

# Community Access Pack



Horse  
riding

Airports

Sports

Parental  
Supports

Summer  
Camp

Play

August 2026. This Community Access Pack provides information on community resources. All information included is accurate to the best of our knowledge at the time of publication. However, services, contact details, eligibility criteria and local resources may change without notice.

## Sports Inclusion



Stephen is the Sports Inclusion Disability Officer employed by TipperarySports 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. Please check social media for upcoming events.

**Tel:** Stephen Quinn at 087 3489898

**Email:** [squinn@tipperarysports.ie](mailto:squinn@tipperarysports.ie)

**Website:** [www.tipperarysports.ie](http://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. Please check social media for upcoming events.

**Tel:** Aoife at 061 524976

**Email:** [apower@limericksports.ie](mailto:apower@limericksports.ie)

**Website:** [limericksports.ie](http://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](mailto:munster@specialolympics.ie)



The A-Team

YOUTH CLUBS FOR THE  
AUTISTIC COMMUNITY

“The A-Team is a community-run initiative of youth clubs for autistic young people aged 9-25 and social groups for younger autistic children in North Tipperary.”

**Email:** [TheATeamNorthTipp@gmail.com](mailto:TheATeamNorthTipp@gmail.com)

**Location:** Nenagh, Co. Tipperary

**Website:** [www.theatteamnorthtipp.com](http://www.theatteamnorthtipp.com)

## Roscrea Youth Service



“Roscrea Youth Service (RYS) is an amalgamation of separate projects housed in the RYS building on Rosemary Street, Roscrea, under the umbrella of North Tipperary Development Company.

The Youth Services now comprise of the UBU (Your Place Your Space) Project, the RAY Project, which is part of the Youth Diversion Project, the Early Intervention Initiative, the Youth Counselling & Well-being service, and Roscrea Family Support. All these services focus on working together in collaboration for the benefit of the local community.”

**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 Courthouse, Bank St., Templemore, Co. Tipperary

### Youth Group



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:** Secondary school age group

**Contact:** Calvin Stokes 087 - 772 7111

**Location:** Old Courthouse, Bank St., Templemore, Co. Tipperary



### **Workability Programme**

“The WorkAbility programme aims to support young people from Co Tipperary with a diagnosis of a disability in which their disability may impact their employ-ability, train-ability and 21st century skills. These young people are furthest from the labour market and are experiencing challenges socially, functionally and educationally. The key aim for the intended target group is to give young people an opportunity to develop practical and functional skills which enable them to participate fully in their communities. The main focus of the work is to develop and implement interventions for young people (16-29) in need of employability support, who have a diagnosis of ASD, a mental health condition, a learning disability or Hidden disability.”

**Address:** Workability Programme, Youth work Ireland Tipperary, Croke St., Thurles. E41 KX76

**Tel:** Laura Ryan: 083 1792999

**Email:** [laura.ryan@youthworktipperary.i](mailto:laura.ryan@youthworktipperary.i)

### **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 Hctor, Regional Development Officer, Mid-West

**Tel:** 086 0325244.

**E-mail:** [mwrdo@irishgirlguides.ie](mailto:mwrdo@irishgirlguides.ie)

**Location:** Cashel and Moyne/Templetuohy. Ladybird Groups (aged 5-7) in Nenagh and Templemore.

### Nenagh Youth Project



“The Nenagh Youth Development project is provided by *Foróige*. *Our purpose is to develop and implement youth work interventions that place the young person at the centre and is implemented in their community. The youth project engages with the young people from the ages of 10 - 24 years old. The Nenagh Youth Project delivers evidence based programmes that are needs based and seek to improve young people's personal, social, educational and employment opportunities.*”

**Tel:** Ella Simmons 086 0474789

**Location:** Foróige, Banba Sq., Nenagh.



“Every week, all across Ireland, young people come together in their local communities to do something simple, but powerful; connect with one another. They run their own club nights with the support of adult volunteers. There might be games, chats, laughter, tea, music – you name it. It’s always different, because no two Foróige Clubs are the same. And that’s the point.”

