



Learning Limerick

Together for a brighter future

SOUVENIR COPY

WORK &
ENTERPRISE

INDIVIDUAL

COMMUNITY

FAMILY

UNIVERSAL

Learning Limerick presents
Limerick Lifelong Learning Festival

2020

Monday **September 28** - Sunday **October 4**

**Limerick Lifelong
Learning Festival**

love learning



V I R T U A L



For more information

www.limerick.ie/lovelearning

All events are **FREE**



MAYOR'S FOREWORD

I am delighted to launch this programme for the 10th annual Limerick Lifelong Learning Festival. The Limerick Lifelong Learning Festival has expanded and grown over the years. It has garnered an even greater impetus to excel and innovate following the recognition for Limerick of the UNESCO Learning City Award 2017.

Learning and the love of learning is not confined to the young or a class room. We can do it anywhere, as the lockdown over the past number of months has highlighted to us so clearly. The festival provides a timely opportunity to reflect on the many contexts in which we are learning, as well as exploring new ways and opportunities for learning. Thus the festival theme this year 'Celebrating and Building Learning Communities'. We are celebrating the resilience of our local communities. Organisers of this year's festival have worked extremely hard to curate a festival of events that is interesting, varied and accessible, despite the obvious restrictions. It is testament to the innovative and creative team that so many events are taking place.

This year, the festival is working closely with the Irish Network of UNESCO Learning Cities (including Cork, Belfast, Dublin and Derry Strabane) in collaborating on the Irish Network of Learning Cities Day on Wednesday 30th September. This will include collaborating on learning events and promoting learner stories from each of our cities. Running the festival as a virtual one offers the added advantage that attendees for our events can come from Learning Cities from all around the world and log on to attend and participate; and share their learning!

I've no doubt that the list of events taking place over the course of the festival will be of interest to people in communities the length and breadth of Limerick city and county and of course further afield. I'm confident that interest from members of the public will be high as previous years. This is a mark of the commitment to promoting learning in all its forms and the interest in lifelong learning across all groups in society.

I wish you the all the very best for the 2020 festival, I've no doubt it will be as successful as ever.

CLLR MICHAEL COLLINS

Mayor of the City and County of Limerick



INTRODUCTION

The Limerick Lifelong Learning Festival takes place this year from Monday 28th September to Sunday 4th October and marks its 10th anniversary this year. The theme for 2020 is **'Celebrating and Building Learning Communities'** building on the on the tagline for the week-long festival *'Communities, Connecting, Learning'*; and for the first time is being run as a virtual festival this year. It will also celebrate Limerick as a UNESCO Learning City-Region.

The excitement of learning will be promoted through a multitude of varied events including: online interactive information sessions; live presentations /broadcasts via zoom/YouTube channel/Facebook streaming, short films, pre-recorded events/activities, webinar panel debates/discussions, information sessions and live chats. With over 80 free events in this year's programme, there is certainly something for everyone to choose from; with a diversity of activities that includes dance, art, health and science, business and developing career options.

The flagship event for the festival this year is **'Learning during Changing Business Times'**. In this webinar in collaboration with the Mid-West Regional Skills Forum, we bring together speakers from a number of different local business sectors in the Limerick Region to present and discuss how they have responded to the challenges presented by Covid-19. The Seminar provides an exciting opportunity to hear experiences from diverse sectors and to explore the commonalities in learning for all. Skills and talent development; empowering staff during the crisis and thoughts for the future will also be explored.

Also during the week, the **Irish Network of UNESCO Learning Cities** will be hosting a collaborative **Irish Learning Cities Day** on 30th September 2020. As well as the collaborative events hosted by Learning Limerick, Cork, Belfast, Dublin and Derry Strabane Learning Cities; the five Irish cities will also share some stories of learners who have been involved in their festivals; and collectively promote these powerful messages of lifelong learning.

The Learning Limerick Steering Group presents the festival each year. This group represents all the main stakeholders involved in promoting learning in Limerick. For our event organisers, the Festival represents an opportunity to engage directly with the public and potential attendees on courses or new members and to be part of an event which shows Limerick in a positive light! On behalf of the steering group, I would like to express my thanks to our sponsors who provide vital funding to run the festival. I would like to especially thank all those involved in planning the festival and running the numerous events. Without the continued hard work and commitment of all the various event organisers, the fantastic events planned for the 10th Limerick Lifelong Learning Festival would not be possible. I look forward to seeing you during the week.

EIMEAR BROPHY

Limerick and Clare Education and Training Board and Chair, Learning Limerick Steering Group



Plus new
**Pathways to
Apprenticeship**
courses starting
soon

Call Centre Operator

Equine Groom

Hairdresser

Find the **Best**  in you.

