



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



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 PHARMACIES

All Pharmacies are operating normal service. 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.

BORRISOLEIGH

David O'Connell	(0504) 51132
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TEMPLEMORE

Hylands Care Plus	(0504) 35781
Mocklers Pharmacy	(0504) 31535
Murphys Pharmacy	(0504) 31810

THURLES

Boots Shopping Centre	(0504) 24954
Hickeys	(0504) 21423
Liberty Pharmacy	(0504) 90604
Lloyds Pharmacy	(0504) 22184
Mahers CarePlus Pharmacy	(0504) 58960
Mc Cebes (Ryan's)	(0504) 21473
Mocklers	(0504) 21421
Sammons	(0504) 21104
Thurles SC Pharmacy	(0504) 24586

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 804 591
Samaritans	116 123
HSE	1800 24 1850
Pieta House	1800 247 247
Senior Line	1800 804 4591

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**

SUPERMARKETS & SHOPS

TEMPLEMORE

Eurospar	(0504) 31449	(D)
Fitzpatricks Newsagents	(0504) 31555	(D)
Lidl	(0504) 56586	
Londis Cambies	(0504) 31222	
Mulrooneys Gala	(0504) 56634	
O'Connells Centra	(0504) 31612	(D)
Peter's Fruit & Veg	(0504) 31791	(D)
Ryans Gala Express	(0504) 31247	(D)

BORRISOLEIGH

Meagher's Shop	(0504) 51825	
Shanahan's Centra	(0504) 51068	(D)
Hurley's Gala	(0504) 51755	

BUTCHERS

Farrelly Butcher's	(0504) 31376	(D)
Tom's Family Butchers	(087) 4052179	(D)
Joey O'Dwyer's B'Leigh	(0504) 51629	(D)

TAKEAWAYS

Foley's Indian T'more	(0504) 32796	
Tasty Bites T'more	(0504) 32979	
The Wishing Well T'more	(0504) 32716	
Ling Garden B'leigh	(0504) 51888	
Take 5 B'leigh	(0504) 50934	

"D" refers to availability of Delivery service please call in advance to find out individual arrangements during **Covid 19**

USEFUL LOCAL NUMBERS

Dept. of Social Protection	(0504) 67100
ASCEND Domestic Abuse Service	(0505)23999
AIB Thurles	(0504) 22055
An Garda Siochana	0504) 31011
An Post, Borrisoleigh	(0504) 51101
An Post, Templemore	(0504) 31098
Bank of Ireland, Templemore	(0504) 31977
Bank of Ireland, Thurles	(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 Illness)	087 7878222
Priest on Duty Templemore	086 2420611
Rev. G. Hennessy PP B'Leigh	(0504) 51935
Rev. Graham Sawyer, Kilcooley	(056) 8834147
Church of Ireland Diocesan Office	(056) 7786633
St. Mary's Health Centre	(0504) 23211
St Vincent de Paul Co. Tipperary	(061) 317327
St. Vincent de Paul Templemore Local Contact	083 8000335
Templemore Community Services	0504 31244
Templemore Credit Union	(0504) 31603
The Blue Door	085 2246371
Thurles Credit Union	(0504) 91700
Thurles MABS Money Advice	076 107 2740
Thurles Order of Malta	(087) 2390111
Ulster Bank	(0504) 24491