



North Tipperary Children's Services

Belmont, St. Conlon's Rd.

Nenagh, Co. Tipperary

E45E208Tel 067 40130 Email: reception.ncts@hse.ie

Web: www.mwcads.ie



Community Access Pack



Created by: Emma Cahalan and Eileen Stakelum

Sports Inclusion



Stephen is the Sports Inclusion Disability Officer employed by Tipperary Sports Partnership, for County Tipperary. He can be contacted for up-to-date information on available sports inclusion opportunities and for information about clubs and sporting activities in your local area that may be suitable for your child.

Tel: Stephen Quinn at 087 3489898

Email: squinn@tipperarysports.ie

Website: www.tipperarysports.ie



Sally is the Sports Inclusion Disability Officer employed by Limerick Sports Partnership, for County Limerick. She can be contacted for current information on available sports inclusion opportunities and for information about clubs and sporting activities in the Limerick area that may be suitable for your child.

Tel: Sally at 061 524976

Email: swilson@limericksports.ie

Website: limericksports.ie

Special Olympics Ireland



Special Olympics is a sports organisation for people with an intellectual disability from the age of 4 years old with no upper age limit. Currently almost 8,000 athletes from across the island of Ireland participate in 15 different sports through Special Olympics. Through Special Olympics Sports, Health and Leadership programmes, athletes learn to be physically, mentally and emotionally fit. They get to learn new skills, increase confidence and most importantly they get to experience the joy of sport and make life-long friendships. Also key to its success is the passion, energy and support of the volunteers, clubs and Special Olympics partners.

Group: People with an intellectual disability from the age of 4 years and upwards.

Referral: Application to join by completing an Athlete Participation form. Medical clearance to participate in sports is also required.

Tel: 021 4977192

Email: munster@specialolympics.ie

Youth Club for young people with Autism



The A Team is a youth group that aims to provide a safe space to nurture self-esteem and promote self-expression, self-regulation, self-discovery and self-awareness. Learn from each other and become more confident advocates for the autistic community. Support the formation of friendships and interest groups through appropriate social events in a fun judgement-free environment.

Group: Young people 4-12 years old

Email: TheATeamNorthTipp@gmail.com

Location: Nenagh, Co. Tipperary

Website: www.theatteamnorthtipp.com

Roscrea Youth Service



Roscrea Youth Service aims to support young people to fulfil their optimum potential through both one-to-one work and through the development of needs-based programmes in school and community settings.

Group: Young people transitioning to college

Contact: 087-620 0633

Location: Rosemary Street, Roscrea, Co. Tipperary E53 C859

“Little Mix” Youth Group for young people with Down syndrome



“Little Mix” is a youth group run by Youth Work Ireland Tipperary which supports young adults with Down Syndrome. The group name was created by the members of the group. The group incorporates a programme of social activities in the youth centre as well as in the community such as: life skills, baking, dancing, arts and crafts, games, social outings and excursions and an annual ball in our youth centre.

Group: Young people 17-25 years old

Contact: Calvin Stokes 087 - 772 7111

Location: Old Court House, Bank St. Templemore, Co. Tipperary

Youth Group for young people with Additional Needs



This group is open to young people who are neurodivergent such as Autism, Dyspraxia, Down Syndrome etc. In the group we provide a programme of social activities such as: games to encourage communication and social skills, arts and crafts, movie evenings and social outings like trips to the cinema, Comic Con, trips to the zoo and many more programmes to encourage and support their independence and individuality and develop and enhance their social skills like team work and communication skills.

Group: Young people 10-14 years old

Contact: Calvin Stokes 087- 772 7111

Location: Old Court House, Bank St. Templemore, Co. Tipperary

Youth Group for young people with Autism



In the group we provide a programme of social activities such as: games to encourage communication and social skills, arts and crafts, movie evenings and social outings such as: trips to the cinema, Comic Con, trips to the zoo and many more programmes to encourage and support their independence and individuality and develop and enhance their social skills like team work and communication skills.

Group: Young people 14-18 years old

Contact: Calvin Stokes 087 - 772 7111

Location: Old Court House, Bank St. Templemore, Co. Tipperary

Irish Girl Guides



Irish Girl Guides are a youth-driven, dynamic organisation offering a varied and exciting programme for girls and young women aged 5-30, and opportunities for women of all ages. Members of Irish Girl Guides learn new skills, grow in self-confidence, develop teamwork and leadership skills experience new activities, and build lifelong friendships.

Group: 5-30 years old (different branches specific to age)

Contact: Martina Hocht, Regional Development Officer, Mid-West

Tel 086 0325244.