Explore Further Education
and Training pathways on
learningandskills.ie



Bord Oideachais & Oiliúna
LUIMNIGH & AN CHLÁIR
LIMERICK & CLARE
Education & Training Board



European Union
Investing in Your Future
European Social Fund



Rialtas na hÉireann
Government of Ireland



Limerick College of Further Education
Realising new futures

ENROLLING NOW

- Supportive, inclusive, blended learning environment
- Low registration fees, non CAO
- Excellent employment opportunities
- Tremendous progression links

FIND US



Limerick European Structural and
Investment Funds Programmes
2014-2020
Co-funded by the Irish Government
and the European Union



European Union
Investing in Your Future
European Social Fund



Rialtas na hÉireann
Government of Ireland



Bord Oideachais & Clúna
LIMERICK & CLARE
Education & Training Board

**SECURE YOUR SEPTEMBER
COLLEGE PLACE NOW -
APPLY ONLINE TODAY!**

Email: apply@lcfе.іe

Web: www.lcfе.іe

LCFE Mulgrave Street Tel 061 414 344
LCFE Cappamore Tel 061 381759



Learning Neighbourhood **REFLECTIONS** Positive Local Learning during Challenging Times



The LCEN and Limerick and Cork Learning Neighbourhoods will come together in this online interactive workshop to share their experience of Learning Neighbourhoods; present examples of good practice and look at ongoing development of Learning Neighbourhoods in Limerick and Cork. If you are involved in a Learning Neighbourhood or interested in learning more about these projects join us in this online event: -

Date: Tuesday 30th September 2p.m. - 3.30 p.m.

Venue: Online via ZOOM

Contact: Patrick Fitzgerald - patrick@lcn.ie



**We're just part
of your team –
supporting you
all the way.**

For full-time, part-time, flexible
and online programmes visit

www.ul.ie

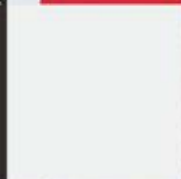
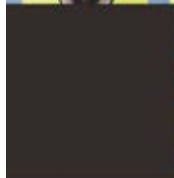
#PostGradAtUL



**UNIVERSITY OF
LIMERICK**
OLLSCOIL LUIMNIGH



**Develop your
potential**



Professional and Flexible Learning

Part-time, Evening, Online and
Blended Programmes 2020/21



lit.ie/flexible-learning

LIMERICK / TIPPERARY / CLARE

WORK &
ENTERPRISE**W&E – WORK and ENTERPRISE**

SME sector, start-ups (existing and potential), owner managers as well as students and individuals thinking of starting a business or getting a job.

INDIVIDUAL

**I – INDIVIDUAL****(Seniors, Adults, Students, Youth, Teens)**

Personal Development, Professional Development, Communications Skills, for young people, adults and seniors. Learning organised by Third Level Institutions, Adult Education Sector, Private Providers, Community Groups, etc.

COMMUNITY

**C – COMMUNITY**

Events and learning that are taking place in the community; also learning skills that are very appropriate for any individual or community group.

FAMILY

**F – FAMILY**

Fun interactive events for all the family as well as learning sessions for parents and children up to 14 years.

UNIVERSAL

**U – UNIVERSAL****(Universal can include Individual, Family, Community, Work & Enterprise)**

Interactive events across a wide variety of areas such as history, fashion, activities for children and young people, culture, business and personal development, arts and crafts, music and dancing, sports and leisure, health studies, as well as many events exploring more traditional education and training areas.



Dancing Together: Online Dance Clubs for Young People

Online Dance Clubs for Young People are a way for us to continue to share dance with you during social distancing. We'll introduce the excitement and wonder of dance to children through movement, creativity, and learning and play in a special online series beamed directly into your home. A dedicated Life Long Learning Festival page will be made available on the Dance Limerick website <https://dancelimerick.ie> from 28th Sept - 4th October.

This event would suit young people aged 2-18 years. This event is hosted by Dance Limerick.

Contact: Emer Casey, Dance Limerick. **Email:** info@dancelimerick.ie

Website: www.dancelimerick.ie



Pom Pom Bombing to Celebrate Re-Connecting with Our Community

Images of Pom Pom making and displays to be shared virtually throughout the week. Young children and adults make colourful Pom Poms and display publicly in their community, supporting our youngest children to re-connect in a fun way with their community and promoting a sense of belonging. Online activity will be virtually sharing images of making and displaying throughout the week. Instructional video and wool will be available the week prior to Festival. This event will be of interest to adults and younger children. This event is hosted by Limerick Childcare Committee.

Contact: Laura Sheehan, laura@limerickchildcare.ie, 061 600918



STEM Activities and Challenges

A series of nine STEM activities and challenges for children (and adults alike) will be posted on Mary Immaculate College and Lifelong Learning Festival social media across the week of the festival. These fun and engaging activities can be undertaken with simple everyday items from the home. This event will be of interest to primary school children and their parents. This event is hosted by Mary Immaculate College, Enterprise and Community Engagement.