**Tel:** 086 0338071

**Email:** maria.king@foroige.ie

**Website:** www.foroige.ie

### Autism Awareness Roscrea

“Autism Awareness Roscrea is a voluntary group formed to provide information and supports and to facilitate peer support among families living with autism, to raise awareness about autism in the wider community, and to develop facilities and services to respond to need. Autism Awareness Roscrea provides a central Community Hub for people on the autistic spectrum as a place to meet peers for social interaction and recreation. Current activities include:

- Regular parent group meetings
- Recreational activities for adults and children living with autism
- Informational talks/workshops and training for parents, siblings and grandparents
- Access to sensory area in the AAR Hub”

**Location:** White Park, Roscrea

**Email:** autismawarenessroscrea@gmail.com

**Tel:** 089 2358524



“We are a social club committed to supporting neurodivergent children aged 4 to 12 and their families.” “ We have created a joyful, supportive, and inclusive environment where children can bond, discover, and thrive”

Follow on Facebook and Instagram

**Location:** Boher Community Hall, Boher/Ballina, Co. Tipperary

**Tel:** 087 77800897

## Lego Club



Comhairle Contae Thiobraid Árann  
Tipperary County Council  
Library Service

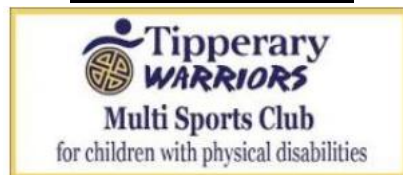


A Lego club is a free initiative that provides children access to play and social opportunities with other children. Lego clubs help children to develop and reinforce play and social skills.

**Location:** Various library branches

**Contact:** Your local library or ring Library Headquarters on 052 6166100 for dates of Lego workshop

## 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 MULTI-SPORT CLUB

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 6.00 p.m. to 7.00 p.m.

**Location:** Limerick ETSS, Castletroy

**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



### **Inclusive Dance Club**

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

**When:** Saturday Afternoons, also run Inclusive Dance Club summer camps

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

**Website** dancelimerick.ie

**Email** info@dancelimerick.ie

**Tel:** 061 400994

### **Judo Assist**



"At the heart of our mission is a strong commitment to promoting meaningful community engagement and social inclusion through our adaptive and inclusive judo programmes. We strive to create welcoming, empowering environments where individuals of all abilities feel valued, respected, and supported."

**Contact:** James Mulroy 086 0612544

**Website:** www.judoassist.ie

**Email:** james@judoassist.ie

**Location:** Ardcroney, Nenagh, Co. Tipperary.



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



"Inclusive Cúl Camps for children with additional assistance needs are available."

Check website please for current information.

**Website:** <https://www.kelloggsculcamps.gaa.ie/inclusive-camps>

### 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 9.30am.

**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

### Borrisokane Town Parkrun



"A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!" Open to all ages, register before you first go along.

**When:** Every Saturday at 9:30 am.

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

**Contact:** borrisokanetown@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

### Inclusive Athletics



Derg AC is an inclusive athletics club for children.

**Day:** 10.30-11.30 am on Saturdays

**Location:** Clarisford Park, Killaloe

**Tel:** 086 8986138

**Email:** info@dergac.ie

**Website:** https://dergac.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



Inclusive shared mobility hub offering adapted tricycles. The first hub has launched in Mulranny, Co. Mayo on the Great Western Greenway with plans to have additional hubs around the country

**Tel:** 071 9173454/0818008800

**Email:** hello@steed.ie

**Website:** www.steed.ie



### **FOTA Wildlife Park**

Accessibility and Special Needs Support

**Website:** <https://www.fotawildlife.ie/pages/facilities>

### **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, please phone if interested.

**Tel:** Tony Hehir 086 8219145

**Website:** [www.limerickceltics.com](http://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 5<sup>th</sup> 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](mailto:limerickcoordinator@rowingireland.ie)

### Cycling Ireland



#### **Para-cycling**

"Para-cycling is the sport of cycling for cyclists who have various disabilities. Para-cycling currently includes individuals with cerebral palsy, visual impairments and physical impairments. Road cyclists compete on hand cycles, trikes, tandem bikes or bikes depending on their condition"

**Website:** [www.cyclingireland.ie](http://www.cyclingireland.ie)

**Contact:** High Performance Para-cycling Development Coach  
Marcin Mizgajski

**Email:** [marcin.mizgajski@cyclingireland.ie](mailto:marcin.mizgajski@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

### CP Football Development Academy



"Cerebral Palsy Football (CP Football) is for athletes with cerebral palsy, or a acquired brain injury. It is a team sport played as a recreational activity, or competitively at club, national, regional and international level. It is a modified version of the 11 aside game. These modifications make the game exciting, giving spectators the opportunity to see the skills and team play of CP Football."