E-mail: mwrdo@irishgirlguides.ie

Location: Cashel and Moyne/Templetuohy. New Ladybird Groups (aged 5-7) starting in Nenagh and Roscrea and/or Templemore in March 2025

Foróige



Foróige clubs are a great place for young people to hang out, meet new friends and have their voice heard! See website for various programmes such as GoLevelUp, GoBuild

Location: check website

Website: www.foroige.ie

Email: info@foroige.ie

Autism Awareness Roscrea



“We are a committee of dedicated and like-minded volunteers formed in May 2018. Our focus is on increasing awareness of the daily challenges facing individuals on the Autism Spectrum, those with Neurodiverse needs and their families in all areas of our community” We are a Social Enterprise Charity Group that offer a space for families with Neurodiverse needs to use. Running our AAR Hub and activities are volunteers. We are parents and family members of people with Neurodiverse needs.”

Activities in AAR Hub include:

Training and workshops for families & community groups

Share and distribute information relating to neurodiversity

Implement fun sensory activities

Support Parent Social Group

Facilitate Sensory Friendly Youth Clubs

Link with other local groups & support agencies

Location: White Park, Roscrea

Email: autismawarenessroscrea@gmail.com

Tel: 089 2358524

Lego Club

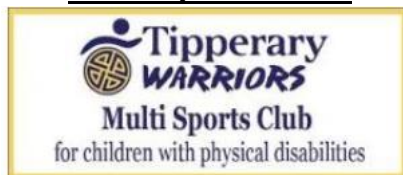


A Lego club is a free initiative that provides children access to play and social opportunities with other children. Lego clubs help children to develop and reinforce play and social skills.

Location: Nenagh, Templemore, Cloughjordan, Borrisoleigh
Borrisokane, Thurles, Roscrea, Clonmel, Tipperary Town, Cashel

Contact: Your local library or ring Library Headquarters on 052 6166100

Multi Sports Clubs



Tipperary Warriors Multi-Sports Club is a parent and volunteer-led sports club for children with physical disabilities. The club is all inclusive and encourages all the family including siblings to come along to the weekly sessions. It is supported by the Irish Wheelchair Association.

Group: Children with physical disabilities and their siblings

Day: Saturdays, at 11.00 – 12.30 p.m.

Contact: 087-655 0315

Location: Presentation Primary School, Sports Hall, Thurles



Treaty Rollers is a multi-sport junior club for children aged 6-17 years with a physical disability, their siblings are also welcome. The club offers different disability sports, fun games and dynamic movements for kids to get active, discover new sports and meet new friends

Group: Children with physical disabilities and their siblings

Day: Tuesday 6.30 p.m. to 7.30 p.m.

Location: Limerick ETSS, Castletroy

Contact: Website <https://www.iwa.ie/sport/our-sports/find-your-iwa-sport-club>



Durlas Éile Archers

Durlas Éile Archery is a field archery club that is open to people of all levels of ability.

Contact: 086 1964517

Location: Thurles

Day: Ryan's, Mill Road, Thurles -every second Friday from 7- 9 p.m.

Knox wood, Templemore Rd, Thurles-every second Sunday 11 a.m. to 2 p.m.

Dance Limerick



Inclusive Dance Club

Dance Classes for Children & Young People with a disability to explore dance in a supportive, creative environment.

When: Saturday Afternoons

Venue: Limerick Studio, 1-2 Johns Square, Limerick City Centre (The building has a wheelchair access ramp & accessible toilet)

Website dancelimerick.ie

Email katy@dancelimerick.ie

Tel: 061 40099

Judo Assist



Judo Assist offers judo programmes specifically designed to encourage physical activity, inclusion, competitiveness and well-being to a wide selection of people with a wide range of abilities and disabilities.

Group: People of all abilities and disabilities including Learning Disabilities, Social Disabilities, Physical and Sensory Disabilities.

Day: Classes every Wednesday evening 5.30-6.20

Contact: James Mulroy | 086 0612544

Website: www.judoassist.ie

Email: james@judoassist.ie

Location: Ardcroney, Nenagh, Co. Tipperary

Cycle Skills



The inclusive cycling programme is open to Derg AC members and non-members. All children are welcome to attend this 6-week group.

Note: This programme is run a few times a year

Location: Clarisford Park, Killaloe

Contact: James 0879627696, Nicola 086 8986138

Email: info@dergac.ie

GAA Healthy Clubs



GAA Healthy Clubs are clubs which are linked with the Healthy Club project and aim to promote the holistic health and wellbeing of their members and their communities. The Healthy Club project seeks to help GAA clubs identify what they are already doing well, identify areas where they can or would like to improve, and empower them to ensure that everyone who engages with their club benefits from the experience in a health-enhancing way, be they players, officers, coaches, parents, supporters, or members of their local community.