Contact: Patricia O'Sullivan, patricia.osullivan@mic.ul.ie



Incredible Years Interactive Session for Children

Time: To be confirmed.

A live Q & A type session using the IY puppets to engage children with learning on a particular topic. There will be a theme chosen, children will be asked to submit questions/artwork beforehand. Puppet to answer some questions live, do some callouts & acknowledgements for artwork. This event is hosted by Incredible Years Limerick.

Contact: Niamh Dalton ndalton@paulpartnership.ie 087-6703083





Transnational Cultural Heritage Archive - Video

Short video presenting work of PLACE-EE project and demonstrating the Transnational Cultural Heritage Archive created by participants in rural and isolated regions of Europe (Limerick, Fermanagh and Omagh, Iceland and Sweden). Older and younger participants worked to improve technological skills and record cultural heritage that is at risk of being lost. Vimeo film available throughout Festival circa 15 minutes. This event will be of interest to those with an interest in heritage locally, nationally and internationally. This event is hosted by PLACE-EE (Platforms for Ageing Community Engagement - Exchange and Enterprise).

Contact: Gillian Robinson GM.Robinson@ulster.ac.uk 0044 (0)7718 626360



Panel Discussion: Technology, Older People and eHealth (Recording)

Recording of online Panel Discussion. Key speakers from government, health agencies and community organisations reflect on COVID impact on: access to health; the need for improved technological access and skills; and strategies going forward for older people. Online recording available throughout Festival. This event will be of interest to older people and those working in organisations that support them. This event is hosted by PLACE-EE (Platforms for Ageing Community Engagement – Exchange and Enterprise).

Contact: Gillian Robinson GM.Robinson@ulster.ac.uk 0044 (0)7718 626360



Snuggles, Stories and Smiles!

Explore amazing brain facts and hear how stories and nursery rhymes can support early brain development, communication and bonding with your little ones!

Enjoy a pre-recorded story and rhyme session and join in with your child and sing along! This event will be of interest to parents / carers of babies & toddlers. This event is hosted by ABC Start Right / Little Voices.

Contact: Helen Ryan hryan@paulpartnership.ie, 061-419388.



Blooming All Winter

Join our Community Gardner, Barbara to find out how to bring your indoor plants back to life and how to plant window boxes etc. for the coming winter season. This event will be of interest to people interested in learning about plants. This online event is hosted by Southill Hub.

Contact: Karen O' Donnell O' Connor kodoconnor@southillhub.org 061 603710



A Human Library of Religions and Beliefs in the MidWest Region

Time: Pre-recorded event.

Come along and learn from the human library of living religions in the Midwest. We will host an event where grassroots members of religions in the Midwest speak about themselves, their religious traditions, beliefs, and how they impact on their everyday lives. Our members come from the Bahá'í, Christian, Hindu, Islamic, Quaker, Sikh and other traditions. This event will be of interest to General Public. This event is hosted by MidWest Interfaith Network.

Contact: Patricia Kieran Patricia.kieran@mic.ul.ie;

Patricia Rainsford patriciarainsford@gmail.com



Animation Showcase

Showcase of 7 short stop- motion animations. Created by Art Craft Design learners as part of their course. The animations are based on fairytales and all the characters we made in class using found materials! For the general public and young people. This event is hosted by Limerick and Clare Education and Training Board VTOS, Further Education and Training Centre, Kilmallock Road Campus.

Contact: Jayne Foley, jayne.foley@lcetb.ie ; 086 8155610



'Inspired' Virtual Art Exhibition

A unique opportunity to view the fantastic artwork created by Art Craft Design learners in this online gallery. The exhibition showcases Painting, Drawing, Ceramics and Photography and represents just a selection of the total creative output of the learners over the past year. For the general public. This event is hosted by Limerick and Clare Education and Training Board VTOS, Further Education and Training Centre, Kilmallock Road Campus.

Contact: Jayne Foley, jayne.foley@lcetb.ie; 086 8155610



Living Woodlands: How can we save the Irish ash tree?

An introduction to what's happening to the Irish ash tree and the benefits of creating living, biodiverse woodlands. For the general public. This event is hosted by Limerick and Clare Education and Training Board VTOS, Further Education and Training Centre, Kilmallock Road Campus.

