



# Community Access Pack



## Sports Inclusion

### Tipperary Sports Partnership

Maria is the Sports Inclusion Disability Officer employed by Tipperary Sports Partnership, for County Tipperary. She can be contacted for up to date information on available sports inclusion opportunities.

Maria O'Sullivan at 087 180 4191 or [mosullivan@tipperarysports.ie](mailto:mosullivan@tipperarysports.ie) for information about clubs and sporting activities in your local area that may be suitable for your child.

#### **Website:**

<https://www.tipperarysports.ie/>



Tipperary has 2 **Sports Hubs** one is located in Clonmel and the other is located in Tipperary Town.

The sports hubs run activities such as:

- Participant skills training (taster sessions, summer camps)
- Tennis
- Indoor soccer & Social soccer
- Teqball
- Mum and baby exercise programme
- ICOACHGIRLS summer camp
- Paddling programmes, paddle sisters camp
- Sports ability day
- Training and education programmes/ workshops
- Urban adventure activities including horse riding, orienteering, outdoor learning programmes, hill walking and mountain biking.

## Sports Inclusion

### 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 and training programmes 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.



#### Sports include

- Alpine skiing
- Athletics
- Badminton
- Basketball
- Bocce
- Bowling
- Equestrian
- Floorball
- Football
- Golf
- Gymnastics
- Kayaking
- Pitch & Putt
- Swimming
- Table Tennis
- Motor Activities

Contact Special Olympics Munster: Tel +353 21 4977192

Email: [munster@specialolympics.ie](mailto:munster@specialolympics.ie)

Website: <https://www.specialolympics.ie/>

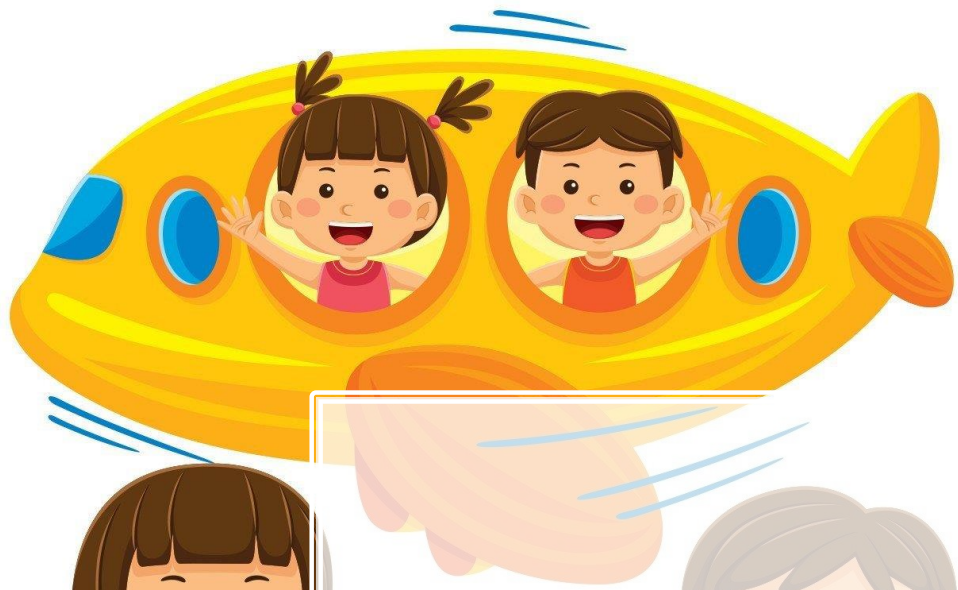
#### Young Athletes Programme

**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.

**Contact:** Sinéad Costello | (021) 4977516 | 085 869 6970





# Youth Clubs



## Youth Clubs

### Youth Work Ireland Tipperary

Youth Work Ireland Tipperary is a thriving volunteer led organisation working with our young people aged from 8 to 25 years and a network of locally based youth clubs throughout Tipperary and East Limerick.



### **Youth Club for young people with Down syndrome**

A youth group run by Youthwork Ireland Tipperary with a programme of social activities in the youth centre as well as in the community such as: baking, dancing, arts and crafts, games, trips to the cinema and excursions (ie. Fota Island).

**Group:** Young people 10-25 years old

**Contact:** Lucie Clement I 083 060 7366

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

### **Youth Club for Young People with Autism & Dyspraxia**

A youth group run by Youth Work Ireland Tipperary with a programme of social activities such as: games, arts and crafts, archery, cinema trips, and outdoor trips (open farm) and activities (Templemore Park).

**Group:** Young people 10-25 years old

**Contact:** Dearbhla Hall I 087 772 7111

**Location:** Croke St, Thurles Townparks, Thurles, Co. Tipperary

### **Youth Club for young people with Autism**

A youth group run by Youth Work Ireland Tipperary with a programme of social activities such as: games, arts and crafts, archery, cinema trips, and outdoor trips (open farm) and activities (Templemore Park).

