

MAY 2025

S	M	T	W	T	F	S
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Hello MAY

HAPPY
MAY
DAY



Your journey, our commitment.



Rialtas na hÉireann
Government of Ireland



Có-mhainithe ag an
Aontas Eorpach
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FREE PSYCHOLOGICAL SUPPORTS



FET Students can avail of
6 FREE,
face-to-face **Counselling**
Sessions
(gambling specific counselling
sessions also available)

Millennium Family Resource Centre, Glengoole

TO MAKE AN APPOINTMENT -
EMAIL: FAMILYSUPPORT@MFRC.IE
OR PHONE: 083 2071368



Spafield Family Resource Centre, Cashel

TO MAKE AN APPOINTMENT -
EMAIL: SNOONAN@SPAFIELDFRC.IE
OR PHONE 062 63622

Three Drives, Family Resource Centre, Tipperary Town

TO MAKE AN APPOINTMENT -
EMAIL: TINATHREEDRIVES1@GMAIL.COM
OR PHONE: 087 2627051



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Tipperary
FET College
student
council

Hi there! Interested
in the Student
Council?

ABOUT US:

- We are a group of FET ETB students, of all ages and backgrounds
- We meet regularly, online or face to face to discuss problems, goals and projects as FET ETB students



WHO IS IT FOR?

All FET ETB students are welcome to join the council, please see details below

FOR FURTHER INFORMATION, PLEASE
EMAIL:

Learnervoice@tipperaryetb.ie

WORKSHOP: Understanding Childhood Bereavement



1 Day Workshop - In Person

TUSLA in partnership with CYPSC and the Irish Childhood Bereavement Network bring CYPSC members a workshop on children's grief and bereavement which will support you to:

- ▶ Understand how bereavement impacts children at different developmental stages; grief reactions; supports; and “red flags”
- ▶ Increase your confidence in supporting bereaved families within the context and scope of your role
- ▶ Strengthen collaboration between local members and to develop a shared approach to bereavement support and a compassionate community
- ▶ Recognise grief-related challenges early and to guide families to appropriate support
- ▶ Develop a ‘map’ of local and national bereavement supports

For more information contact your local CYPSC Coordinator
Register soon as places are limited!



FREE WEBINAR

Family Recovery -

Parenting While Living With Mental Health Challenges

When? Wednesday, May 28th 2025, 2pm-3pm

Where? Online via Zoom Webinar

Book? Web: <https://midwestaries.ie/events>
Eventbrite: <https://midwestaries.eventbrite.ie>
Email: bookings@midwestaries.ie

Join Us!

This month we are delighted to bring you a panel discussion with the team behind the new national survey "Building Connections: Experiences of Parenting with Mental Health Challenges". This vital piece of research was conducted by Mary Immaculate College in partnership with parents, the HSE, Tusla and Clarecare. We will explore the key findings and discuss the recommendations.

Our Panellists

Martina Kilcommins

Senior Social Work Practitioner
Adult Mental Health Service
HSE Mid West

Prof. Niamh Stack

Dept. of Psychology
Mary Immaculate College

Taryn Fitzpatrick

Child & Family Support Network Coordinator
Prevention Partnership & Family Support
Tusla

Joanne Perill

Family Support Service
Team Leader
Cl arecare

Mike O'Neill

Manager
Mid West ARIES
HSE Mid West

& Parents



Need More Information?

Contact: Margaret Keane
Education, Training & Development Officer
Mid West ARIES
margaret.keane9@hse.ie



IS YOUR CHILD STRUGGLING WITH ANXIETY?

“Support you to
support them”

€20

4 week program for parents of
children and adolescents

Date: Monday 19th of May for 4 weeks

Time: 10am-12pm

Venue: Three Drives Family Resource Centre

Facilitated by: Play Therapist Clara & Family Support Worker
Louise

Limited places available:

Please email tinathreedrives1@gmail.com or
call Tina on **085 2627051**



South Tipperary
Involvement centre

SOUTH TIPPERARY INVOLVEMENT CENTRE
FREE MENTAL HEALTH SUPPORT AND
AWARENESS

PLACE 4 U 29 GLADSTONE ST CLONMEL
CALL OR TXT 086-1746330 TO REGISTER
CALL OR TXT 086-7996658 FOR MORE
INFORMATION ON WORKSHOP

FREE ADULT
WORKSHOP

Creative Writing Workshop

PERSONAL NARRATIVE
MY JOURNEY SO FAR
FOCUSING ON HAPPY
MOMENTS IN YOUR LIFE.

PERSONAL NARRATIVE IS A
STORY ABOUT A SPECIFIC
EVENT OR EXPERIENCE FROM
THE WRITERS LIFE

MAY

WEDNESDAY

7TH 14TH 21ST

28TH

12.30-1.30



Recovery College South East
South Tipperary
Recovery Education Programme (April - June 2025)

You are invited to join us in our new Recovery Education Programme for Spring/Summer 2025.