There are a number of GAA Healthy Clubs in Co. Tipperary

Group: GAA members; local community

Contact: Tipperary Health & Wellbeing Committee, Tipperary GAA Cora Moroney, Chairperson and Séamus Delaney, Secretary

Email: chair.hwc.tipperary@gaa.ie

Dóchas GYM



Fully equipped gym, 1:1 Autism specific personal trainer sessions available, age 14 years and upwards. Pre-booking required contact

Email: john.mcdonald@dochasautism.ie

Location: Parnell St., Limerick

Killavilla Utd AFC



Football group for all children

Day: Variable-depending on age group

Location: Killavilla Utd AFC, Timeighter, Roscrea

Website: killavillaunited.com

Parkrun



A free, fun, and friendly weekly 2k event for juniors (4- to 14-year-olds). This is a free event but please **register** before you first come along. Only ever register with parkrun once and don't forget to bring a scannable copy of your barcode. The aim is to have fun. Please come along and join in whatever your pace!

Limerick

Day: It is held every Sunday at 9.30 am.

Location: Shelbourne Park, Shelbourne Road, Limerick.

Email: shelbournejuniors@parkrun.com

Fethard

Day: It is held every Sunday at 9.30 a.m.

Location: Fethard Town Par, Rocklow Rd, Fethard, Co. Tipperary

Email: fethardjuniors@parkrun.com

Nenagh AFC



An inclusive football club for boys and girls aged 5 years upwards

Day: Variable-depending on age group

Location: Old Birr Road, Nenagh, Co. Tipperary, E45 X750

Email: info@nenaghafc.ie

Borrisokane Town Parkrun



A free, fun, and friendly weekly 5k community event, all ages welcome. Walk, jog, run, volunteer or spectate – it's up to you! All take part for their own enjoyment, join in whatever your pace It's free! but please **register** before you first come along. Only ever register with parkrun once and don't forget to bring a **scannable** copy of your barcode (request a reminder). If you forget it, you won't get a time.

When: Every Saturday at 9:30am.

Location: The event takes place at Borrisokane Town Park, Killeen, Borrisokane, Co. Tipperary.

Contact: borrisokanetown@parkrun.com

Inclusive Athletics



Derg AC is an inclusive athletics club for children aged yrs.-16 yrs. with a physical disability or impairment or autism. All children are welcome to attend this weekly group.

Day: 10.30-11.30 am on Saturdays

Location: Clarisford Park, Killaloe

Tel: 086 8986138

Email: info@dergac.ie

Website: www.derg.ie

Inclusive Blueway Cycling



Treacy's Blueway Bike Hire have tandem bicycles, junior and adult handcycle and tricycles available for hire

Tel: 086 6859093

Email: tom@bluewaybikehire.ie

Location: North Quay, Carrick-On-Suir, Co. Tipperary

Website: www.bluewaybikehire.ie

Wheelchair hurling and camogie



This is an inclusive activity involving a team of 6 a side which is suitable for all ages, genders, and abilities. The game is ground hurling with modified rules, it is the traditional Irish sport played by wheelchair users.

Tel: 085 1901900 or 083 8168143

Email: gerry.mc@live.ie

Location: Training each Thursday, Millennium Centre, Caherconlish, Co. Limerick

Wheelchair Basketball



Limerick Celtics basketball club hoping to start a junior club soon, happy to take a phone call from those interested in same, currently has a 15yrs+ age group

Tel: Tony Hehir 086 8219145

Website: www.limerickceltics.com

Location: Dooradoyle, Limerick

Indoor rowing



Get Going Get Rowing works with groups rather than individuals and for finite programmes, usually 6 weeks. This programme offers young people from age of 5th class upwards a chance to learn and practise rowing technique on an indoor rowing machine in a fun environment. Indoor rowing is suited to people with a wide range of abilities.

Email: limerickcoordinator@rowingireland.ie

Cycling Ireland



Paracycling is cycling adapted for cyclists who have various disabilities. Cyclists may compete on track or road and may use trikes, handcycles, tandem bikes or bikes.

Contact: High Performance Para-cycling Development Coach Marcin Mizgajski

Email: marcin.mizgajski@cyclingireland.ie

Adaptive Mountain Biking



Adaptive Mountain Biking gives wheelchair users the opportunity to take to the trails and makes the wider outdoors more accessible. Ballyhouna Trail Riders and Bloom E-Riders will have the bikes available for use in the coming months.

Website: <https://www.cyclingireland.ie/news-item/adaptive-mtb-events-for-wheelchair-users/>

Website <https://www.cyclingireland.ie/news-item/adaptive-mountain-bike-initiative-to-bring-new-opportunities-to-wheelchair-users/>

Email: paul.norton@cyclingireland.ie

Corpus Christi Boxing Club

Corpus Christi Boxing Club



Corpus Christi Boxing Club offer bespoke classes for groups that may require some support with their needs, offer of a 1 to 1 class will have additional costs.

Age: 11 years to adult

Days & Training Times: Mon / Wed & Friday 6:30 - 8:00 p.m.

Subject to change due to competitions or training schedules.

Location: Unit 5, Watch House Cross Business Centre, Kileely Rd, Moyross, Limerick, V9497F4

Tel: Declan Fitzgerald 086 8211258

Email: fitzgerald.declan@ymail.com

CP Football Development Academy



Established in 2015, the Dublin based CP Academy now has upwards of 100 players registered, from the age of 6 upwards. They train at the AUL (close to Dublin Airport).