**Group:** Young people 13-18 years old

**Contact:** Henry or Lucie Clement I 083 060 7366

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



### **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:** [theteamnorthtipp@gmail.com](mailto:theteamnorthtipp@gmail.com)

**Location:** Nenagh, Co. Tipperary



## Youth Clubs



### Youth Work Ireland Tipperary

#### **Cashel Neighbourhood Youth and Family Project**

Offers supports and a youth work service to young people aged 10-24 years of age and a family support service for parents, children and young people:

**Youth work services:** Drop-In services, One-to-one support, Group work, Family support, Advice and Guidance, Term time activities, camps, events, trips, etc., Young people are encouraged to find solutions to their own problems and engage in positive behaviour to achieve their full potential.

**Group:** Young people aged 10 – 24 years and their families, in the Cashel and surrounding area & Parents of children and young people, aged 10 - 24 years.

**Contact:** (062) 62824/ 087 772 6888

**Location:** Hogan Square, Cashel, Co. Tipperary



#### **Tipperary Town Youth Project**

Programmes and activities are chosen based on the needs and interests of the young people and can include arts and crafts, cooking, drama, video production, outdoor pursuits, and health and fitness. Some programmes focus on personal development, social and life skills, and such issues as anger, loss, education and awareness around drugs. The project also provides a Youth Café facility.

**Group:** Children and Young People, aged 8 – 25 years, in Tipperary town.

**Contact:** (062) 52604/ 087 772 0222

**Location:** 17 Bank Place, Tipperary town. Co. Tipperary E34 TH92

#### **Fethard/Killenaule Youth Project**

Youth Work Ireland Tipperary adopts a rights-based, youth-led approach to foster learning, innovation, hope and high expectations in young people, their families and their community. Its methods of engagement with young people include group work, individual supports, drop in and outreach work.

The Fethard/Killenaule Youth Project is a co-located service between the two towns providing support to young people and their families, in particular targeting those that may be disadvantaged due to social issues, substance misuse and those at risk of early school leaving.

**Group:** Young people, aged 10 – 24 years, from the Fethard – Killenaule area

**Contact:** 083 868 1062/ (0504) 23426

**Location:** TETB building, Bailey Street, Killenaule, Thurles, Co. Tipperary, E41 NF78

#### ***Youth Work Ireland Youth Centres in Tipperary***

- Thurles Youth Centre, Croke St (Contact: 0504 23426)
- Thurles Youth Centre, FCA Hall (Contact: 0504 57016)
- Templemore Youth Centre, Old Courthouse (Contact: 0504 56641)
- Tipperary Town Youth Centre, Bank Place (Contact: 062 52604)
- Cashel Youth Centre, Hogan Square (Contact: 062 62824)
- Killenaule / Fethard Youth Project (Contact: Killenaule 052 9157699/ Fethard 052 6131615)

## Youth Clubs

### 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:** Margaret Corr 087 799 5976 (for enquires regarding groups in Cashel, Thurles, and Moyne/Templetuohy)

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

**Contact:** Suzanne Dunne 087 650 4841 (for en group in Clonmel)

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



### Roscrea Youth Services

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



### Cahir Community Youth Project

Cahir Community Youth Project provides support to young people and their families, in particular targeting those that may be disadvantaged due to social issues, substance misuse and those at risk of early school leaving. The project is run by Waterford & South Tipperary Community Youth Service.

The project offers group work and one to one support around a variety of issues.

**Group:** Young people, aged 10 – 24 years, from the Cahir area

**Contact:** 086 142 5106/ 087 964 0985

**Email:** [cahircyp@wstcys.ie](mailto:cahircyp@wstcys.ie)

**Location:** Cahir Youth Centre, Church Street, Cahir, E21 PN24

### Clonmel Community Youth Project

Clonmel Community Youth Project works with young people around a variety of issues. The project endeavours to assist the young people in boosting their self-esteem, self-confidence and skills development. It is co-located between two centres in Elm Park and the Wilderness Estate, respectively.

**Group:** Young people, aged 10 – 24 years

**Contact:** 086 604 5810/ (052) 6170 876

**Email:** [clonmelcyp@wstcys.ie](mailto:clonmelcyp@wstcys.ie)

**Location:** Wilderness Grove, Clonmel, Co. Tipperary, E91 X6X3



## Youth Clubs

### Foróige Youth Clubs

Foróige Youth Clubs provide an opportunity for young people to meet their peers locally in a safe environment and to develop their social skills and confidence through participating in club activities. Foróige Juniors (clubs) are the first stage of an exciting journey in Foróige. Members get to have fun, work together, participate in decision making, develop good relationships with adults, get involved in the community, listen and take turns.

**Group:** Young people, aged 10 – 18 years in the county

**Contact details:**

**South Tipperary:** Gail O’Sullivan | 086 231 6302

**E-mail:** [gail.osullivan@foroige.ie](mailto:gail.osullivan@foroige.ie)

**Contact North Tipperary:** Bríd Canny | 086 204 3599

**E-mail:** [brid.canny@foroige.ie](mailto:brid.canny@foroige.ie)



### Big Brother Big Sister Programmes

The Big Brother Big Sister (BBBS) Programme run by Foróige is a youth mentoring programme that forms supportive friendships between a young person and an adult volunteer. The BBBS aims to build positive assets in young people, such as a commitment to learning, social skills, and resisting negative behaviours, to enable the young people to have a positive sense of self and of their future.