**Email:** [enquiries@cpfootballacademy.com](mailto:enquiries@cpfootballacademy.com)

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

## The Association of Irish Powerchair Football



“The Association of Irish Powerchair Football is the governing body of Powerchair Football in Ireland. Set up in 2009, it 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.”

Cork club- Heroes Cork

Midlands club- Midlands United

**Tel:** 087 4117911

**Email:** donalaipf@gmail.com

**Website:** [www.aipf.ie](http://www.aipf.ie)

## Thurles Special Olympics Basketball Club



**Special Olympics**  
Ireland

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.

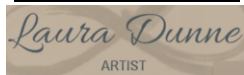
**Location:** Thurles Presentation Primary School

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

**Contact:** Enda 087 6060722 Mary 086 0818135

## Art Classes

### Laura Dunne



Offering Art classes for children and young adults.

**Location:** Clogherally Beg Loughmore, Ireland, E41PW18

**Tel:** 087 411 4582 | Laura Dunne

**Email:** lauradunneart@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, 0868096823

### 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](mailto:animeartwithmichelle@gmail.com)

Facebook, Instagram pages (@animeartwithmichelle)

## Helium Art



"We are working to generate creative encounters for children with lifelong health conditions to improve wellbeing and creativity."

**Location:** Cork | Dublin | Galway | Limerick | Kilkenny | Nenagh | Castlebar | Mallow | Clare

**When:** Check website for details-www. helium.ie

**Contact:** info@helium.ie

**Tel:** 044 93 96 960



## ACTIVE CONNECTIONS

Transforming Lives Through Adventure

“We support young people with emotional, behavioural, and additional needs, using nature as a powerful space for growth, connection, and change. Through structured outdoor experiences, we help build resilience, confidence, and a sense of possibility.”

**Website:** [www.activeconnections.ie](http://www.activeconnections.ie)

**Address:** Ballinlough, Killeagh, Co. Cork

**Email:** [info@activeconnections.ie](mailto:info@activeconnections.ie)

**Tel:** 085-747-9283



# 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 Gabriel's Hydrotherapy Pool**

"Our 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.

#### **Accessibility**

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

**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.

**Tel:** Tomás Ryan | 087 799 5585

**Email:** [tippequestriancentre@gmail.com](mailto:tippequestriancentre@gmail.com)

**Location:** Mill Road, Thurles, Co. Tipperary

### **Solohead Equestrian Centre**

Solohead Equestrian Centre provides horse-riding training for children, young people and adults.

**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.

**Website:** [www.necpmc.ie](http://www.necpmc.ie)

**Tel:** 086 8698885

**Email:** [info@necpmc.ie](mailto: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](mailto:rdaicoordinator@gmail.com)

**Location:** Check website

**Website:** [www.rdaireland.org](http://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 25 minutes. Contact staff to arrange visit.

**Age:** 4 years to adult

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

**Location:** Liskennett, Co. Limerick. V35X24

**Email:** horseboy@stjosephsfoundation.ie

**Tel:** 083-4776179

**Website:** [www.sjf.ie/What-We-Do/Facilities/Liskennett-Farm](http://www.sjf.ie/What-We-Do/Facilities/Liskennett-Farm)

## The Pony Way



“The Pony Way is Equine Assisted Therapy for everyone.”

**Website:** <https://theponyway.org/>

**Location:** Caherconlish

**Tel:** 086 1947323

**Email:** [info@theponyway.com](mailto:info@theponyway.com)

## Feathers Farm

“Feathers' Farm Equestrian is a welcoming equine centre offering equine therapeutic riding and equine-assisted activities in a calm, supportive environment. We provide both private 1:1 sessions and group programmes, including school and community groups, tailored to the individual needs and abilities of each participant. Alongside our therapeutic work, we also offer a limited number of mainstream riding lessons in a relaxed and confidence-building setting. Our aim is to create a unique environment where people can learn, connect, and grow through interaction with horses in a safe and peaceful atmosphere.”

