

A Newcomer's Guide to County Tipperary



A Guide to Useful Services and Facilities for any Person Newly Arrived in County Tipperary



Immigrant Support Groups

📄 www.immigrantcouncil.ie/mlco.htm
 Foreign Minority Association, Clonmel (All nationalities welcomed)
 Chairperson: Erik Rosenfeld ☎ (085) 7353031

Libraries

📄 www.tipperarylibraries.ie
 Tipperary Libraries, Source Centre, Thurles ☎ (0504) 21555
 Borrisokane ☎ (067) 27199
 Cahir ☎ (052) 42075
 Carrick-on-Suir ☎ (051) 640591
 Cashel ☎ (062) 63825
 Cloughjordan ☎ (0505) 42425
 Clonmel ☎ (052) 24545
 Killenaule ☎ (052) 56028
 Nenagh ☎ (067) 34404
 Templemore ☎ (0504) 32555
 Roscrea ☎ (0505) 22032
 Tipperary Town ☎ (062) 51761
 Thurles ☎ (0504) 29720

FÁS

Help with employment, careers advice and training opportunities.
 📄 www.fas.ie
 2/3 Emmet Street, Clonmel ☎ (052) 82240
 Silver Street, Nenagh ☎ (067) 31879 or 31033
 Friar Street, Thurles ☎ (0504) 22188

Job Clubs

Advise on how to enhance job seeking skills.
 Carrick-on-Suir ☎ (051) 642418
 Nenagh ☎ (067) 34900
 Roscrea ☎ (0505) 23379

Trade Unions

📄 www.siptu.ie
 Clonmel ☎ (052) 22987
 Nenagh ☎ (067) 31424
 Thurles/Tipperary ☎ (062) 51102

Community Centres

Local, community-based support for the family.
 Barnardos
 📄 www.barnardos.ie
 Family Support Project, Thurles ☎ (0504) 20018
 Family Welfare Conference Project, Clonmel ☎ (052) 70665
 Clonmel Community Partnership ☎ (052) 29616
 Knockanrawley Centre, Tipperary Town ☎ (062) 52688
 Millennium Family Centre, Glengoole ☎ (052) 57992
 Nano Nagle Family Centre, Carrick-on-Suir ☎ (051) 642418
 Nenagh Community Network ☎ (067) 34900
 North Tipperary Community Services, Nenagh ☎ (067) 31800
 Roscrea 2000 ☎ (0505) 23379
 Spafield Family Centre, Cashel ☎ (062) 63622
 Suir CDP, Carrick-on-Suir ☎ (051) 641066
 Three Drives Family Centre, Tipperary Town ☎ (062) 80831
 Thurles Action for Community Development ☎ (0504) 90666

Sports and Leisure Centres

Canon Hayes Recreation Centre, Tipperary ☎ (062) 52022
 Clonmel Swimming Pool ☎ (052) 21972
 Duneske Leisure Centre, Cahir ☎ (052) 45517
 Nenagh Leisure Centre ☎ (067) 31788
 Roscrea Community & Tourism Leisure Centre ☎ (0505) 23185
 Sean Kelly Sports Centre, Carrick-on-Suir ☎ (051) 640955
 St. Joseph's Ferryhouse, Clonmel ☎ (052) 83000

Youth Services

Youth Information Centres/Youth Cafés:
 Cashel ☎ (062) 62824
 Clonmel ☎ (052) 25518
 Thurles ☎ (0504) 23742
 Tipperary ☎ (062) 52604
 Carrick-on-Suir ☎ (051) 641946

Foroige Regional Office ☎ (086) 8246288
 Nenagh Community Network ☎ (067) 34900
 Roscrea 2000 ☎ (0505) 23379
 Young Nenagh Project ☎ (067) 32832

Transport

Iarnród Éireann (Railway Service)
 📄 www.irishrail.ie
 Railway Stations:
 Cahir ☎ (052) 21982
 Carrick-on-Suir ☎ (051) 640044
 Clonmel ☎ (052) 21982
 Limerick Junction ☎ (062) 51406
 Nenagh ☎ (067) 31232
 Templemore ☎ (0504) 31342
 Roscrea ☎ (0505) 21823
 Tipperary Town ☎ (062) 51206
 Thurles ☎ (0504) 21733