**Group:** Young people aged 10 – 18 years

**Contact details:**

**North Tipperary:** Natalie McKnight 086 822 4873

**E-mail:** [natalie.mcknight@foroige.ie](mailto:natalie.mcknight@foroige.ie)

**South Tipperary:** Emer Cusack, Tel. 086 010 7154

**E-mail:** [emer.cusack@foroige.ie](mailto:emer.cusack@foroige.ie)

### Carrick-on-Suir Neighbourhood Youth and Family Project

The Youth & Family Project ran by Foróige aims to enhance the life chances of young people and their families and to assist them to reach their potential by providing targeted Youth work programmes and family support responding to emerging needs in the community.

**Group:** All young people aged 10-18, including young people with special needs.

**Contact:**

**Youthwork programme:** Hayley Fitzsimons 086 047 9851

**E-mail:** [hayley.fitzsimons@foroige.ie](mailto:hayley.fitzsimons@foroige.ie)

**Family Support:** Siobhán Clifford 086 833 1886

**E-mail:** [siobhan.clifford@foroige.ie](mailto:siobhan.clifford@foroige.ie)







# Community Resource Centres

Community Resource Centres are empowering organisations that support families while building the capacity and leadership of local communities. CRCs offer a range of supports that address the needs of families, such as the provision of information concerning the range of services available locally, as well as advice on accessing rights and entitlements. CRCs act as a focal point for onward referrals to mainstream service providers.

## Community Resource Centres

### Knockanrawley Resource Centre

Knockanrawley Resource Centre is a community-based project offering a wide range of individual, family support and community services and facilities in Tipperary Town and surrounding areas.

Knockanrawley Resource Centre provides the following Family Support services:

- Individual Parenting Support sessions
- SHE group: a weekly peer support group for parents who are parenting alone
- Parenting Club - a weekly peer support and mentoring group
- Baby, Parents and Toddlers Group
- Cook It, a Nutrition education programme
- Summer camps
- Rainbows Programme, a peer support programme for children, aged 5 – 12 years, experiencing bereavement or loss in their lives
- Parents Plus - Parenting when Separated programme
- Family Therapy and Counselling
- Knockanrawley Community Childcare: on a full-time part-time & sessional basis.



### Knockanrawley Ability Programme for South Tipperary:

In partnership with Rehabcare in Clonmel, the Moorehaven Centre, Irish Wheelchair Association in Tipperary Town, and Scoil Chormaic in Cashel, Knockanrawley's Ability programme supports up to 50 children and young adults with a physical, intellectual or sensory disability to confidently achieve their educational and employment aspirations.

**Contact:** (062) 52688

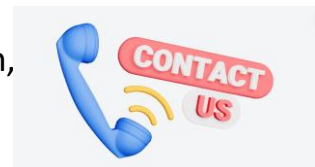
**Email:** [knockanrawleyrc@gmail.com](mailto:knockanrawleyrc@gmail.com)

**Website:** <http://knockanrawley.ie/>

**Location:** Knockanrawley Resource Centre, Knockanrawley, Tipperary, Co. Tipperary, E34 D832

### **Contact details:**

- Parent and Family Support Project: Helen Buckley, Parent and Family Support Worker  
Tel. (062) 52688  
E-mail: [helenbuckleykrc@gmail.com](mailto:helenbuckleykrc@gmail.com)  
Monday to Wednesday 9.00am – 5.00pm
- Family Therapy service: Mary Fahey, Clinical Support Administrator  
Tel. (062) 52688 / 083 020 2861  
Email: [krc.familytherapy@gmail.com](mailto:krc.familytherapy@gmail.com)
- Knockanrawley Community Childcare: Anne Murphy, Childcare Coordinator  
Tel. (062) 52688  
E-mail: [knockchildcare@gmail.com](mailto:knockchildcare@gmail.com)
- Knockanrawley Ability Programme: Evelyn Nevin,  
Tel. 083 300 0639  
E-mail: [abilityknockanrawley@gmail.com](mailto:abilityknockanrawley@gmail.com)



## Community Resource Centres

### Carrick on Suir Community Resource Centre

Carrick on Suir Community Resource Centre is a modern, multi-purpose resource centre which is involved in developing services and providing facilities for the people of the town and the surrounding areas. It offers facilities to a range of service providers in the areas of Youth, Disability, Childcare, Community ICT, Education, Community Development, Senior Citizens, Community Upskilling and Information provision.

The centre's mission is to encourage and empower people, groups and a community as a whole to identify and make changes that enhance their lives.

**Contact:** (051) 642418

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

**Location:** Nano Nagle Community Resource Centre, Greenside, Carrick-on-Suir, Co. Tipperary, E32 P928



### Three Drives Family Resource Centre, Tipperary Town

Three Drives Family Resource Centre provides a wide range of resources and supports to meet the needs of children and their families in the local community and surrounding areas.

Parenting & Family Supports include:

- Parent & Toddler Group
- Breastfeeding Support Group
- Positive Parenting for Changing Families programme to parents on an individual basis or in a group.
- After school programme: Catering for children from 4 years of age up to 6th Class in Primary School.
- Art Therapy for children aged between 4 – 18 years
- Play Therapy for children aged between 3 – 12 years
- Non Violent Resistance (NVR) programme
- Numerous courses for education, training and personal development

**Contact:** (062) 80831

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

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

**Location:** Three Drives Family Resource Centre, 22/23 Greenane Drive, Tipperary, Co. Tipperary, E34 EE39,



## Community Resource Centres

### Spafield Family Resource Centre, Cashel

Spafield Family Resource Centre works with families and individuals of Cashel & surrounding areas in an inclusive and developmental way. Spafield FRC offers a wide range of universal and targeted Family Supports in the areas of Parenting programmes & individual parenting support, Teen Support, the Roots of Empathy Programme, Childcare, Counselling, One-to-One Supports & training & education.

