

Library Clubs and Events

All FREE of charge

Book clubs	Discussion groups
Puzzle clubs	Bealtaine Festival
Card clubs	Events
Writers groups	Exhibitions
Craft Circles	Displays
Scrabble	Workshops



Clonmel Library

Emmet Street

Clonmel

Co Tipperary

Phone: (052) 6124545

E-Mail: clonmellibrary@tipperarycoco.ie

www.tipperarylibraries.ie/clonmel



Comhairle Contae Thiobraid Árann
Tipperary County Council
Library Service

Q. How can I join the library?

A. Library membership is free for everyone. All you need to do is fill in a form and bring along ID which confirm your name and address.

Did you know many library books are available as ebooks and eaudiobooks via www.tipperarylibraries.ie/ebooks

5 steps to living well with dementia in South Tipperary.



0870550050

www.southtipperarydementia.ie

Living Well with Dementia at your Library



Comhairle Contae Thiobraid Árann
Tipperary County Council
Library Service

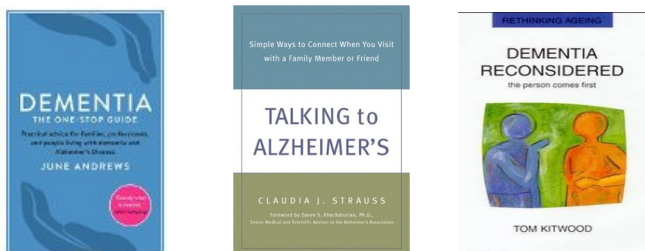


Helping people with dementia live full, enriched and happy lives at home and within their own communities for as long as possible.

Please take a leaflet.

Dementia Support and your local library

Public Libraries have been identified as having an important role to play in supporting people with dementia their carers and their families.



Q. What can I do at my local library?

A. Your local library will have groups and clubs that you can join to meet like minded people. Libraries have regular events like book club meetings, scrabble clubs, knitting and craft circles and writers groups. You can visit the library to read books, use the internet or read newspapers and magazines. You can borrow books, audio books, ebooks, CDs, DVDs, large print books and Quick Reads.

Q. What information can your library offer dementia sufferers and their families?

A. Libraries stock a wide range of information and support books (approved by Occupational Therapist, Simone McGoldrick). You will also find fiction and books for children that can help families develop an understanding of dementia.

Recommended Reading

The Simplicity of Dementia: a guide for family and carers. Beijssen, H.

The Essential Carer's Guide to Dementia. Jordan, M.

Dementia Reconsidered: the person comes first. Kitwood, T

The Pool Activity Level Instrument for Activity Profiling. Pool, J

Promoting mobility for people with Dementia. Oddy, R.

Talking to Alzheimers: simple ways to connect when you visit with a family member or friend. Strauss, C.J.

Dementia. The One-Stop Guide. Andrews, J.

Understanding Forgetfulness and Dementia. Martyn, C.

Loving Someone who has Dementia. Boss, P.

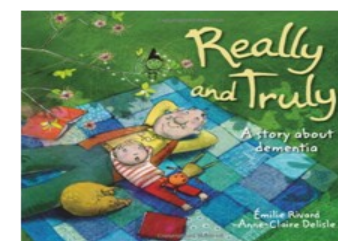
Live and laugh with Dementia. Low, Lee-Fay

Healthy eating to reduce the risk of Dementia. Rayman, M.

ABC of Dementia. Richards, F.

Helping Children to Understand

These stories that give an insight into what children see happen to a loved one with dementia. Children will learn how to cope with the changes and feel reassured and involved.



Really and Truly: a story about dementia. Rivard , E.

My Hippie Grandmother. Lindbergh, R.
Remembering for Both of Us. Wood, C.



Elizabeth is Missing. Healy, E.

We are not ourselves. Thomas, M.

Flight. Frawley, O.