065) 6840944

Aislinn Adolescent Treatment Centre, Ballyragget  
Tel. (056) 8833777