Contact: Colm Galvin, colm.galvin@lcetb.ie 0877438458



Learning to Use and Apply BLOCKCHAIN

An online tuition course on BLOCKCHAIN, from basic fundamentals through to application. dacade.org This event is open to all, and no experience needed. Free, weeklong, online training to join from September 28th onward. This event is hosted by Aeternity Foundation. (<https://aeternity.com/>)

Contact: Owen O'Driscoll odriscollowen@gmail.com





Hygiene Matters

Time: 10:00 am – 11:00 am

Do you have unanswered questions and uncertainty around how good hygiene habits help to curtail infections e.g. Covid-19? If so, this event will enlighten you. The workshop concerns good hygiene habits, focusing on **hand hygiene**, use of **face coverings/masks**, cough and sneeze hygiene and plenty of time to answer questions. This event will be of interest to the general public and those interested in infection prevention and control. This event is hosted by University of Limerick Department of Nursing & Midwifery. The MS Teams Meeting link information to click on and join for this event is on www.limerick.ie/lovelearning

Contact: Dr. Liz Kingston Liz.kingston@ul.ie 086-8033495



Videos on Recovery in Mental Health

Time: 10:00 am

We will be launching a series of videos on recovery in Mental Health and education across all of our social media platforms for Limerick Lifelong Learning 2020. This event is suited to the general public. This event will be available via @MidWestARIES on YouTube, Facebook, Twitter and Instagram.

https://www.youtube.com/channel/UC9J-SNw1WSPWd_mwHfEOA8w <https://www.facebook.com/MidWestAries/> <https://twitter.com/MidWestAries>. This event is hosted by Mid West

Advancing Recovery in Ireland Education Service (ARIES).

Contact: Margaret Keane, 061 461277 **mobile:** 085 2873526

email: margaret.keane9@hse.ie



Career Opportunities for Women

Time: 11:00 am -11:20 am

1 Workshop – Interview Tips, 4 steps to smashing the fear factor out of interviews. Short workshops to enable participants to prepare & deliver an effective interview in a variety of settings. Zoom link information on www.limerick.ie/lovelearning This event would be of particular interest to women who are economically inactive wishing to return to work. This event is hosted by Ballyhoura Development CLG.

Contact: ngrufferty@ballyhoura.org



SNAPSHOT of National Learning Network – Limerick

Time: 11:00 am-11:20 am

Explore a unique style to Adult Education with the National Learning Network. View our various vocational training programmes and facilities and meet with tutors and students virtually. Virtual tour of our Raheen Campus and would be of particular interest to people who need extra support with training, early school leavers, those out of work due to accident, illness or disability. This event is hosted by the National Learning Network.

Contact: Katherine Maher, National Learning Network, Raheen Business Park, Limerick.
Katherine.maher@nln.ie 061 229777 or 0873454408



Feeding the Community – Lessons from the Front Line of Community Food Provision

Time: 13:00 pm – 14:00 pm

Zoom Webinar

An on-line discussion forum/panel discussion on the challenges facing community based food providers and the lessons from Covid 19. Event will be hosted on Zoom. This event would be of particular interest to people involved with Community Food Projects, Social Enterprises and Community Groups. This event is hosted by Limerick City Social Enterprise Discussion Group and Limerick Food Partnership.

Contact: Michael Gleeson, mgleeson@paulpartnership.ie or Phone: 087 4078648



The Infamous Irish Gothic Novel, Melmoth the Wanderer (1820) and Introduction to the MA in English

Time: 14:00 pm – 15:00 pm

An introduction to the MA in English at the University of Limerick and a discussion of related research-led teaching by Course Direction, Dr. Christina Morin. Morin will focus, in particular, on the bicentenary anniversary in 2020 of the infamous Irish gothic novel, Melmoth the Wanderer (1820), by Anglo-Irish clergyman, dramatist, and novelist, Charles Robert Maturin. This event will be of interest to the general public, Irish gothic and gothic literature fans, students currently completing undergraduate degrees and other learners interested in pursuing postgraduate studies. This event is hosted by University of Limerick School of English. The MS Teams Meeting link information to click on and join for this event is on www.limerick.ie/lovelearning.

Contact: Christina Morin Christina.morin@ul.ie English Literature Section, School of English, Irish, and Communication.



Explain 'BLOCKCHAIN'

Time: 12:30 pm – 1:00 pm

A short presentation followed by a live Q&A session online, to explain BLOCKCHAIN: what it is, what it can do and some examples of where it is being used. Online event on Zoom. This event is open to all, and no experience needed. This event is hosted by Limerick Institute of Technology (www.lit.ie) and Aeternity Foundation. (<https://aeternity.com/>)

Contact: Owen O'Driscoll odriscollowen@gmail.com



MONDAY 28TH September

Learning Limerick
Together for a brighter future



Advanced BLOCKCHAIN

Time: 14:00 pm – 14:30 pm

An opportunity to sit with a live panel of BLOCKCHAIN experts, discuss the current challenges of the function and it's future. Online event on Zoom. This event is open to all, and no experience needed. This event is hosted by Aeternity Foundation. (<https://aeternity.com/>)

Contact: Arjan Van arjan@appiness.solutions



Online Talking Circle on My COVID-19 Experience

Time: 14:00 pm – 15:00 pm

Share your experience so far (positive and/or negative) in this post-COVID world, while also listening to others share their experiences. At the same time, experience the power of a talking circle and its ability to develop that most important of skills, empathy, in this simplest and most ancient of ways. One hour talking circle via Zoom. E-mail respracdevoff@gmail.com or contact through <http://www.restorativepracticeslimerick.ie> for Zoom link. This event would be suited to a wide audience. This event is hosted by Limerick Restorative Practices Project.