Please check social media for upcoming events

**Location:** Shanakill, Roscrea. Eircode: E53FY71

**Email:** [feathersfarmequestrian@oulook.com](mailto:feathersfarmequestrian@oulook.com)

**Tel:** 087 7771345



# 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

**Website:** <https://www.whizzkids.ie/summercamps>

### 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.” “Our 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.”

**Contact:** [nenaghspecialsummercamp@gmail.com](mailto:nenaghspecialsummercamp@gmail.com) | Facebook

### **Derg AC Inclusive Athletics Summer Camp**



Derg AC Inclusive Athletics Summer Camp takes place over 3 days. Open to children 5-16 yrs. 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 Ireland's leading technology and STEM camp provider. We offer an innovative, industry leading curriculum, delivered by qualified, professional teachers, using the latest technology. Our Summer camps are multi activity technology, construction and engineering based summer camps for children aged 7-14 years. 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 and improve interpersonal and social skills!”

#### **Contact prior to booking for further details**

**Group:** Children aged 7 – 14 years

**Tel** 021 48773021

**Email:** [info@techkidz.ie](mailto:info@techkidz.ie)

**Location:** Ballina/Killaloe but can vary

**Website:** [www.techkidz.ie](http://www.techkidz.ie)

## Inspireland



“Our Summer camps explore a wide range of creative skills including character design, illustration, collage, comics, mixed media, watercolours, and animation. Each day brings new challenges and fresh opportunities to explore, experiment, and express.

Students will build confidence, discover their own artistic voice, and bring their ideas to life through hands-on, imaginative projects. It’s a fun experience where imaginations run wild in a warm, supportive environment that celebrates creativity and individuality.”

**Group:** Children/young people aged 8 – 18 years

**Contact:** 083 3278083 | [info@inspireland.ie](mailto:info@inspireland.ie)

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

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

## Designer Minds Camp



“Join us for an action-packed week filled with interactive activities in Science, Technology, Engineering, and Maths (STEAM). Our small-capacity camps are designed for curious kids who love to design, build, code, and experiment with robots, LEGO, science and more!”

### 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](mailto:info@designerminds.ie)

**Website:** [designerminds.ie](http://designerminds.ie)

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

# Mental health & well-being





Youth Theatre Ireland has developed a booklet with links available to resources/supports in the community. "As part of our Wellbeing Programme, Katie Martin has created directories of local and national supports for any Young Person looking for help or advice." Tipperary Youth Mental Health and Wellbeing Supports

Website: [https://www.youththeatre.ie/content/files/YTI-Mental-Health-Wellbeing\\_Tipperary.pdf](https://www.youththeatre.ie/content/files/YTI-Mental-Health-Wellbeing_Tipperary.pdf)

### Digital Mental Health Programmes



"Help is here. Anxiety can be challenging for young people and their families, which is why we offer FREE Guided Digital Mental Health Programmes, designed to support 15- to 18-year-olds, and their parents and caregivers, in managing low-level anxiety or ADHD related symptoms."

**Website:** <https://www.ispcc.ie/guided-digital-programmes/>

### Jigsaw Tipperary



"Who we are

Jigsaw Tipperary is a mental health charity for young people living in Tipperary. Our service is free, non-judgemental and confidential. We offer free therapy to young people – both online and in person.

Who we help

We help young people who:

are aged between 12-25

either live in, go to school in, or have a GP registered in Tipperary.

Who we can't help

Some young people need urgent and specialised care. Jigsaw does not provide the specialised and immediate care that is needed in these situations. "

To get an appointment at Jigsaw, go to [jigsaw.ie/go](https://jigsaw.ie/go)

**Email:** [tipperary@jigsaw.ie](mailto:tipperary@jigsaw.ie)

**Tel:** 0504 60023

**Website:** <https://jigsaw.ie/location/tipperary/>

# Family and other 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)"

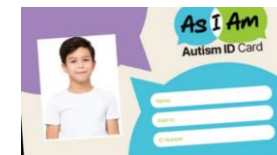
**Tel:** 01 8559891

**Website:** [www.inclusionireland.ie](http://www.inclusionireland.ie)

**Email:** [info@inclusionireland.ie](mailto: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."



"It's hard to predict what will happen from day to day, and if we find ourselves in a place where we feel overwhelmed, confused or just need a little help, the ID Card is a great way to advocate for yourself or your child."

