



Just a reminder that we are still providing email and phone supports where possible throughout all programmes. Feel free to contact our offices in Nenagh, Thurles and Roscrea or if you have a more direct number, please give us a call or text.... We hope that you remain safe and well during this time.

If you would like to volunteer in your community, please call Sara on 086-0481743



volunteer centre
Ionad d'Obar Dheonach Thiobraid Árann
TIPPERARY

Website: www.ntdc.ie

Facebook: @NTDC

Twitter: @NorthTippDevComp

Locations:

Nenagh 067-56676 receptionHO@ntdc.ie
Thurles 0504-90579 thurlesreception@ntdc.ie
Roscrea 0505-24166 reception@ntdc.ie

LIST OF THURLES PHARMACIES

All Pharmacies are operating normal hours. During the Covid 19 crisis, individual pharmacies have put in place local delivery arrangements. Please check with your Pharmacy as to what specific arrangements they have by phoning in advance. Social distancing measures are in place in all pharmacies.

Liberty Pharmacy	(0504) 90604
Thurles SC Pharmacy	(0504) 24586
Mocklers	(0504) 21421
Hickeys	(0504) 21423
Mahers CarePlus Pharmacy	(0504) 58960
Mc Cabes (Ryan's)	(0504) 21473
Sammons	(0504) 21104
Lloyds Pharmacy	(0504) 22184
Boots Dunnes Stores	(0504) 24594

THURLES SHOPPING CENTRE DETAILS

Following on from the Government announcement In relation to the closure of non-essential retail, the following stores, that meet the Government criteria, remain open in the Shopping Centre.

An Post
Boots
Dunne's Stores Groceries
Euro giant
Holland & Barrett
Specsavers (Emergency only)
Thurles Pharmacy

A free information book on explaining the coronavirus to children:
nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus



Coronavirus **COVID-19**

#Covid19 #flattenthecurve #staysafe

SICAP North Tipperary are available to offer supports during this time. This leaflet aims to provide you with essential contact phone numbers from local operators here in Thurles

(Disclaimer: This list is not exhaustive)

For more information please contact our offices:

Thurles **0504-90579**
thurlesreception@ntdc.ie
Nenagh **067-56676**
receptionHO@ntdc.ie
Roscrea **0505-24166**
reception@ntdc.ie

NATIONAL HELPLINES

Asthma Helpline	1800445464
COPD Helpline	1800832146
Irish Heart & Stroke Helpline	01 6685001
Diabetes Helpline	01 8428118
Alone	0818 804591
Samaritans	116 123
HSE	1800 241850
Pieta House	1800 247247
Senior Line	1800 8044591

Emergency Family Plan

This is a useful booklet for caregivers, parents/guardians to think about and make note of who can offer **support in the event the primary care giver is unable to provide care** at any stage during this pandemic.

Available at - www.cypsc.ie

During the **COVID 19** Crisis Tipperary County Council is providing a contact number **0761 06 5000** and email covid19@tipperarycoco.ie with the lines open from **8.00am to 8.00PM seven days**

ESSENTIAL SERVICES

THURLES

Adli	1800 918821	
Ahearne's Abbey Rd	(0504) 23268	
Barry's Super Valu	(0504) 21626	D
Centra Kickham St	(0504) 23476	
Centra, The Mall	(0504) 23778	D
Circle K, Kickam Street	(0504) 28830	
Daly's Fish Shop	(0504) 90424	
Doyle's Corner	(0504) 20898	
Dunnes Stores	(0504) 24644	
Harveys, Racecourse Rd,	(0504) 29277	
Lacey's Butchers	(0504) 21447	WOD
Liam Champion Butchers	0504) 21209	D
Lidl	(0504) 29205	D
Mace Mitchel St	(0504) 21193	
McKevitt's	(0504) 21599	
O'Dwyer's Centra	(0504) 21049	D
Premier Meats	(0504) 20193	D
Super SPAR, Turtalla	(0504) 22525	
Tesco	(0504) 21855	D

LITLETON

Centenary Co-Op	(0504) 44323
Clohessy Service Station	(0504) 44308
Josies Shop	(086)0559762
Paudi Fitzpatrick Butcher	(0504) 44708

TWO MILE BORRIS

Corcoran's Shop	(087) 9265724
Gala	(0504) 44899

HORSE AND JOCKEY

O'Keefe's	(0504) 44332
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HOLYCROSS

Holycross Stores	(0504) 43257
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* "D" refers to availability of Delivery service

USEFUL LOCAL NUMBERS

Dept. of Social Protection	(0504) 67100
AIB Thurles	(0504) 22055
An Garda Siochana	(0504) 25100
An Post	(0504) 21258
ASCEND Domestic Abuse Service	(0505) 23999
Bank of Ireland	(0504) 21511
Citizens Information	076 107 6510
Fire, Ambulance	999
Hospital of the Assumption	(0504) 27 700
Local Link Tipperary	076 1066140
Mid-West Shine (supporting People affected by Mental Ill Health)	(087) 7878222
Moycarkey Borris Sports & Comm Centre Contact J.J. O'Sullivan	(086) 2622307
Rev. Celsius Tierney P.P.	(086) 1672700
Rev. Graham Sawyer C.O.I.	(056) 8834147
Rev. Tom Fogarty PP	(086) 2425425
Shannondoc	1850 212 999
St. Mary's Health Centre	(0504) 23211
SVP Co. Tipperary	(061) 317327
SVP, Moycarkey Parish	(087) 1165143
SVP, Holycross Parish	(087) 6603935
The Blue Door	085 2246371
Thurles Credit Union	(0504) 91700
Thurles Lions Club	(087) 3983672
Thurles MABS Money Advice	076 107 2740
Thurles Order of Malta	(087) 2390111
Ulster Bank	(0504) 24491