Contact: Joe Power, Restorative Practices Development Officer respracdevoff@gmail.com or phone 087-9363010



Online Talking Circle on My Black Lives Matter Experience

Time: 16:00 pm – 17:00 pm

Share your experience so far (positive and/or negative) of Black Lives Matters, while also listening to others share their experiences. At the same time experience the power of a talking circle and its ability to develop that most important of skills, empathy, in this simplest and most ancient of ways. One hour talking circle via Zoom. E-mail respracdevoff@gmail.com or contact through <http://www.restorativepracticeslimerick.ie> for zoom link. This event would suit a wide audience. This event is hosted by Limerick Restorative Practices Project.

Contact: Joe Power, Restorative Practices Development Officer
respracdevoff@gmail.com or phone 087-9363010





Building Connections with Communities through Local History

Time: 18:00 pm - 19:00 pm

Building connections with communities through local history with Dr David Fleming, Department of History, University of Limerick. This event will be of interest to the General Public, amateur historians. This event is hosted by University of Limerick Department of History. The MS Teams Meeting link information to click on and join for this event is on www.limerick.ie/lovelearning.

Contact: Dr. David Fleming David.Fleming@ul.ie Lecturer and Course Director, MA Local History



Cyber Youth Club

Time: 18:30 pm - 19:30 pm

Start the week with an online youth club with fun & games with LYS digital youth work team. This event will be held via Zoom (pre booking essential). This event will suit young people (10-18yrs) with groups divided as per ages. This event is hosted by Limerick Youth Service.

Contact: Dermot Troy dermott@limerickyouthservice.org Tel: 061-412444/083-1726898



Bucking the Art in Oranmore

Time: 19:00 pm – 19:30 pm

This presentation looks at one segment of the standard traditional Irish dance tune, 'The Bucks of Oranmore'. It will demonstrate how traditional musicians interpret centuries old melodies in artful, creative and refreshing ways that can mould and reinterpret ideas of traditionality and identity (and have a lot of fun too!). This event will be of interest to musicians and the audience for traditional music and related practices. This event is hosted by University of Limerick Irish World Academy of Music and Dance. The link information to click on and join for this event is on www.limerick.ie/lovelearning.

Contact: Dr. Niall Keegan Niall.keegan@ul.ie 0868162242 Course Director, MA Irish Traditional Music Performance.



TUESDAY 29TH September



Learning in a Changing Business World

Time: 10:00 am – 11:30 am

Zoom Webinar

In this seminar, we bring together speakers from a number of different local business sectors in the Limerick Region to present and discuss how they have responded to the challenges presented by Covid-19. The Seminar provides an exciting opportunity to hear experiences from diverse sectors and to explore the commonalities in learning for all. Lessons that have been learned through COVID-19; and the presenters' thoughts for the future will be shared. Skills and talent development and empowering staff during the crisis and for the future will be explored. This seminar will be of interest to the business sector and our local communities. All partners involved in Lifelong Learning across the Limerick Region and our partners in the Irish Network of Learning Cities and members of the UNESCO Global Network of Learning Cities are very welcome to attend. This event is hosted by Learning Limerick in collaboration with the Mid-West Regional Skills Forum.

Contact: Contact Yvonne Lane at yvonne.lane@paulpartnership.ie Phone 061-419388.



Online Transactions

Time: 11:00 am – 12:30 pm

As we are encouraged to do more and more online - Join us as we show you how to take your everyday transactions online, including grocery shopping, taxing your car, booking a train and even a hotel. Now is the time to learn how to get online. This event will be of interest to the general public. This event will be hosted via MS Teams. Tickets are available: <https://www.eventbrite.ie/e/116019492425>. This event is hosted by Mobile IT.

Contact: MobileTinfo@mobileit.ie or phone 061-389592



Using Reflection to Promote Positive Mental Health

Time: 11:00 am – 11:30 am

In life we all experience a wide variety of challenges. During this workshop we will focus on the use of personal reflection as a means of learning from your life experiences to assist you in making positive changes to your mental health going forward. The event will be hosted via MS Teams. The event will suit the general public. This event is hosted by Focus Programme National learning Network.