CP Football- Cork Group: new group starting in Douglas Hall AFC. For young people with ambulant CP who want to play football.

Email: enquiries@cpfootballacademy.com

Website: <https://www.cpfootballacademy.com/>

Facebook: <https://www.facebook.com/profile.php?id=100048791479131>

The Association of Irish Powerchair Football



The Association of Irish Powerchair Football organises League and Cup competitions, prepares teams for international tournaments and events and develops new teams and clubs around the country. The ethos of the AIPF is to give every powerchair user in Ireland the opportunity to play the Beautiful Game. AIPF hoping to start a club in Limerick, currently clubs in the midlands and Cork.

Tel: 087 411791

Email: info@aipf.ie

Website: www.aipf.ie

Thurles Special Olympics Basketball Club



The main aim of the club is to provide sporting and social opportunities for children, young people and adults with intellectual disabilities. The club trains weekly with emphasis on exercise, basketball skills and social interaction supported by a group of volunteers. The club is affiliated with Special Olympics Ireland- see their website for more information.

Location: Thurles Presentation Primary School

Day: Wednesday 7 p.m. to 8 p.m.

Contact: Enda 087 6060722 Mary 086 0818135

Chair based Yoga

Chair yoga is an adapted yoga that allows you to stay seated as you practice yoga. Participants enjoy the benefits of stretching, deep breathing and relaxation.

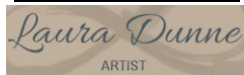
Age group: 16 years+

Location: Nenagh

Tel: 086 1037343

Art Classes

Laura Dunne



Offering Art classes for children and young adults.

Location: Clogherailly Beg Loughmore, Ireland, E41PW18

Tel: 087 411 4582 | Laura Dunne

Email: thespectrumartstudio@gmail.com

South Tipperary Art Group



The aim is to promote Art in its broadest sense and the love of Art, Craft and Creativity in the Community and to facilitate Art/ Craft courses for young in Clonmel and South Tipperary.

Group: 9-18 years old (Junior and Senior groups)

Location: Art Room, Infant School, SS. Peter and Paul's Primary School, Clonmel

Day: Saturday morning from 10.30 a.m. to 12 noon for a 6-week course

Tel: Maureen Purcell, 086 8096823

Bramble Art



Offering group/ individual art classes for children and young adults.

Location: Bramble Lodge, Lorrha, Co. Tipperary

Contact: 087 9151356 or 090-9747127 | Ute Duggan

Email: uteduggan@gmail.com

Anime Art Club



Classes are for children and teenagers of all ability levels. We learn skills and techniques for anime style drawing, general drawing and seasonal drawing. The classes offer a relaxed environment where children can learn to draw while socialising and making friends

Location: Fitness Factory in Nenagh

When: Saturday 10:30 a.m. - 11:30 a.m. class is best suited to older primary school children (5th/ 6th class) and teenagers.

Saturday 11:45 a.m. - 12:45 p.m. class is best suited to younger primary school children (2nd class upwards) but both age groups are welcome to either class

Contact: Email animeartwithmichelle@gmail.com Facebook, Instagram pages (@animeartwithmichelle)

Helium Art



Free art workshops for children with lifelong physical health conditions.

Professional artists | Onsite medical support | Meet new friends

Learn new skills | Ages 6-16

Location: Nenagh, Limerick, Ennis, Castlebar, Cork, Dublin, Galway, Mallow and online

When: Check website for details- helium.ie

Contact: info@helium.ie

Tel: 044 93 96 960

Playgrounds



Inclusive Playgrounds

Birdhill Children's Park

In Birdhill you will find a special safe space "The Nook" for children who may be experiencing sensory overload. This woodland park has a fairy theme and a Wishing Chair.

Clonmel Playground

In Clonmel there is a sensory playground designed to be a fun and safe environment to play for children across all spectrums of special needs. There is a wheelchair friendly swing.

Fethard Playground

At Fethard you'll find a "Sensory Musical Garden" aimed at children (and adults) with intellectual and physical disabilities, though all are welcome.

Nenagh Playground

Nenagh Town Park has a wheelchair accessible swing.