Contact: Sinead Farrell, Facility Manager (062) 63622

Email: [reception@spafieldfrc.ie](mailto:reception@spafieldfrc.ie)

Location: Old Road, Cashel, Co. Tipperary, E25 CX31

### Millennium Family Resource Centre, Glengoole

Millennium Family Resource Centre provides family support within the local community by providing information, organising activities, and creating programmes that focus on strengthening the family's ability to provide a nurturing environment for all family members.

Services offered:

- Family Support
- Preschool Childcare
- Homework Club
- Disability Services
- Low Cost Counselling & Problem Gambling Support
- Community Education
- Meals on Wheels
- Creative Play Therapy
- Men's Shed
- Community Support
- Health & Wellbeing programmes for Adults
- Youth-specific Counselling

Contact: (052) 9157992

Email: [julie@mfrfc.ie](mailto:julie@mfrfc.ie)

Location: Glengoole, New Birmingham, Thurles, Co. Tipperary, E41 A065

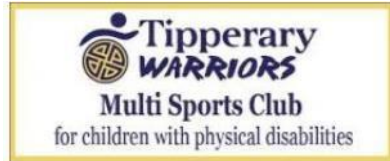




## Recreational and Sports Activities

## Recreational and Sports Activities

### Tipperary Warriors Multi Sports Club



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 11.00a.m. – 12.30 p.m.

**Contact:** Orla 087 655 0315 | 087 673 2207

**Location:** Presentation Primary School, Sports Hall, Thurles

### Durlas Éile Archery



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

**Day:** Friday from 7-9pm

**Contact:** 086 196 4517

**Location:** Moycarkey Boris Community Hall, Littleton, Thurles

### 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.

**Contact:** James Mulroy | 086 061 2544

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

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

### 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 0761 06 6100



## Recreational and Sports Activities

### 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](mailto:chair.hwc.tipperary@gaa.ie)

**Email:** [seamusdelaney2009@gmail.com](mailto:seamusdelaney2009@gmail.com)

### Fethard Blues GAA



GAA for Children with Additional Needs – fun, games and ball skills

**Group:** Children with Additional Needs

**Day:** Monday evening from 6-7pm

**Contact:** Eimear Egan on 087 313 4483; Ann Fleming on 086 896 3925

**Location:** Barracks Field, Fethard, Co. Tipperary

### Killavilla Utd AFC



Football groups for all children

**Day:** Sunday Mornings from 11-12pm

**Location:** Killavilla Utd AFC, Timeighter, Roscrea

**Contact:** 087 902 8860

## Recreational and Sports Activities

### Football Association of Ireland (FAI) Football for All programme

The FAI Football for All programme aims to promote opportunities for children, young people and adults with disabilities to participate in playing soccer. At county level, some clubs organize soccer activities for children and young people with disabilities.

**Group:** Children, young people and adults with disabilities

**How to access:** Direct contact with Football for All (FFA)  
Development Officer

**Contact:** Nick Harrison 086 047 2051

**Email:** [nick.harrison@fai.ie](mailto:nick.harrison@fai.ie)





## Recreational and Sports Activities

### Nenagh AFC



Football groups for all children

**Day:** Saturday evenings from 5-6pm

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

**Contact:** 087 822 4140

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



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!

**Day:** It is held every Sunday at 9:30am.

**Location:** Burgess GAA Grounds, Kilcolman, Nenagh, Co. Tipperary, E45 YH76.

**Email:** [burgesscountytipperaryjuniors@parkrun.com](mailto:burgesscountytipperaryjuniors@parkrun.com)



Our Konnect Social Skills programme gives children and young people opportunities to explore their own communication, make new friends and learn how to advocate for themselves and to interpret non-autistic language and culture. They also provide the parent or guardian weekly resources to help support the child in Neurodiversity-affirming ways. The programme runs online so you can be a part of this from anywhere in the world.

**Group:** 5-18 years old which is a paid course that runs for a period of weeks online.

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

**Phone:** 087 294 5977



The inclusive athletics programme was set up in Jan 2019 and has gone from strength to strength with participant numbers doubling in that time. All children are welcome to attend this weekly group.

**Day:** It is held 10-11am every Saturday during term time

**Location:** Clarisford Park, Killaloe

**Contact:** Alison 086 080 2354, Nicola 086 898 6138

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

## Recreational and Sports Activities



The inclusive cycling programme is open to Derg AC members and non-members. All children are welcome to attend this 6-week group. Note: There is a one day event held during term time which is ran from 10-1pm on a Saturday. Adapted bikes/trikes/hand cycles will be available on the day.

**Day:** It is held 6-7pm every Wednesday

**Location:** Clarisford Park, Killaloe

**Contact:** James 087 962 7696, Nicola 086 898 6138

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



The Butterfly Club is a voluntary organisation. The aim is to provide leisure activities in a safe, fun filled environment for children and young adults with special needs, while providing respite for parents/guardians.