All our courses and workshops are co-produced and co-delivered with those who have lived experience in partnership with professional expertise, **“the expert by experience working alongside the expert by profession”**.

Courses and workshops at the Recovery College South East are for everyone and are free.

(For more detailed information on the workshops, please go to the Workshop Section of our Website – www.recoverycollegesoutheast.com.) You can scan our QR code for quick access to our website

1. Complete the attached enrolment form and email it to the Recovery College South East at enrolrecoverycollegesoutheast@gmail.com or
2. Phone us on 086 1746330 to enrol



April - May 2025

VENUE	WORKSHOP NAME	DATES	TIME
Clonmel Community Mental Health Centre Glennonor Road Clonmel E91 XT20 <i>(In-house Workshop)</i>	<u>Positive Thinking (Morning Workshop)</u> This workshop is designed to assist participants in recognising negative thought patterns and to offer insights into cultivating a more constructive and optimistic mindset.	Tuesday 29th April	10.00 - 12.30
Clonmel Community Mental Health Centre Glennonor Road Clonmel E91 XT20 <i>(In-house Workshop)</i>	<u>Getting a Good Night’s Sleep (2-week workshop)</u> If you are having problems or difficulties sleeping, then this course might be for you. This unique evidence-based Sleep Programme uses a blend of Mindfulness and Acceptance and Commitment Therapy techniques to improve your sleep. <i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i>	Tuesday 6th & 13th May	10.00 - 12.30

<p>St. Vincent's Day Hospital Tipperary Town <i>(In-house Workshop)</i></p>	<p><u>Understanding and Managing Anxiety (4-week workshop)</u> Everyone experiences periods of anxiety at some stage in their lives. We can feel tense, uncertain, fearful or nervous. Anxiety is a word used to describe these moments of discomfort. This four-week workshop is for people who want to learn more about the facts of anxiety and learn practical and effective ways of managing and living with anxiety <i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>	<p>Tuesday 6th, 13th, 20th & 27th May</p>	<p>10.00 - 12.30</p>
<p>Carrig Óir William Street Cashel E25 F865 <i>(In-house Workshop)</i></p>	<p><u>Accepting & Believing in Myself (Morning Workshop)</u> Your difference is your strength; this workshop is for anyone and everyone who has ever felt out of place, misunderstood or just different, and who still isn't quite sure where they fit in or if they even want to. Learn to embrace yourself in a powerful new way; fearless, joyful and free to be who you actually are in a world that seems to demand uniformity.</p>	<p>Wednesday 7th May</p>	<p>10.00 - 12.30</p>
<p>Carrig Óir William Street Cashel E25 F865 <i>(In-house Workshop)</i></p>	<p><u>Let's talk Depression (3-week workshop)</u> Depression can be experienced differently from person to person. This three-week workshop helps you to explore depression and understand what it means to you and how you can manage it effectively. <i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>	<p>Wednesday 14th & 21st & 28th May</p>	<p>10.00 - 12.30</p>
<p>Clonmel Community Mental Health Centre Glenconnor Road Clonmel E91 XT20 <i>(In-house Workshop)</i></p>	<p><u>Communicating Effectively (Morning Workshop)</u> Learning to communicate in an assertive way is an important life skill. Lack of assertiveness can rob us of our self-esteem and lead to us feeling bad about ourselves. This workshop examines what "assertiveness" means, different styles of communicating, and learning how to say "NO". Practical suggestions and strategies to improve assertiveness and communication will be offered.</p>	<p>Tuesday 27th May</p>	<p>10.00 - 12.30</p>

June 2025

VENUE	WORKSHOP NAME	DATES	TIME
<p>Clonmel Community Mental Health Centre Glenconnor Road Clonmel E91 XT20 <i>(In-house Workshop)</i></p>	<p><u>Understanding & Exploring Anger (2-week workshop)</u> What is anger? Why do we feel it? Does anger affect your wellbeing and quality of life?</p>	<p>Tuesday 3rd & 10th June</p>	<p>10.00 - 12.30</p>