Playgrounds nearby

- Aglish Playground
- Birr Playground
- Boher Playground behind National School- only accessible outside of school hours
- Borrisokane Playground and Park
- Borrisoleigh Playground
- Cappawhite Playground
- Clare Glens Playground and Park
- Clonakenny Playground
- Clonmore Playground
- Dromineer Playground
- Glebe Park & Playground in Roscrea
- Gortnahoe Playground
- Killaloe Playground and Park
- Lorrha Playground
- Loughtagalla Playground and Park
- Portumna Playground and Forest Park
- Rathdowney Playground
- Templemore Playground and Park plus Fairy Trail
- Templetuohy Playground
- Terryglass Playground and Park
- Thurles Playground

Swimming Pools



St Gabriels Hydrotherapy Pool

The pool at St. Gabriel's is maintained at 33°C. Warm water pools help muscles to relax and can assist with pain relief in muscle and joints, helping also with muscle tone problems such as tight or weak muscles. The therapeutic properties of water help to improve balance, coordination, strength and flexibility. Massage jets in the pool can assist in pain relief in chronic/acute conditions such as back pain and arthritis. Ceiling hoists are provided in the changing rooms and a pool hoist provides access into the pool, enabling the pool to be fully accessible for wheelchair users and individuals with compromised mobility.

Contact: 061 302 733 – extension 4

Email: hydropool@stgabriels.ie

Clonmel Swimming Pool (Tipperary County Council)

Location: Mick Delahunty Square, Clonmel. Co. Tipperary E91 YN29

Contact: (052) 612 1972

Ballina Swimming Pool (Tipperary County Council)

Public swimming pool open only for the months of July – August

Location: Ballina. Co. Tipperary

Contact: 076 106 5000

Clonmel Swimming Pool (Tipperary County Council)

Location: Mick Delahunty Square, Clonmel. Co. Tipperary E91 YN29

Contact: (052) 612 1972

Leisure Centre, Hotel Minella, Clonmel

Membership required

Location: Corville Road, Clonmel. Co. Tipperary E91 FY97

Contact: (052) 612 2388

Roscrea Leisure Centre

Location: Old Dublin Road, Roscrea. Co. Tipperary E53 XK80

Contact: (0505) 23822

Leisure Centre, Park Hotel, Clonmel

Membership required, contact hotel for options re bulk buying day passes

Location: Poppyfield, Cahir Road, Clonmel. Co. Tipperary E91 X0N7

Contact: (052) 618 8700

The Horse & Jockey Leisure Centre

Membership required

Location: Horse and Jockey, Thurles. Co. Tipperary E41 D6R9

Contact: (0504) 44192

Nenagh Leisure Centre (*Tipperary County Council*)

Location: Dublin Rd, Nenagh South, Nenagh, Co. Tipperary E45 P662

Contact: (067) 31788

Trinity Leisure Club & Swimming Pool Great National

Abbey Court Hotel, Nenagh

Membership required

Location: Dublin Road, Nenagh. Co. Tipperary E45 KA99

Contact: (067) 41111

Thurles Leisure Centre

Location: Cathedral Street, Thurles. Co. Tipperary E41 V6D6

Contact: (0504) 58640

Leisure Centre, Anner Hotel, Thurles

Membership required

Location: Dublin Rd, Thurles, Co. Tipperary, E41 X789

Contact: (0504) 21799

Seán Treacy Memorial Swimming Pool (*Tipperary County Council*), Tipperary town

Location: Bank Place, Tipperary town. Co. Tipperary E34 E304

Contact: (062) 51806

Horse Riding & Equine Therapy



Tipperary Equestrian Centre

Tipperary Equestrian Centre provides horse-riding facilities and sessions for children and young people with additional needs.

Tel: Tomás Ryan | 087 799 5585

Email: tippequestriancentre@gmail.com

Location: Mill Road, Thurles, Co. Tipperary

Solehead Equestrian Centre

Solohead Equestrian Centre provides horse-riding training for children, young people and adults with special needs or chronic medical conditions, tailored to ability and the level of engagement.

Tel: 087 1253481

Location: Monard, Solohead, Co. Tipperary

Lough Derg Equestrian Centre

Lough Derg Equestrian Centre provides horse-riding facilities and sessions for children and young people.

Tel: 085 2637525

Location: Birdhill Road, Ballina, County Tipperary

Nenagh Equestrian Centre

Nenagh Equestrian Centre provides horse-riding facilities and sessions for children and young people with additional needs.

Website: www.necpmc.ie

Tel: 086 898885

Email: info@necpmc.ie

Location: The Briar, Lahessseragh, Ballintoher, Co. Tipperary

Riding for the Disabled Association of Ireland

RDA Ireland provides the opportunity for individuals, with physical or intellectual disabilities, to horse ride or carriage drive and this in turn provides therapy, fitness, development of skills, socialisation, achievement and most importantly fun.