Bus Éireann
 📄 www.buseireann.ie
 ☎ (066) 7123566

Ring-a-Link ☎ 1890 424141

Borrisokane Rural Transport Initiative
 A transport service for all with transport difficulties. Connects the outlying areas with Birr, Nenagh and Roscrea. Operates Tuesday to Saturday. Special trips to places outside of this also considered. Contact name: Ken Daly

☎ (067) 27088 (Office)
 ☎ (090) 9747039 or (087) 6273177

Kilcommon/Upperchurch Rural Transport Initiative ☎ (0504) 54555

A transport service for all with transport difficulties. Connects the parishes of Kilcommon; Upperchurch/Dromabane; Clonoulty/Rossmore; Holycross and Templederry to the local towns. Special trips to areas outside of this also considered.

Local Websites

Provide information on groups, activities & facilities in your local area.

www.cahir.ie	www.nenagh.ie
www.carrickonsuir.ie	www.roscreaonline.ie
www.cashel.ie	www.templemore.ie
www.clonmel.ie	www.thurles.ie
www.fethard.ie	www.tipperary.ie



Local Newspapers

The Midland Tribune (Offaly, North Tipperary)
 The Nationalist (South Tipperary)
 The Nenagh Guardian (North Tipperary)
 The Tipperary Star (North and South Tipperary)
 The Tipperary Voice (North and South Tipperary)
 South Tipp Today (South Tipperary)

Local Radio Stations

Tipp FM	103.9FM
Tipperary Mid-West Community Radio	104.8FM

This is a directory for people newly-arrived in County Tipperary and includes details of a wide range of organisations that can be approached for information and support.

Hospitals

Nenagh General Hospital ☎ (067) 31491
Limerick Regional Hospital, Dooradoyle ☎ (061) 301111
Portlaoise County Hospital ☎ (057) 8621364
Regional Hospital Tullamore ☎ (057) 9321501
St. Luke's Hospital Kilkenny ☎ (056) 7751133
Our Lady's Hospital Cashel ☎ (062) 61022
South Tipp. General Hospital, Clonmel ☎ (052) 77000
Waterford Regional Hospital ☎ (051) 848000

Also health centres in every town provide community health services including public health nursing.

Doctors

📄 www.mygp.ie

There are family doctors in every town.

Evenings and weekends only:
Shannondoc (North Tipperary) ☎ 1850 212999
Caredoc (South Tipperary) ☎ 1850 334999

Helplines

Samaritans (Confidential, emotional support 24 hours a day)
☎ 1850 609090 📄 www.samaritans.org

Victim Support (Free confidential advice, help and support for victims of crime) ☎ 1850 661771

Mental Health

AWARE (support for people suffering from depression)
☎ 1890 303302

GROW (For people suffering from mental health problems)
☎ 1890 474474

Women's Services

Cuan Saor (Women's Refuge, Clonmel) ☎ 1800 576757

Women's Aid ☎ 1800 341900

Tipperary Rape Crisis Centre ☎ 1800 340340

ASCEND (North Tipperary support service for women experiencing abuse in their relationships) ☎ (0505) 23999

An Garda Síochána (Police)

📄 www.garda.ie

For Emergencies ☎ 999 or 112

Garda Confidential Number ☎ 1800 666111

Borrisokane Station ☎ (067) 27101
Borrisoleigh Station ☎ (0504) 51295
Cahir Station ☎ (052) 45630
Carrick-on-Suir Station ☎ (051) 642040
Cashel Station ☎ (062) 75840
Clonmel Station ☎ (052) 77640
Fethard Station ☎ (052) 31202
Nenagh Station ☎ (067) 50450
Roscrea Station ☎ (0505) 24230
Templemore Station ☎ (0504) 31011
Thurles Station ☎ (0504) 25100
Tipperary Town Station ☎ (062) 51212

Citizens Information Centres

An independent, free and confidential information service covering local and national issues.