**Location:** Croí na nÓg, Rathkeale Community Childcare, New Line, Rathkeale, Co. Limerick.

**Day:** Saturday morning from divided into 5 groups. Each group of children attend club once a month.

**Contact:** 086 212 0023

**Email:** [thebutterflyclub@eircom.net](mailto:thebutterflyclub@eircom.net)

## Art Classes



Offering Art classes for children and young adults.

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

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

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



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

**Location:** Bramble Lodge, Lorrha, Co. Tipperary

**Contact:** 087 915 1356 or 090-974 7127 | Ute Duggan

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



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

**Contact:** Maureen Purcell, Organiser STAG, 086 809 6823

# 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

- Borrisokane Playground and Park
- Birr Playground
- Drangan Playground
- Dromineer Playground
- Portumna Playground and Forest Park
- Killaloe Playground and Park
- Templemore Playground and Park plus Fairy Trail
- Thurles Playground
- Loughtagalla Playground and Park
- Glebe Park & Playground in Roscrea
- Cappawhite Playground
- Clare Glens Playground and Park
- Terryglass Playground and Park
- Aglish Playground
- Rathdowney Playground
- Lorrha Playground
- Clonakenny Playground
- Clonmore Playground
- Gortnahoe Playground
- Borrisoleigh Playground
- Templetuohy Playground
- Mullinahone Playground
- Killenaule Playground
- Ballingarry Playground

## Marlhill Open Farm

Marlhill Open Farm is designed to provide a fun family day out with a young family in mind. At the farm, children can meet the animals, play in the three-tier indoor soft play area and outdoor playground area. There is also a café where you can grab tea/coffee or something to eat.

The outdoor play area features:

- Sandpit
- Playground
- Mini diggers
- Pedal go karts
- Air hockey
- Quad pulled barrel train

Some of the animals that can be seen at the farm include:

- Missy the Marmalade cat
- Coco & Spot, brother and sister Jack Russell terriers
- Donkeys, Baldrick and Eden
- Bantam hens and rooster Rodger
- A variety of birds
- Guinea pigs
- Flemish rabbit, Lily and Albino Rose & Charlie, also rabbits
- Lambs and soay sheep
- Piglets, goats, calves,
- Ducks & geese

**Opening hours:** Thursday to Sunday, 9a.m.-6p.m.

- The last Sunday morning of every month is aimed at families who require quieter times.
- These mornings are called “Sensory Sundays” and involve sensory play and exploration.
- Thursday morning is specifically aimed at the toddler age group.

**Location:** Marlhill, New Inn, Co. Tipperary

**Tel:** (052) 7462747

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



# Outdoor Sensory Spaces



## Cahir Sensory Garden

The Sensory Garden is located just a short walk from the centre of Cahir town and is a hidden gem. Located on Church Street beside St. Paul's Church, the garden is a wonderful quiet space to unwind, enjoy a picnic, or relax in the sunshine. This sensory garden is an environment that is designed with the purpose of stimulating the senses. This stimulation occurs courtesy of plants and the use of materials that engage one's senses of sight, smell, touch, taste, and sound. These types of gardens are popular with and beneficial to both children and adults, especially those who have sensory processing issues, including autism and other disabilities.

The Sensory Garden is open daily 9am-7pm during the summer months but closes at 4pm in the winter months. It is free of charge to use.

Location: 8-20 Church St, Townparks, Cahir, Co. Tipperary, E21 D426



# 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 muscles 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](mailto:hydropool@stgabriels.ie)

### **Ballina Swimming Pool (Tipperary County Council)**

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

**Location:** Ballina. Co. Tipperary

**Contact:** 087 229 3793

### **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

### **Leisure Centre, Park Hotel, Clonmel**

In the Leisure Centre of Clonmel Park Hotel, swimming lessons are offered on an individual or group basis to people of different levels of ability. Membership required; ticket purchase for multiple dates also available.

Group: Children and adults of different levels of ability

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

**Contact:** (052) 618 8700

### **The Horse & Jockey Leisure Centre**

Membership required

**Location:** Kilnoe, 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

#### **Roscrea Leisure Centre**

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

**Contact:** (0505) 23822

#### **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

**Seán Kelly Sports Centre, Carrick-on-Siúir**

**Location:** Waterford Rd, Tinvane, Carrick-on-Siúir,  
Co. Tipperary E32 YT38

**Contact:** (051) 640 955

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



**Dolphin Swimming Club**

Dolphin Swimming Club, Clonmel, is a swimming club for children and adults with disabilities that meets every Friday evening in the Leisure Centre, Ferryhouse, Clonmel. The club introduces children to feeling safe in water initially and supports them to learn to swim, if they wish to. It is affiliated to Special Olympics Ireland. It also holds an annual gala with competitions for its club members.

**Group:** Children and adults with disabilities

**Location:** Ferryhouse Leisure Centre, Clonmel, Co. Tipperary

**Contact:** 087 217 8149

# Horse Riding



### **Tipperary Equestrian Centre**

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

**Contact:** 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 with special needs or chronic medical conditions, tailored to ability and the level of engagement.