Email: rdaicoordinator@gmail.com

Location: Check website

Website: www.rdaireland.org

Equine therapy

Liskennett Farm

Open days which are every Saturday, a consent form which can be downloaded and completed or filled out by a parent or guardian on the day will need to be given to staff. Children/young people will be taken out on a pony/horse ride for about 25minutes

Age: Under 18 years

Day: Open days on Saturday 9.30am to 1.30 pm and 2 pm to 3.30pm

Location: Liskennett, Co. Limerick. V35X24

Email: horseboy@stjosephsfoundation.ie

Tel: 083-4776179

Website: www.sjf.ie/What-We-Do/Facilities/Liskennett-Farm

The Pony Way



The Pony Way is Equine Assisted Therapy for everyone. Participants do some mounted work & also ground work to target needs of the group e.g.: regulation, communication, team building, personal development, self-care

Location: Caherconlish

Tel: 086 1947323

Email: info@theponyway.com

Summer Camps



Whizzkids



At Whizzkids Camps we are passionate about developing your digital skills. With 20+ years' experience we know how to do this in a fun and educational way. We focus on using technology creatively but we also mix outdoor and group activities into a varied day. We cater for children of all abilities aged from 8-15. Our teachers and teaching assistants will ensure you get plenty of one-to-one attention and we use the finest third level campuses in Ireland to ensure you have the best equipment available.

Group: Children of all levels of ability aged 8-15 years

Campuses include:

-University of Limerick	-TUS Limerick
-TUS Athlone	-TUS Clonmel
-TUS Ennis	

Nenagh Special Summer Camp



Nenagh Special Summer camps run for 6 weeks they are specifically tailored for children with special needs and offers a week long fun packed camp for local children. Fun packed week consists of a number of varied activities, such as, Swimming, Horse Riding, Arts & Crafts, Zumba Dancing, Adaptive Judo, Yoga, Tibetan Bowls and Music. Plus, day trips to Playgrounds, Forest walks, Delta Adventure Park and Pet Farm.

Group:

Different weeks pending on age groups:

- Week 1 Junior 4 – 13 years
- Week 2 Snr week 12- 20 years
- Week 3 Junior 4- 13 years
- Week 4 Snr week 12- 20 years
- Week 5 Junior 4- 13 years
- Week 6 Returning Campers 21 years up

Contact: nenaghspecialsummercamp@gmail.com | Facebook

Derg AC Inclusive Athletics Summer Camp



Derg AC Inclusive Athletics Summer Camp will take place over 3 days Open to children 5-16yrs with neurodiverse and or physical disabilities or impairments. Any child involved in July Provision is welcome to attend. Please note siblings are welcome with no charge but will not get Camp Gear provided to participants.

Tel: 086-8986138 or 087-9627696

Location: Clarisford Park, Killaloe

Techkidz Summer Camps



Techkidz is a technology summer camp provider, running multiactivity technology camps for children aged 7-14 years. All children will develop and improve their basic computer skills, from windows navigation to saving and even using the keyboard and mouse correctly, we ensure that children have the correct building blocks to develop a greater understanding of technology. We teach these in a fun and innovative way and most importantly enable our campers to get creative while honing these skills by designing and making their own Badge, T Shirt, Ruler or Pen Holder. As children build on their core skills, we begin to introduce more advanced skills. Children will be introduced to the concepts of coding and computer programming and will learn multiple coding languages such for example scratch, python and HTML. Children will learn how animations are made and then put their knowledge to by creating their own 2D and 3D animations. Our Tech Camps are Fun and Educational. We are all about improving children's computational thinking ability and IT skills however Techkidz is also a fantastic place to make friends, improve interpersonal/social skills and most importantly HAVE FUN!

Contact prior to booking for further details

Group: Children aged 7 – 14 years

Tel: 0214877302 | **Email:** info@techkidz.ie

Location: Ballina/Killaloe but can vary

Website: www.techkidz.ie

Inspireland



Inspireland Art & Animation Camps provide a safe space for children aged 8 and teens (aged 8 to 19) of all levels of ability and learning styles, to learn from professional artists, in an environment where they can be surrounded by people just like them. Every day is a different activity, including animation, character design, comic art and book binding, illustration, mixed media, mask making and model making.

Group: Children/young people aged 8 – 19 years

Contact: 083 3278083 | info@inspireland.ie

Location: Check website for location also on -line camps available

Website: <https://inspireland.ie/summer-camps/>

Designer Minds Camp



At Designer Minds camps, your children will be introduced to **Art** and **STEAM** (Science, Technology, Engineering, Art & Maths) in a fun and engaging way, using cutting-edge equipment and expertly crafted lesson plans. Prepare your children for a brighter future, as skills in these subjects are becoming more necessary across all disciplines, as we live in a more technological and visual world. The sense of achievement your child will gain through completing the camp's varied activities will help foster confidence in their own abilities and excitement for future possibilities.

Contact prior to booking for further details

Group: Children of all levels of ability, aged 6 – 12 years

Contact: 087 6310411

Email: info@designerminds.ie

Website: designerminds.ie

Location: Nenagh, Thurles, Clonmel, Cashel, Cahir, Roscrea and Limerick City

Family Supports





Here you can find high-quality information on positive parenting, based on the latest research and evidence. Read about the Ages & Stages of child development, Local Services, Parenting Programmes and Events in your area.