Contact: donna.mcGovern@nln.ie or Phone Number: 061 305272 or 087 9157066

TUESDAY 29TH September



History of Limerick Museum 1907-2020

Time: 13:00 pm – 13:25 pm

Online lecture on the history of Limerick Museum, the oldest local authority museum in the State. For those interested in Limerick history and heritage. This event is hosted by Limerick Museum.

Contact: Dr Matthew Potter on 061-557740.



Finding Your Voice – Connecting to the Songwriter Within

Time: 14:00 pm – 14:30pm

Carl Corcoran is the director of the MA in Song writing at the Academy (the only one in Ireland - twice nominated in Grad Ireland PG Course of the Year Awards) where he has the privilege of sharing the joys of writing songs. In this presentation he will help you find your song writing voice. This event will be of interest to fledgling (and experienced) songwriters willing to experiment in the craft of writing songs. This event is hosted by University of Limerick Irish World Academy of Music and Dance. The link information to click on and join for this event is on www.limerick.ie/lovelearning.

Contact: Carl Corcoran Course Director MA in Song writing Irish World Academy at the University of Limerick Email; carl.corcoran@ul.ie



Code Red: Designing for Period Positivity & Hacking Women's Health

Time: 15:00 pm – 16:00 pm

This interactive seminar focuses on women's health as a side-lined topic in design – which has led to the creation of products and services that don't work well for many women across their lifespan. The seminar will also showcase work on designing better menstrual and menopause experiences currently ongoing at UL. This event will be of interest to the general public / healthcare professionals / amateur artists and designers / those interested in feminism. This event is hosted by University of Limerick School of Design. The link information to click on and join for this event is on www.limerick.ie/lovelearning. <https://bit.ly/3j2Roq6>

Contact: Dr. Kellie Morrissey kellie.morrissey@ul.ie 0894910266



For more information www.limerick.ie/lovelearning



TUESDAY 29TH September



The Flavours of Limerick

Time: 16:30 pm – 18:00 pm

Limerick Community Education groups along with their Limerick and Clare Education and Training Board tutors have brought together in one book, a collection of delicious recipes, creative writing and artwork. Experience the launch of the book 'Flavours of Limerick' here with a showcase of the food contained within and the stories that made the book what it is. This event will be of interest to all learners, tutors and the general public. This event is hosted by LCETB and Limerick Community Education Network (LCEN). All proceeds of the book are going to Limerick Marine Search and Rescue.

Contact: Patrick Fitzgerald – Patrick@lcen.ie or Mary Flannery - mary.flannery@lcteb.ie



Old School - Universities and Student life in the Medieval and Early Modern World

Time: 18:00 pm – 19:00 pm

In this talk, Dr Richard Kirwan will explore why and how universities were founded; who studied at them and what did they learn; and how students behaved (or misbehaved). Taking a whistle-stop tour of old and new university campuses from lecture halls to student prisons, this talk will also consider what has and has not changed in the intervening centuries. This event will be of interest to the general public interested in History; curators and interpreters of cultural heritage; researchers. This event is hosted by University of Limerick Department of History. The MS Teams Meeting link information to click on and join for this event is on www.limerick.ie/lovelearning.

Contact: Richard Kirwan Richard.kirwan@ul.ie Director of the Centre for Early Modern Studies, Course Director, MA History.



DARE to have a Life – While Making a Living

Time: 18:00 pm – 20:00 pm

Hosted on Zoom. This event would suit adults with a passion or desire for change in their working lives. Interactive workshop about the journey from 'working to pay the bills' to discovering there are 1000's of ways to pay a mortgage, even ones doing what you Love. This event is hosted by The International Academy. 13 years experience as Life Coach / NLP Master Practitioner. The Zoom link information to click on and join for this event is on www.limerick.ie/lovelearning.

Contact: Patrick Mercie, patrickmercie66@hotmail.com Or phone: 083-3008963



Sociology in the City: Racism and Anti-Racism in Ireland

Time: 18:30 pm – 20:30 pm

Racism in its various forms has a long history in Ireland. From colonial policies to the contemporary rise of the far-right, a range of racialised groups have been subjected to racist hostility and discrimination. This session provides insights on racism and how to be anti-racist in 21st century Ireland. The event will be held via Zoom/ MS Teams. This would be of particular interest to the general public, people with an interest in racism/anti-racism; sociology. This event is hosted by the Limerick Anti-Racism Network and University of Limerick. The MS Teams Meeting link information to click on and join for this event is on www.limerick.ie/lovelearning.

Contact: James Carr james.carr@ul.ie



Garryowen's Sporting History

Time: 19:00 pm – 20:00 pm

Garryowen's Sporting History with George Lee. The event will be held via Zoom Seminar. This event will be of interest to members of the community. This event is hosted by Garryowen CDP.