**Website:** [www.asiam.ie](http://www.asiam.ie)

**Email:** Form on website

**Tel:** 01 4453203

## JAM Card and JAM App



Just A Minute

“JAM Card is a simple yet effective tool for people with invisible disabilities to overcome communication barriers. Show your JAM Card when you need a little extra time or help to reduce stress in social situations such as public transport, shopping, hospitals, or in the workplace.”

“The JAM Card and JAM App is the FREE, easy and discreet way to let others know that you need ‘Just A Minute’ of patience and support.”

“You can show your JAM Card while you are shopping, ordering food, visiting a bank, using public transport and much, much more. As long as the business in question is JAM Card Friendly, they will know what your cards means. It’s a simple idea that makes a big difference”

**Website:** [www.jamcard.org](http://www.jamcard.org)



“At Aspire we operate a family inclusive model and aim to support and assist both the autistic individual and their support network. We advocate on behalf of autistic people and provide them with the tools to advocate for themselves.”

**Tel** 089 465 2026

**Email:** [info@aspireireland.ie](mailto:info@aspireireland.ie)

**Website:** [www.aspireireland.ie](http://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](mailto:dessaoffice@gmail.com)

**Website:** [www.dessa.ie](http://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](http://www.rollercoaster.ie)



#### **My Child.ie**

“Your guide to pregnancy, baby and toddler health  
Trusted information from experts  
Health services and support”

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

#### **HSE Health App**

“The HSE Health App is a secure way to:  
access HSE information  
find health services  
keep and find your personal health information  
It is available for free on iOS and Android.”

**Website:** <https://www2.hse.ie/health-app/about-your-hse-health-app/>

#### **Children with disabilities**

“Find advice on caring for a child with a disability, resources to support them and services available”

**Website:** <https://www2.hse.ie/babies-children/disabilities/>



This information is for neurodivergent children, including those who are autistic (Autism / ASD), have ADHD, sensory processing differences, or other developmental variations.”

“A hospital visit can be challenging for all children with sensory sensitivities and communication differences. The busy environment, bright lights, and unpredictable routine may cause stress and anxiety particularly when a young person is unwell. At Children’s Health Ireland (CHI) we have developed supports in collaboration with our young patients, their parents and caregivers through research and focus groups. We hope to provide a welcoming, calm and effective care environment for all of our patients and families.”

**Website:** <https://www.childrenshealthireland.ie/your-hospital-visit/neurodivergent/>

### Children and Young People’s Services Committees



“The central purpose of a Children and Young People’s Services Committee is to ensure effective interagency co-ordination and collaboration to achieve the best outcomes for all children and young people in its area.”

**Contact:** Stephanie O’ Callaghan

**Mobile:** 087 2076726

**Email:** [stephanie.ocallaghan1@tusla.ie](mailto:stephanie.ocallaghan1@tusla.ie)

**Website:** [www.cypsc.ie](http://www.cypsc.ie) – then follow your county link

### Tipperary Parent Hub



“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 Autism Midwest in Limerick is a community-based charity dedicated to supporting individuals with autism and their families through inclusive services, programmes, and opportunities that enhance quality of life and independence."

**Location:** 14 Parnell St. Limerick

**Website:** [www.dochasautism.ie](http://www.dochasautism.ie)

**Email:** [info@dochasautism.ie](mailto:info@dochasautism.ie)

**Tel:** 061405923



"We provide support in the form of monthly meetings for parents or carers, helping them to understand and broaden their knowledge of this condition. We hold monthly meetings on the first Tuesday of each month. Our meetings are strictly confidential, if anyone wants to speak privately to a member of the committee please feel free to contact the office and we can arrange a meeting at your own convenience. If you're not able to attend a meeting, we provide a one-to-one service in the office or confidentially by telephone."

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

**Website:** [www.southtippautism.ie](http://www.southtippautism.ie)

**Tel:** 089 2684361

**Email:** [info@southtippautism.ie](mailto:info@southtippautism.ie)



"With a National Office and 25 branches nationwide, Down Syndrome Ireland provides all-through life supports to people with Down syndrome and their families across Ireland. DSI works across health, speech and language, early years development, education and adult education and independence that enhance the lives of thousands of children and adults with Down syndrome across the country."