Website: <https://loveparenting.ie/north-tipperary-parenting-support-guide/>



We work towards the full inclusion of people with intellectual disabilities by supporting people to have their voices heard and advocating for rights under the United Nations Convention on the Rights of People with Disabilities (UNCRPD)

Tel: 01 8559891

Website: www.inclusionireland.ie

Email: info@inclusionireland.ie



Our vision is an Ireland in which every Autistic person is accepted as they are - equal, valued and respected. Our purpose is to advocate for an inclusive society for Autistic people that is accessible, accepting and affirming. We work to support the Autistic community and their families to fully engage in Irish life and build the capacity of society to facilitate true inclusion. We are guided by and grounded in our living values. We commit to perseverance, same chance and service.

Website: www.asiam.ie

Email: admin@asiam.ie

Tel: 01 4453203



At Aspire we operate a family inclusive model and aim to support and assist both the autistic individual and their support network. We run a number of social meet up groups and support programmes for both adults and youths. We provide training and support to schools, colleges, workplaces and community services. We provide resources, easy read guides and information to assist the autistic person and their family.

Tel: 089 465 2026

Email: info@aspireireland.ie

Website: www.aspireireland.ie



DESSA is about promoting disability rights in Ireland. The purpose of DESSA is to create a society where everyone with lived experience of disability and their families can participate equally as full citizens.

DESSA's core remit entails the delivery of direct training, advocacy and information support services to individuals and families with lived experience of disability and to organisations supporting them.

Tel: 086 601 1613

Email: dessaoffice@gmail.com

Website: www.dessa.ie



RollerCoaster.ie is a parenting website in Ireland, providing mums and dads with 1000s of articles to inform and entertain throughout all stages of their parenting journey. We're here to help! For every question at each parenting stage from pregnancy to babies and toddlers to teens we have the answers.

Website: www.rollercoaster.ie

My Child.ie

This website has useful information and contacts covering pregnancy, childbirth, baby and toddler years. It also includes sections on children's disability services and resources.

Website: <https://www2.hse.ie/my-child/>

Children and Young People's Services Committees



Children and Young People's Services Committees (CYPSC) are a key structure identified by Government to plan and co-ordinate services for children and young people in every county in Ireland. The overall purpose is to improve outcomes for children and young people through local and national interagency working.

Contact: Stephanie O' Callaghan

Mobile: 087 2076726

Email: stephanie.ocallaghan1@tusla.ie

Website: www.cypsc.ie – then follow your county link



Tipperary Parent Hub is an information and advice point for parents and families in North and South Tipperary. It contains the following information sections Tipperary Services Directory, Resources, News and Events for parents and families across the county.

Website: <https://tipperaryparenthub.ie>



Dóchas works with individuals, groups and families. Provides adult supports and family support. Social interaction groups provide programmes for children and young people. Halloween, Easter and summer camps are also organised

Location: 14 Parnell St. Limerick

Website: www.dochasautism.ie

Email: info@dochasautiam.ie

Tel: 061405923



South Tipperary Autism Parents Support Group, is a voluntary group of parents set up in 2001. It holds social activities that are fully inclusive for the whole family, provides a wide range of information and has a resources library.

Location: Unit 6F Gortnafleur Business Park, Clonmel, Co. Tipperary

Website: www.southtippautism.ie

Tel: 089 2684361

Email: info@southtippautism.ie

Ausometraining



Provides courses and resources for parents of autistic young people

Website: ausometraining.com



The following web page provides a range of resources for physical disabilities and related topics.

Website: <https://www.iwa./resources/>



Citizens Information Centres provide free impartial information, advice and advocacy from centres nationwide. Topics include Social Welfare, Money and Tax, Housing, Moving Country.

Website: www.citizensinformation.ie

Nenagh CIC -16/17 Pearse St., Nenagh, E45HV06 Tel: 0818076470

Thurles CIC-2nd Floor, Mall House (Over Ely's Centra), Slievenamon Road, Thurles, E41 R6C9 Tel: 0818 076510

Roscrea-Rosemary Street, Roscrea, E53 DD35 Tel: 0818 076480



MABS is the Irish money advice service, supporting people with money advice, budgeting and problem debt. The service is free, independent, confidential and non-judgmental money advice and budgeting service for all members of the public.

Tel: 0818072000 Monday to Friday from 9 a.m. to 8 p.m.

Website: www.mabs.ie



The wayfinding Centre is an innovative, multifunctional centre which will be driven by the need to make transport accessible for everyone. People with an access need can be empowered through practical training and hands-on experience, knowledge and the opportunity to explore all aspects of transport in a safe and controlled environment.

Tel: _01-4675215

Website: <https://thewayfindingcentre.ie/>

Location: The Wayfinding Centre, Botanic Road, Glasnevin, Dublin

Tipperary Libraries

Thurles, Roscrea, Templemore, Tipperary Town, Clonmel, Cashel, Borrisokane and Nenagh Libraries

Local libraries can be a good source of activities and free children's groups for families and children as well as children with special needs.