**Contact:** 087 125 3481

**Location:** Monard, Solohead, Co. Tipperary

### **Lough Derg Equestrian Centre**

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

**Contact:** 085 263 7525

**Location:** Birdhill Road, County Tipperary

### **Nenagh Equestrian Centre**

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

**Contact:** Rory McDonnell | 086 869 8885 or 067-31400

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

**Location:** The Briar, Lahesseragh, Ballintoher, Co. Tipperary

### **Riding for the Disabled Association of Ireland**

Riding for the Disabled Association of Ireland offers recreational and therapeutic horse riding at centres with good wheelchair access and suitable horses and ponies.

**Contact:** Sinead Carroll 087 648 997

**Email:** [sinead@carmac.ie](mailto:sinead@carmac.ie)

**Location:** Clonmel RDAI Group and Thurles RDAI Group

### **Hazelwood Riding Centre**

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

**Contact:** 087 914 1898

**Location:** Riverview, Ballyhogan, Ballycommon, Nenagh, Co. Tipperary

# Cinemas



## IMC

IMCs nationwide host 'Sensory Friendly' screenings which are designed for guests with autism or sensory sensitivities. During a 'Sensory Screening' the lights are left on low and the sound is turned down. Each IMC branch will have a different Sensory screening available and the movie will be child-friendly and will change each week based on demand. The nearest IMC cinemas are located in:

### **Tipperary:**

- Clonmel - Kickham St, Burgagery-Lands West, Clonmel, Co. Tipperary
- Thurles - Thurles Shopping Centre, Slievenamon Rd, Thurles Townparks, Thurles, Co. Tipperary

### **Kilkenny:**

- Barrack St, Roachpond, Co. Kilkenny



## Odeon

Odeon cinemas throughout the country host specially adapted autism friendly screenings one Sunday morning each month. At their autism friendly screenings, Odeon cinemas aim to:

- Keep the house lights on throughout the film
- Lower the audio volume
- Remove the advertisements and trailers before the film
- Open the cinema doors early so guests have time to get used to the surroundings

Odeon cinemas nearby are located in:

### **Limerick:**

- Castletroy Shopping Centre, Newcastle, Limerick

### **Waterford:**

- Poleberry Link Rd, Manor, Waterford



## Omniplex

Each Omniplex Cinema nationwide will show a sensory friendly screening every Saturday around 12pm (before the foyer gets too busy and noisy for the later shows) showing the most popular family-friendly movie at the time. The movie changes every week unless there is significant demand for a second showing of a popular movie. Movies are scheduled on a week to week basis so times will be updated each Wednesday for the coming weekend. The nearest Omniplex cinemas are located in:

### **Limerick:**

- Crescent Shopping Centre, Dooradoyle Road, Co. Limerick

### **Waterford:**

- Patrick St, Co. Waterford



# Libraries





## Clonmel Library Sensory Room

Located within the main Clonmel Library building is an enclosed, quiet sensory room, away from the noise, activity and strong lighting of the rest of the library. It contains a variety of visual, tactile, auditory, proprioceptive and vestibular stimuli, adjustable lighting and comfy seating. Time spent in the Sensory Room can help children to regulate themselves before continuing with their library visit or heading home.

A booking can be made by phoning or emailing the contacts below or by using the online booking system.

**Location:** Emmet St, Burgagery-Lands West, Clonmel, Co.

Tipperary

**Contact:** Mick Delahunty

**Tel:** (052) 616 6130

**Email:** clonmellibrary@tipperarycoco.ie

**Online booking system:**

<https://www.tipperarylibraries.ie/branches/clonmel-library/clonmel-sensory-room/clonmel-sensory-room-booking/>



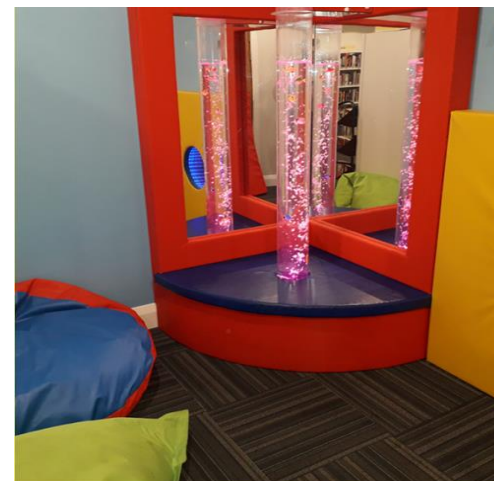
## Tipperary Town Library Sensory Area

Tipperary Town has a wonderful new Sensory Area which is free to access for all visitors to the library. It includes bubbling light towers, mirrors, soft furnishings, an image projector, Playlearn Colour Changing cylinder and a selection of items from their Sensory Toys & Resources collection. It is a shared inclusive space, providing library visitors with time to relax.

**Location:** The Excel Centre, Mitchel Street, Carrownreddy, Tipperary

**Tel:** (052) 616 6126

**Email:** tipperarylibrary@tipperarycoco.ie



## Cashel Library Sensory Area

Cashel Library has a sensory area featuring a tent as pictured below where children can go to take time out if the library is too busy/noisy. Similar sensory areas with tents are available in Killenaule and Thurles Libraries also.