**Tel:** 01 4265000

**Email:** [info@downsyndrome.ie](mailto:info@downsyndrome.ie)

**Website:** [www.downsyndrome.ie](http://www.downsyndrome.ie)



"The Cerebral Palsy Foundation exists to improve the lives of people living with cerebral palsy, prevent cerebral palsy in the future where possible, and build pathways to a cure."

**Website:** <https://www.cerebralpalsyfoundation.org/>



“Muscular Dystrophy Ireland aims to provide information and support to people with neuromuscular conditions and their families through a range of support services. Our objective is to promote through practical empowerment, independent living for people with the condition muscular dystrophy.”

**Website:** [www.mdi.ie](http://www.mdi.ie)

### **Ausome Training**



“At AUsome Training, we are proud to be an Autistic-led organization. Our dedicated team of Autistic professionals is passionate about creating a better world and rewriting the story for Autistic people of all ages. In addition to our comprehensive training programs, we have organized numerous events over the past number of years to raise positivity and genuine awareness. These events have featured and elevated Autistic voices, reaching thousands of parents, teachers, employers, therapists, and other professionals.”

**Website:** [ausometraining.com](http://ausometraining.com)

### **Middletown Centre for Autism**



“Middletown Centre provides a range of training opportunities for parents, carers and educational professionals in Ireland and Northern Ireland. The Centre has a full training calendar of face to face and online sessions”

**Website:** <https://www.middletownautism.com/>



“We are a national disability services provider operating in 14 counties across Ireland and providing services to children and adults with physical, sensory, intellectual disabilities and autism.” Resource Hub on website provides videos and webinars on a variety of topics

**Website:** <https://enableireland.ie/resources>



"Irish Wheelchair Association supports people with physical disabilities to live active, equal and independent lives."

**Website:** <https://www.iwa.ie>

**Tel:** 01 818 6400

**Email:** [customercare@iwa.ie](mailto:customercare@iwa.ie)

#### NEURODIVERSITY IRELAND



"**Neurodiversity Ireland** is a national registered charity dedicated to celebrating *different brains and unique thinkers* and building truly inclusive communities across Ireland. Founded by a community of neurodivergent parents of neurodivergent children, the organisation has grown into a nationwide movement committed to ensuring that **neurodivergent children and their families belong, are understood and are supported** in everyday life."

**Website:** [www.neurodiversityireland.com](http://www.neurodiversityireland.com)



"Social prescribing began as a community-led movement to address the challenges of social isolation, fear and loneliness often associated with a lack of community connection and a small or no support network. These challenges often negatively affect overall health and wellbeing and can particularly impact older age groups, those with chronic health problems, people with mental health difficulties and psychosocial needs, carers, single parents, migrant and immigrant and minority ethnic groups.

#### **How it works:**

Service users are referred to a Social Prescriber / Link Worker through whom they can learn about possibilities and design their personalised solutions (i.e., 'co-produce' their 'social prescription'). This empowers people with social, emotional or practical needs to find solutions that improve their health and wellbeing. Social prescribing works holistically, using the many assets and supports already available within communities. When a person has lost the confidence to socialise or engage with services, social prescribing has a vital role in helping improve quality of life, health and wellbeing. "

**Website:** <https://www.allirelandsocialprescribing.ie/>

### Autism Level UP!



“Welcome to a space built for and with the neurodivergent community — where curiosity, collaboration, and celebration of differences thrive! 🌈 Dive into a treasure trove of free resources, connect in supportive discussion spaces, and, for members who want even more, enjoy exclusive premium videos, dynamic forums, and live monthly meet-ups. Whether you’re autistic, a professional, an ally, or just exploring — there’s a place for you here. Let’s level up together — the neuro-affirming way!”