📄 www.citizensinformation.ie
National Helpline ☎ LoCall 1890 777121

Clonmel ☎ (052) 22267
Thurles ☎ (0504) 22399
Nenagh ☎ (067) 43060
Tipperary Town ☎ (062) 52102
Roscrea ☎ (0505) 22676

Cahir (Erasmus Smith House, Cashel Road)
Wednesdays 10.30am-12.30pm

Carrick-on-Suir (Nano Nagle Community Resource Centre, Greenside) ☎ (051) 642418
Tuesdays 10.30am-1pm

Cashel (Civic Offices, Friar Street) ☎ (086) 361 6251
Thursdays 10.30am-1pm

County Councils

North Tipperary 📄 www.northtippcoco.ie
(Civic Offices, Limerick Road, Nenagh) ☎ (067) 44500

South Tipperary 📄 www.southtippcoco.ie
(County Hall, Clonmel) ☎ (052) 34455

Social Welfare

Issue PPS Numbers and make social insurance, means-tested and universal payments based on personal circumstances, work history and current income.

📄 www.welfare.ie

Cahir ☎ (052) 45200
Carrick-on-Suir ☎ (051) 601190
Cashel ☎ (062) 64220
Clonmel ☎ (052) 70228
Nenagh ☎ (067) 50903 or 50904
Roscrea ☎ (0505) 22840
Thurles ☎ (0504) 20152
Tipperary Town ☎ (062) 80230

Community Welfare Services

Assure basic levels of income by making emergency payments and administer Medical Cards and GP Visit Cards.

📄 www.hse.ie

Cahir ☎ (052) 41044
Carrick-on-Suir ☎ (051) 640783
Cashel ☎ (062) 70480
Clonmel ☎ Freephone 1800 60 30 10
Fethard ☎ (052) 31825
Nenagh ☎ (067) 46600
Roscrea ☎ (0505) 22226
Thurles ☎ (0504) 23211
Tipperary Town ☎ (062) 82100

Tax Offices

📄 www.revenue.ie

East & South-East Region:
PAYE LoCall ☎ 1890 444425
LoCall Online PAYE Helpline ☎ 1890 201106

Clonmel (Harbour House, The Quay) ☎ (052) 70720
Nenagh (St. Conlon's Street) ☎ (067) 63400
Thurles (Stradavoher) ☎ (0504) 28700

County Enterprise Boards

North Tipperary ☎ (067) 33086
South Tipperary ☎ (052) 29466

Legal Matters

Legal Aid

📄 www.legalaidboard.ie

Law Centre Nenagh ☎ (067) 34181

FLAC

Free legal advice with local solicitors.

📄 www.flac.ie

Clonmel (Citizens Information Centre, Market Place)
3rd Thursday of every month 7.30- 9pm

Thurles (Citizens Information Centre, 34 Croke Street)
1st Thursday of every month 7.30- 8.30 pm

Financial Advice (MABS)

Information and advice for people who are in financial difficulty.

📄 www.mabs.ie

Carrick-on-Suir ☎ (051) 645077
Clonmel ☎ (052) 29313
Nenagh ☎ (067) 41033
Thurles ☎ (0504) 23510
Tipperary Town ☎ (062) 33410

Schools

📄 www.education.ie

Department of Education and Science ☎ (01) 8896400

Adult Education & Training

Vocational Education Committees (VEC's)
Adult education, including English language courses.

North Tipperary ☎ (067) 31250
South Tipperary ☎ (052) 26269 or 21067

Gurteen Agricultural College, Roscrea ☎ (067) 21282
St. Patrick's College, Thurles ☎ (0504) 21201
Tipperary Institute, Clonmel ☎ (052) 80550
Tipperary Institute, Thurles ☎ (0504) 28000
An Garda Síochána Training College, Templemore ☎ (01) 6662362

This leaflet has been prepared by a County Committee with representatives from the Health Service Executive, Tipperary Regional Youth Service, the Revenue, the Citizens Information Board and An Garda Síochána as well as the following organisations that also sponsored its publication: County Tipperary Citizens Information Service, The Department of Social and Family Affairs, North Tipperary County Council, North Tipperary VEC, Roscrea 2000, South Tipperary County Council, South Tipperary VEC, Thurles Action for Community Development and Tipperary Institute.

This directory is circulated along with "A Newcomer's Guide to the South East" (available in English, Polish, Russian and Czech). Both can be viewed on the County Council websites (www.northtippcoco.ie or www.southtippcoco.ie) or you can get a free copy in many public offices including Citizens Information Centres.