## Social Stories

All libraries in Tipperary have social stories available to access online before visiting the library. A social story provides a social learning tool for people of all ages with additional needs, learning difficulties and those on the Autism Spectrum. They are short descriptions of a particular situation, event or activity, which include specific information about what to expect in that situation and why.

The initiative expands on the current resources available, such as sensory places, sensory toys and quiet time, and plays a role in making County Tipperary an autism friendly place.

They can be found on the library website under the social story section: <https://www.tipperarylibraries.ie/branches/thurles-library/>

## Killenaule Library Social Story



## Tipperary Library Resources

*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 Library and Arts Services run a **Sensory Toy and Resources Collection**. 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 periods of time.

The Tipperary library website often have other general parenting courses under the heading "CYPSC Parenting Supports Calendar"

**Website For Toys:** <https://www.tipperarylibraries.ie/wp-content/uploads/2021/06/Catalogue-High-Res.pdf>

**Contact:** Your local library or ring Library Headquarters on 0761 06 6100



# Summer Camps



## Rubix Summer Camps



Rubix Summer camps offer a week of fun and creative self-expression through word, movement and image for children with ASD and social communication difficulties. Activities include yoga, drama, mindfulness, creative art, music, games and outdoor activity.

**Group:** Children and young people with high functioning ASD and social communication difficulties.

**Contact:** 087 950 2954 | 086 402 9405

**Location:** Coláiste Dún Áscaigh, Cahir. Co. Tipperary

## Whizzkids



Whizzkids Summer Camps are high-tech camps that cover a range of IT subjects such as web design, app development, game making, 3D design, graphic design & animation. Designed for children of all abilities, the summer camps mix indoor and outdoor action, with sports and a host of hi-tech challenges in our “Spy Academy” added into a very varied day.

**Group:** Children of different levels of ability, aged 8 – 14 years

**Details:** All camps run from Monday to Friday and start at 9.30. You can choose to finish at 1PM or 3PM.

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

**Contact:** (061) 339178

### **Campuses include:**

- University of Limerick
- TUS Athlone
- TUS Thurles
- Maynooth University
- TUS Limerick
- TUS Clonmel
- TUS Ennis
- NUI Galway
- Munster TU Cork
- UCD
- DCU

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

## Derg AC Inclusive Athletics Summer Camp



Derg AC Inclusive Athletics Summer Camp. This camp will take place over 3 days Monday to Wednesday 11th, 12th and 13th July. It is open to children 5-16yrs on the ASD Spectrum and Children with Physical Disability or Impairment. 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.

**Date:** Monday 11th, Tuesday 12th and Wednesday 13th July

**Time:** 10am to 1pm daily

**Cost:** €30

**Location:** Clarisford Park, Killaloe

**Contact:** [nicolawelford01@gmail.com](mailto:nicolawelford01@gmail.com)

## Techkidz Summer Camps



Techkidz Summer Camps are Multi Activity Technology Camps where children learn and improve their basic computer skills including Word, Saving, the Internet and using the Mouse and Keyboard correctly.

They get opportunities to practice their skills designing and making their own Badge, T Shirt, Ruler or Pen Holder. They are introduced to Coding and Programming and also have an opportunity to design and create their own Computer Games. They also learn to create Animations and about Robotics.

**Group:** Children of different levels of ability, aged 7 – 13 years

**Contact:** 086 4400 658 | [info@techkidz.ie](mailto:info@techkidz.ie)

**Location:** Nenagh, Thurles, Ballina, Clonmel and Limerick City

## Inspireland



Inspireland Boutique Creative Arts Summer Camps bring together some of Ireland's most talented artists to mentor and nurture the creativity of children and teens aged 8 to 18 in what will be one of the most magical and creative experiences of their lives.

No two days are ever the same and students will get the chance to learn the basics of animation and comic art, claymation, steampunk model making, craft bookmaking, mask making, puppetry, print, urban stencils and plaster work.

**Group:** Children of different levels of ability, aged 8 – 18 years

**Contact:** 083 327 8083 | [info@inspireland.ie](mailto:info@inspireland.ie)

**Location:** Flanagan's Lane, Tipperary Town and Limerick Art College

**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.

**Group:** Children of different levels of ability, aged 6 – 13 years

**Contact:** 087 631 0411

**Website:** <http://www.designerminds.ie/>

**Location:** Nenagh, Thurles, Clonmel, 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/>

## SupportMe

The Special Needs Parents Association is a national parent-run organisation which provides support and information for families who have children with disabilities and special needs in Ireland regardless of age or diagnosis. By bringing parents together this organisation aspires to give parents a voice by promoting improved treatment, education, welfare and acceptance for our children on a national level and peer support on a local level.

**Telephone:** 087 0986019 | 087 7741917

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

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



ASIAM is Ireland's National Autism Charity. Working to create a society in which every autistic person is empowered to reach their own personal potential and fully participate in society. Through developing the capacity of the autism community and addressing the societal barriers to inclusion, they aim to make Ireland the world's most autism-friendly country. This began in 2014, as an online platform for the community to access information and share experiences. Today, ASIAM is Ireland's most influential autism charity with a team of 21 staff, half of whom are themselves have a diagnosis of autism.

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



The Asperger Syndrome Association of Ireland (Aspire) provides services and information to guide you and your family through all stages of the journey.