Tipperary County Council Library Service now offers a specialist **sensory toys and resources collection** to assist children with special needs or learning difficulties. This collection allows us to create an inclusive space where children have greater access to relevant services and collections that meet their needs. The aim of the collection is to support children and their parents in choosing and utilising these specialist toys for the developmental growth of the children. These toys are designed to support the development of important skills including gross motor skills, fine motor skills, communication skills and visual perception skills. With funding from the Department of Rural and Community Development the toys have been purchased with advice from professionals working with children with special needs or learning difficulties.

These toys can be loaned out to families for periods of time.

Website For Toys <https://www.tipperaryllibraries.ie/wp-content/uploads/2023/01/Sensory-Toys-Catalogue-High-Res.pdf>

Contact: Your local library or ring Tipperary Library Headquarters on 052 6166100

Tipperary County Council Library Service offers free access to **Touch-type Read and Spell** (TTRS)

TTRS is web-based so it can be used on your own device in the privacy of your own home. Each module is designed to be short in length with regular, positive feedback. Touch-type is multi-sensory, using visual, auditory and kinaesthetic (touch) senses for a fully immersive learning experience. To register for TTRS contact our Schools Service and they will send on login credentials if there are licences available.

Website: <https://www.tipperaryllibraries.ie/services/ttrs-touch-type-read-and-spell/>

Email: libraries@tipperarycoco.ie

Airports



Dublin Airport

Travelling through Dublin Airport

Many individuals with autism can find travelling through the airport a very difficult and scary experience. For many individuals it represents a new experience which is difficult to understand and sometimes very frightening. Below are several simple strategies that can be employed to help the individual with Autism to understand the process of getting through the airport.

Sensory Room and where is it?

Dublin Airport has two purpose built sensory rooms, designed to help calm passengers who might feel overwhelmed in busy and unfamiliar airport surroundings, located in both Terminal 1 and Terminal 2. The sensory rooms are located after Security; in Terminal 1 near the 200 Gates and Terminal 2 near the 400 Gates. The use of a room is free to passengers departing from the airport, with 60-minute sessions **available through a booking system.**

Important Flyer' wristband/lanyard

Passengers who have physical needs or are neurodivergent can find the airport environment difficult. In particular, the security screening process can be challenging due to sensory overload and the necessity to divest important personal belongings for screening. For this reason, Dublin Airport introduced the Important Flyer lanyard, to highlight to staff that these passengers may need additional support going through the screening process. Please note, the Important Flyer lanyard is recognised in Dublin Airport only and **requires an application, along with a confirmed**

diagnosis. In addition, visuals and further information about travelling through the airport is included on the website.

Website: <https://www.dublinairport.com/accessibility/autism-non-visible-disabilities>

Dublin airport also provide supports for people with reduced mobility. Assistance for Dublin Airport can be requested directly with your airline or pre-booked through a mobile app called PRM Assist,

Website: <https://www.dublinairport.com/accessibility/requesting-assistance>

Telephone: 01 9440440

Email: prm@ocsireland.com

Aer Lingus

Aer Lingus have visuals available on their website for:

- Pre-flight
- Inflight
- Post-flight

Website: <https://www.aerlingus.com/travel-information/>

Shannon Airport

Travelling through Shannon Airport

At Shannon Airport, they have created an awareness programme for your children with special needs to help them understand the process of getting through the Airport as quickly and as smoothly, by providing baseball caps and wristbands. This way, staff can identify anyone who may need a bit extra guidance and help them on their way.

Sensory Room and where is it?

A purpose-built sensory room is available for passengers involved with our special assistance programme and is open 24 hours a day. It is located just across from the children's play area in Departures Lounge and beside the Aviation Gallery.

Familiarisation Videos

To make familiarisation easy, a series of videos on the airport experience at Shannon. Watch the full video on their website or find more on specific elements of your journey.

Website: <https://www.shannonairport.ie/assistance-for-passengers-with-autism>

Email: prm@bidvestnoonan.com or jessica.reddan@bidvestnoonan.com

Cork Airport

Sunflower Lanyard

Passengers with hidden disabilities such as autism can now avail of a sunflower lanyard which is instantly recognisable by airport staff. This discreet identification scheme provides those with hidden disabilities the opportunity to avail of additional support from airport staff in a wide variety of areas at Cork Airport. The sunflower lanyard, available at the OCS (Reduced Mobility

Service Provider) desk in the airport terminal, is easily recognisable to staff across a wide number of airports in the UK also. The project is part of an initiative by OCS, a large provider of passenger assistance services worldwide.

OCS provide the above services at Cork Airport and can if needed assist you in your journey throughout the airport. This service helps individuals with disabilities and their families to get through the airport as easily as possible.

Website: <https://www.corkairport.com/at-the-airport/help-support/autism>

Email: hostprm1.ork@ocsireland.com

Phone: +353 21 432 9745.

Suzie Books

A series of children's stories intended to help children cope with new situations found in most families are now available free of charge at the airport's OCS desk