Contact: John Buttery, john@garryowencdp.com 087988 8326



Of the people, by the people, for the people: why public history matters

Time: 19:00 pm – 20:00 pm

Webinar introduction to public history, discussing what it is and why it matters. Will interest anyone following recent public history issues, including controversies about commemorations, flags and statues. This event will be of interest to the General public interested in History; Curators and interpreters of cultural heritage, practitioners and potential students of public history, are all welcome to this illustrated talk followed by Q&A. This event is hosted by University of Limerick Department of History. The MS Teams Meeting link information to click on and join for this event is on www.limerick.ie/lovelearning.

Contact: Karol Mullaney Dignam Karol.mullaney-dignam@ul.ie Course Director, MA Public History and Cultural Heritage, Department of History, University of Limerick



For more information www.limerick.ie/lovelearning

WEDNESDAY 30TH September



Your Education - Opportunities and Supports

Time: 11:00 am

Limerick Citizens Information will outline back-to-education opportunities and supports available, with a particular focus on second-chance learning. Zoom presentation. This event will be of interest to adults who would like to resume their education.

Contact: Ciarán Casey Ciaran.casey@citinfo.ie, ph: 087-9968938 and Lorraine Whisker Lorraine.whisker@citinfo.ie, ph: 0761-07-5780



Tour of Limerick Museum

Time: 11:00 am – 11:25 am

Join us for an online guided tour of the oldest local authority museum in the State which tells the story of Limerick through its objects. This event would be best suited to those interested in Limerick history and heritage. This event is hosted by Limerick Museum.

Contact: Dr Matthew Potter on 061-557740.



Online Hobbies

Time: 11:00 am – 12:30 pm

Times are certainly changing and for some of us we've had to get online for shopping, information etc. But here we will explore the fun things to do online. From watching your favourite shows, playing cards, taking a stroll through a museum to coloring, we will go through many of the hobbies you can enjoy online. This event will be of interest to the general public. This MS Teams event will be hosted by Mobile IT. Tickets are available via: <https://www.eventbrite.ie/e/116024724073>.

Contact: Mobile IT, info@mobileit.ie or phone: 061-389592



The Mature Student Experience

Time: 12:00 pm – 13:00 pm

"A WALK IN HER SHOES" Presentation by Jennifer Reidy, Graduate of Limerick Institute of Technology, Founder and Trainer at Compassion Fatigue Ireland. The event will be hosted via Zoom and will be of interest to anyone considering a return to higher education as a mature student. This event is hosted by LIT Access Service.

Contact: Mary, 061 293103 access@lit.ie



WEDNESDAY 30TH September



The Workplace of 2030. Skills you will need; Skills your business will need

Time: 13:00 pm – 14:00 pm

The workplace is changing at rapid speed and to ensure your career advances you will need to consider new skills, knowledge and attributes. Similarly, if you are managing a team or running a business, what do you need to be planning for? In this interactive session we will look at future skills, Industry 4.0, and paint a picture of the workplace in 10, 20 years hence. This event will be of interest to those planning ahead for their careers and businesses looking to plan for future skills needs. This event is hosted by University of Limerick Graduate & Professional Education and the Mid West Regional Skills Forum. The MS Teams Meeting link information to click on and join for this event is on www.limerick.ie/lovelearning.

Contact: David Williamson, David.williamson@ul.ie



e-Teaching Languages Webinar

Time: 14:00 pm – 15:00 pm

Are you an adult educator who is a little terrified of digital tools for language learning? Then join us on this e-teaching language journey facilitated by Europass Teacher Academy! The session will provide you with tools to use with your students! The presentation will be followed by a Q&A section. Zoom presentation. This event will be of interest to Adult Educators interested in teaching languages. This event is hosted by Léargas' EPALE and Languages Programmes.

Contact: Manika-Nia Dixon, EPALE Officer mdixon@leargas.ie, 01 887 1247



Healthcare Opportunities for Women

Time: 14:15 pm – 14:30 pm

1 Interactive Session. Current participants in Healthcare Opportunities for Women programme to engage in discussion regarding benefits of the programme. Zoom link information to join for this event on www.limerick.ie/lovelearning. This would be of particular interest to women who are economically inactive wishing to return to work in a Healthcare Setting. This event is hosted by Ballyhoura Development CLG.

Contact: ngrufferty@ballyhoura.org



For more information www.limerick.ie/lovelearning





An Introduction to the Military Service Pensions Collection (MSPC)

Time: 14:30 pm – 15:30 pm

An online interactive workshop on the MPSC, which comprises nominal rolls, IRA activity reports, and pension files pertaining to thousands of republican veterans of the 1916 Rising and the War of Independence. The workshop will provide participants with (1) historical context for, and a basic overview of the collection and (2) information on how best to navigate the online collection with a view to retrieving ancestral records. This would suit anyone with an interest in the Irish War of Independence and archival/ genealogical records relating to the period. The workshop will be run through Zoom. This event is hosted by Watch House Cross Library.