**Address:** Aspire- The Asperger Syndrome Association of Ireland, Coleraine House, Carmichael Centre, Dublin 7, Ireland.

**Helpline officer:** 089 465 2026 | [info@aspireireland.ie](mailto:info@aspireireland.ie)

**Website:** <https://www.aspireireland.ie/cmsWP>

## South Tipperary Autism Network (STAN)



STAN is a local support group run by parents for parents and families of children and adults with Autism Spectrum Disorder (ASD). This group was set up/started in 2015 and they run play/social dates for their children and siblings to give them the opportunity to meet and socialise with other children. They also run monthly parent support meetings and other activities for the children.

**Phone:** (052) 612 9529

**Facebook:** <https://m.facebook.com/South-Tipperary-Autism-Support-Group-368478421557/?fref=ts>

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

## DESSA | Disability Equality Specialist Support Agency

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: 01 416 3548

Email: [info@dessa.ie](mailto:info@dessa.ie)

Website: [www.dessa.ie/index.php](http://www.dessa.ie/index.php)

## Rollercoaster

Rollercoaster.ie is a great website if you are looking for a specific resource or activity. You can post an ad/request on it or read through what has been posted to learn more about what is in the community for your child.

## Scope.co.uk

This is a UK based website for resources and information for parents and teachers.

### **Informing Families**

**Informing Families Project**, National Federation of Voluntary Bodies, Oranmore Business Park, Oranmore, Galway

**Phone:** +353 (091) 792316

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

**Website:** [www.informingfamilies.ie](http://www.informingfamilies.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:** Ruairí Ó Caisleáin

**Tel:** 052 617 6687

**Mobile:** 087 995 3835

**Email:** [ruairi.ocaisleain@tusla.ie](mailto:ruairi.ocaisleain@tusla.ie)

**Website:** <https://www.cypsc.ie/your-county-cypsc/tipperary.250.html>

## Family Carers Ireland

Family Carers Ireland is a non-profit organisation, who supports family carers and young carers through the provision of free emergency care planning, counselling, specialised training and education programmes, wellbeing support, crisis management, emergency respite/respite provision, advocacy, peer support groups, information on rights and entitlements and many other worthwhile initiatives.

The key objective of Family Carers Ireland is to benefit the community by supporting and promoting the health, wellbeing and quality of life of family carers and those for whom they care. They aim to promote carer resilience by enabling all family carers to:

- Be confident in their individual carer roles;
- Establish and maintain a regular caring routine;
- Feel listened to, valued and not alone;
- Be able to access relevant training, guidance and support;
- Be informed of their rights and entitlements;
- Meet and speak with their peers in a safe, relaxed environment;
- Take a break from a demanding and stressful caring role;
- Know where to seek additional support from the State and their community;
- Access emergency supports when needed



## FUSS Ireland

FUSS (Families Unite for Services and Supports) is an advocacy group founded by the parents of children living with disabilities who have experience of interacting with services providers spanning over 8 years.

FUSS aims to shine a spotlight on Ireland's Disability Services. They plan to unify voices nationally to force change in order to protect children's rights.

FUSS believes that every child deserves timely access to assessment, interventions and appropriate educational settings. Their overall goal is to improve access to Disability Services and appropriate Educational Settings in Ireland.



Families Unite for Services & Support

# 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 a number of simple strategies that can be employed to help the individual with ASD to understand the process of getting through the airport.

### 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 after security screening in Terminal 2 and just before the 400 boarding gates. It can also be accessed via Terminal 1.

### 'Important Flyer' wristband/lanyard

Dublin Airport can provide a wristband or lanyard for travelling through Dublin Airport. It can be shown to any Dublin Airport staff member (Customer Care and Security screening for example) if assistance is required at security, passport control or any area where you may encounter queues or crowds. Visuals and further information about travelling through the airport is included on the website *(Although this service refers only to Autism they will provide support to children with high sensory needs or difficulties)*

**Website:** <https://www.dublinairport.com/at-the-airport/passenger-information/special-assistance/autism-asd>

Dublin airport also provide supports for people with reduced mobility

**Website:** <https://www.dublinairport.com/at-the-airport/passenger-information/special-assistance>

**Telephone:** + 353 1 8144717 / + 353 1 8144692

**Email:** [customerexperience@daa.ie](mailto:customerexperience@daa.ie) / [prm@daa.ie](mailto:prm@daa.ie)

### Aer Lingus

Aer Lingus have social stories/visuals available on their website for:

- Pre-flight
- Inflight
- Post-flight

**Website:** <https://www.aerlingus.com/travel-information/travelling-with-children/travelling-with-an-asd-child/#/tab-1-inflight>

## **Shannon Airport**

### **Travelling through Shannon Airport**

At Shannon Airport, they have created an awareness programme for 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 Tours**

For you or any member of your group, staff can offer pre-arranged tours for anyone who may like to familiarise themselves with the process of travelling through the airport before their flight.

**Email:** [dam@shannonairport.ie](mailto:dam@shannonairport.ie).

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/passengers/at-the-airport/flying-out/passenger-assistance/autism-special-needs/> **Phone:** +353 (0)61 712000

**Email Passenger Assistance:** [askpa@shannonairport.ie](mailto:askpa@shannonairport.ie)

## **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-asd>

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