	<p>Anger is a natural powerful emotion that we all experience from time to time. However, unchecked, it can impact negatively on our lives.</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>		
<p>Carrig Óir William Street Cashel E25 F865 (In-house Workshop)</p>	<p><u>Getting a Good Night's Sleep (2-week workshop)</u></p> <p>If you are having problems or difficulties sleeping, then this course might be for you. This unique evidence-based Sleep Programme uses a blend of Mindfulness and Acceptance and Commitment Therapy techniques to improve your sleep.</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>	<p>Wednesday 4th & 11th June</p>	<p>10.00 - 12.30</p>
<p>Community Mental Health Centre Glennconnor Road Clonmel (In-house Workshop)</p>	<p><u>Accepting & Believing in Myself (Morning Workshop)</u></p> <p>Your difference is your strength; this workshop is for anyone and everyone who has ever felt out of place, misunderstood or just different, and who still isn't quite sure where they fit in or if they even want to. Learn to embrace yourself in a powerful new way; fearless, joyful and free to be who you actually are in a world that seems to demand uniformity.</p>	<p>Tuesday 17th June</p>	<p>10.00 - 12.30</p>
<p>Carrig Óir William Street Cashel E25 F865 (In-house Workshop)</p>	<p><u>C.H.I.M.E. (Morning Workshop)</u></p> <p>The C.H.I.M.E. framework introduces participants to a powerful model for recovery, focusing on the five essential components of well-being: Connectedness, Hope, Identity, Meaning, and Empowerment.</p> <p>This workshop creates a supportive space to explore these concepts, fostering growth, understanding, and resilience. Through interactive discussions and reflective exercises, participants will discover practical ways to integrate C.H.I.M.E. principles into their journey of recovery or support for others.</p>	<p>Wednesday 18th June</p>	<p>10.00 - 12.30</p>
<p>St. Vincent's Day Hospital Tipperary Town (In-house Workshop)</p>	<p><u>Let's talk Depression (3-week workshop)</u></p> <p>Depression can be experienced differently from person to person. This three-week workshop helps you to explore depression and understand what it means to you and how you can manage it effectively.</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>	<p>Thursday 5th, 12th & 19th June</p>	<p>14:00 – 16:30</p>
<p>Community Mental Health Centre Glennconnor Road Clonmel (In-house Workshop)</p>	<p><u>Food & Mood (Morning Workshop)</u></p> <p>This workshop will explore the connection between food and mental health and wellness. How true are the old sayings "An apple a day keeps the doctor away" and "Your health is your wealth"?</p> <p>Simple tips and tools for eating right for your mental health.</p>	<p>Tuesday 24th June</p>	<p>10.00 - 12.30</p>

<p>Carrig Óir William Street Cashel E25 F865 (In-house Workshop)</p>	<p><u>Positive Thinking (Morning Workshop)</u> This workshop is designed to assist participants in recognising negative thought patterns and to offer insights into cultivating a more constructive and optimistic mindset.</p>	<p>Wednesday 25th June</p>	<p>10.00 - 12.30</p>
<p>St. Vincent's Day Hospital Tipperary Town (In-house Workshop)</p>	<p><u>Welcome Summer (Afternoon Workshop)</u> To celebrate the workshops in Tipperary Town, all participants are welcomed to an afternoon coffee and goodies and games.</p>	<p>Thursday 26th June</p>	<p>14:00 – 16:30</p>



**RECOVERY COLLEGE
SOUTH EAST**

Greenshill
Kilkenny
R95 YYCO
Tel: 086 1746330
Email: recoverycollegesoutheast@gmail.com
Website: www.recoverycollegesoutheast.com

Enrolment Form

Course title	Commencement date	<u>In-house or Online (Zoom)</u> Please tick your preference below	
		<u>In-house</u>	<u>Online (Zoom)</u>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>

PLEASE COMPLETE USING BLOCK CAPITAL LETTERS

Surname:		
First name(s)		
Address:		
Telephone:	Mobile	Home/Work
Email:		
Contact Details in Case of Emergency:	Name	Number
Where did you hear about the Recovery College		
Please tick the box that best describes you	Service User/Lived Experience _____	<input type="checkbox"/>
	Family Member/Carer _____	<input type="checkbox"/>
	Service Provider (Area of Work) _____	<input type="checkbox"/>
	Other (Please specify)/Prefer Not to Say _____	<input type="checkbox"/>

All our workshops are based around discussion and group work. Pen and paper would be helpful to have to hand for participants.

All our Workshops are free of charge.

Are you happy for us to contact you periodically by email, post or text about different events, workshops, surveys in relation to the Recovery College South East? (Please tick this box if yes.)

Student Signature _____ Date _____

Recovery is moving on, achieving and learning, being the best and the best that I can be with confidence” Mental Health Discussion Group Clonmel 2013



Traveller Culture Awareness Training

Type of Training: Face to Face one day training

Title of training module: *Traveller Culture Awareness Training (TCAT)*

Date: 12th May 2025

Time: 9.30 – 3.30

Venue: Dominic Court, Cashel

Contact Details: Sharon Nolan – sharon.nolan@hse.ie

Information about the event:

The TCAT programme aims to improve Travellers' health through the provision of education and awareness raising on Traveller culture and issues, to health service staff and other public service staff so to make their services more accessible and thus have an impact on Traveller health outcomes. There is no fee to take part in the training. Certification of Attendance, Traveller Health Sticker are provided on completion for display within services.

Prior Training requirement:

Completion of the HSEland online module: "Introduction to Traveller Health"



Real Energy Comes from

Real Rest

FAILING HEARTS





Thank
you