**Website:** <https://www.autismlevelup.com>

### Community Considerations

- Many cinemas have ‘sensory friendly’ screenings- check your local cinema for screen times.
- Pantomimes present performances with adjustments for autistic persons or children with sensory processing differences. - check locally for information regarding same
- Major retailers including **SuperValu**, **ALDI**, **Lidl**, and **Penneys** have designated quiet hours with reduced sensory triggers such as dimmed lighting and reduced noise levels. - check local retailer for details

### Citizens Information

“The [citizensinformation.ie](https://www.citizensinformation.ie) website provides comprehensive information on public services and on the entitlements of citizens in Ireland. We gather information from various government departments and agencies, and make sure that you have all the information you need, presented in an easy-to-understand way.”

**Website:** [www.citizensinformation.ie](https://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



“**Family Carers Ireland** want carers to know they have the support they need to care safely, to make it less of a battle and to know they are not alone. “ “Our Rights & Entitlements guide outlines the main supports and services available to family carers.”

**Tel:** 1800240724

**Website:** [www.familycarers.ie](https://www.familycarers.ie)

**Family Carer Events Calendar**

**Website:** <https://familycarers.ie/carer-supports/family-carer-events-calendar/>



“MABS is the Irish money advice service.” We’re here for you if you need help with debt and budgeting. You can get impartial advice from MABS to help you manage your money and take control of debt. We offer support online, over the phone and face to face.”

**Website:** [www.mabs.ie](http://www.mabs.ie)

**Tipperary MABS (North) –Nenagh**

Address: 31 Pearse St. Nenagh

Tel: 0818 072760

**Email:** [nenagh@mabs.ie](mailto:nenagh@mabs.ie)

**Tipperary MABS (North), Thurles**

Address: Mall House, Slievenamon Road, Thurles, E41 R6C9

Tel: 0801 072740

**Email:** [thurles@mabs.ie](mailto:thurles@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/>

**Email:** [info@thewayfindingcentre.i](mailto:info@thewayfindingcentre.ie)



“TFI is committed to making travel safe, accessible and welcoming for everyone, regardless of age or ability. We work continuously with transport operators to improve access across all TFI public transport services.” “Use **TFI Journey Planner** to map out your trip door-to-door. The planner highlights whether your chosen transport mode is wheelchair accessible.”

**Website:** <https://www.transportforireland.ie/>

“If you need to book accessibility assistance for TFI services, please note that advance notice is required.”

**Tel:** 0818 294 015

“The Independent Travel Support (ITS), service, formerly known as Travel Assistance Scheme, assists passengers with additional needs to develop skills to use the Transport for Ireland (TFI) public transport independently.”

**Website:**

<https://www.transportforireland.ie/accessibility/independent-travel-support>



“People in North Tipperary are affected by cancer or a life ending illness everyday directly or indirectly through a love one. North Tipperary Hospice Movement strives to ensure that no one should have to go through this experience alone. We have Cancer Support Centers in Thurles and Nenagh with a third coming to Roscrea, where we provide practical and emotional support services, all free of charge.”

**Website:** <https://northtipphospice.ie/>

**Tel:** 087 4350841 Helen Walshe, Administrator Coordinator

**Email:** [hello@northtipphospice.ie](mailto:hello@northtipphospice.ie)



“About the Information and Support Line Facing or caring for a friend or family member with a life-limiting illness can be both a challenging and uncertain time for anyone. “ “The Information and Support Line (1800 60 70 66) is a confidential line that provides signposting, practical supports and resources about end-of-life care in Ireland. It is important to note that the Information and Support Line is not a medical, emergency or crisis service.”

**Website:** <https://hospicefoundation.ie/our-supports-services/healthcare-hub/information-and-support-line/>

**Tel:** 1800607066

**Email:** [info@hospicefoundation.ie](mailto:info@hospicefoundation.ie)



## Bereavement & Loss Hub

“Everyone experiences bereavement through death, and we believe support in grief should be available for all who need it. Being there for those who are grieving and understanding their needs is a key pillar of our work.”

**Website:** <https://hospicefoundation.ie/our-supports-services/bereavement-loss-hub/>

**Email:** [info@hospicefoundation.ie](mailto:info@hospicefoundation.ie)

**Tel:** Bereavement support line 1800807077



**Free Therapy for Men**  
in Partnership with the HSE



**Free Therapy for Adult Men in  
Partnership with the HSE**

“We know that taking that first step towards a happier, healthier self can be a big one and have worked to make the process from here as easy as possible. This is why MyMind are delighted to be partnering with the HSE to deliver up to 6 Free Appointments for any man in Ireland experiencing mild to moderate mental health challenges. This initiative draws on MyMind’s strengths in providing professional mental health support that is easy to access. Every MyMind client can select from our large network of qualified Mental Health Professionals, who are trained in areas like Cognitive Behavioural Therapy and provide sessions in over 20 languages. These HSE-funded appointments can be held online or, where available, face-to-face, before the end of 2026”

**Tel:** 0818 500800

**Website:** <https://mymind.org/free-therapy-for-men/>

**Email:** [hq@mymind.org](mailto:hq@mymind.org)

## **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.

### **Sensory toys and resources collection**

"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." These toys can be loaned out to families for a period 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

**Note:** You will need a letter provided by your CDNT to access supports

"Tipperary County Council Library Service offers free access to Touch-type Read and Spell (TTRS) via a limited number of licences. TTRS is an online typing course designed to benefit: Students who experience spelling, reading or writing difficulties"

"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](mailto:libraries@tipperarycoco.ie)



# Airports



## **Dublin Airport**

### **The Sensory Rooms At Dublin Airport**

“Our Sensory Rooms include a relaxing bubble wall area, infinity lights, tactile panels, bean bags, comfortable seating, interactive educational boards to promote dexterity and motor skills, a calming corner and much more.

The sensory rooms are **free to book** for 60-minute sessions ahead of your flight. Unfortunately, **walk-ins are not available.**”

**Website:** <https://www.dublinairport.com/accessibility/sensory-room>

### **The Important Flyer’ wristband/lanyard**

“Passengers with Autism Spectrum Disorder (ASD) or Sensory Processing Disorder (SPD) may find the airport environment challenging, particularly during security screening. To help make the journey more manageable, Dublin Airport offers the Important Flyer Lanyard or Wristband. This identifier discreetly signals to airport staff that the wearer may benefit from additional time, calm and clear communication.” “To help ensure your Important Flyer wristband or lanyard arrives in time for your journey, we **recommend submitting your application at least 14 days before your travel date.** Applications received closer to the travel date will still be processed, but we can’t guarantee delivery in time.

If you're requesting a wristband or lanyard, please include a short note from your GP, a medical report, or an IAA card confirming the diagnosis.” Details on how to apply for The Important Flyer Identifier on website.

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

Dublin Airport- a short guide is available on the website.

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

## **Aer Lingus**

Aer Lingus have visuals available on their website for:

- Pre-flight
- In flight
- Post-flight

**Website:** <https://www.aerlingus.com/support/special-assistance/needs-relating-to-autism/>

## **Shannon Airport**

### **Travelling through Shannon Airport**

Shannon Airport 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, our staff can identify anyone who may need a bit extra guidance and help them on their way. These baseball caps or wristbands do not have to be worn, once they are visible to staff.”

### **Sensory Room and where is it?**

“Our 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](mailto:prm@bidvestnoonan.com) or [jessica.reddan@bidvestnoonan.com](mailto: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.”

### **Sensory pod**

“Our sound-proof sensory pod which provides an oasis of calm for passengers with hidden disabilities. Airports can be busy places and for some passengers, may be a challenging environment which we recognise, so we are pleased to have the opportunity to provide a sensory pod for use by our passengers. The sensory pod is one of the many measures that we have taken to assist passengers with hidden disabilities. **The pod is for use by reservation only and is free of charge.**” Contact 48 hours in advance is recommended

**Email:** [hostprm1.ork@ocsireland.com](mailto:hostprm1.ork@ocsireland.com)

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

**Phone:** +353 21 432 9745.

### **Visual Guide**

Cork Airport also provide visual guides

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



### The Hidden Disabilities Sunflower

"Some disabilities, conditions or chronic illnesses are not immediately obvious to others. For some people, this can make it hard to understand and believe that someone, with a "non-visible" condition genuinely needs support. Some people question whether you have a disability because you don't look 'like you have a disability".

That is why we created the Hidden Disabilities Sunflower - to encourage inclusivity, acceptance and understanding.

It is a simple tool for you to share that you have a hidden disability voluntarily. Simply by wearing the Sunflower, you're just letting everyone know that you might need extra help, understanding, or just more time."

**Website:** <https://hdsunflower.com/irl/>