Contact: Dr Seán Gannon. sean.gannon@limerick.ie Or phone: 061-557726



Learning Neighbourhood Reflections Positive Local Learning during Challenging Times

Time: 14:30 pm - 16:00 pm

Learning Neighbourhoods from Limerick and Cork come together to share examples of good practice and ideas and initiatives and things that can to be replicated for the development of Learning Neighbourhoods. This event will be of interest to Community Education Providers and Learners and Groups/Organisations involved in the Learning Neighbourhoods initiative; Support Organisations and partners and links at National and International level (UNESCO). This event is hosted by Learning Neighbourhoods Limerick, the Limerick Community Education Network (LCEN) and the Cork Learning Neighbourhoods Steering Group.

Contact: Contact Patrick Fitzgerald at patrick@lcn.ie.



Drones and underwater robots going where we can't - from deep blue to high sky

Time: 17:00 pm – 18:00 pm

In the CRIS centre, we are specialist in underwater robotics and unmanned aerial vehicles (UAVs). Meet our facilities and follow our field operations from the deep sea to the blue horizons. We will present our latest high-end ROVs (remotely operated vehicles) and smart drones. This event will be of interest to the general public. This event is hosted by University of Limerick Centre for Robotics & Intelligent Systems. The MS Teams Meeting link to click on and join for this event is at www.limerick.ie/lovelearning.

Contact: Gerard Dooly, Gerard.Dooly@ul.ie, Research Fellow CRIS; Edin Omerdic, Edin.Omerdic@ul.ie Senior Research Fellow CRIS; Oran.Dolphin-Murray@ul.ie, PhD; Oran.Dolphin-Murray@ul.ie; Isela.Ibrahimovic@ul.ie



Humans & Intelligent Machines: How technology will impact the future of work

Time: 18:00 pm – 19:00 pm

Artificial intelligence, 5G networks and robotics & automation are technologies that have been discussed in the media in recent years. In this session hosted by CONFIRM, we will discuss the potential impacts that these technologies may have on how we will live and work in the future. Link to join event is at https://rebrand.ly/CONFIRM_Lifelong_Learning. This event will be of interest to the general public audience, Secondary school pupils, Teachers, Industry,

Academics. This event is hosted by University of Limerick CONFIRM Centre.

Contact: Email: sean.obrien@ul.ie Tel: 061-202713 Mobile: 086-0269353

Web: <http://www.confirm.ie>



Diversity in the Limerick Community - the Impact of COVID-19 A panel of exceptional speakers, representative of a multicultural Limerick.

Time: 18:00 pm

Speakers will discuss Limerick as a city, their place in it and the diversity of the city. Each panelist will reflect on the impact COVID 19 is having on diverse and minority groups in Limerick. Professor Gary O'Brien (VP Governance and Strategy at Mary Immaculate College and Chair of Paul Partnership) will MC the event. Registration via Eventbrite. This event is hosted by Mary Immaculate College Athena SWAN in collaboration with Limerick Youth Service, GOSHH, Doras & UL Sanctuary PhD fellow.

<https://www.eventbrite.co.uk/e/diversity-in-the-limerick-community-the-impact-of-covid-19-tickets-113783573732>

Contact: Edel Foster & Santhi Corcoran. Edel.foster@mic.ul.ie Santhi.corcoran@mic.ul.ie



Ability Programme - Who are we & what do we do?

Time: 18:30 pm - 19:30 pm

The Ability Programme works with young adults (15-24yrs) who have a disability. Join us as staff & young people share their experiences. The event is to be held via Zoom (pre booking essential). This event would benefit parents & young people aged 15-24 with a mild to moderate disability who are interested in starting education/joining the workforce. This event is hosted by Limerick Youth Service.

Contact: John Cleary john.cleary@limerickyouthservice.org Tel: 061-412444/087-7024480



WEDNESDAY 30TH September



150 Years of St. John's Brass and Reed Band

Time: 19:00 pm – 20:00 pm

St. John's Brass and Reed Band with Tony McCarthy. The event will be held via Zoom Seminar. This event will be of interest to the local community. This event is hosted by Garryowen CDP.

Contact: John Buttery, john@garryowencdp.com 087988 8326



Great Irish Maths Stories

Time: 19:30 pm – 20:30 pm

Learn which great mathematical discoveries were made by Irish mathematicians, and hear their stories. No mathematics knowledge required. This event will be of interest to those curious about maths, science, or Irish history from ages 13 to 100+. This event is hosted by University of Limerick Department of Mathematics and Statistics. The MS Teams Meeting link information to click on and join for this event is on www.limerick.ie/lovelearning.

Contact: Doireann O'Kiely doireann.okiely@ul.ie

THURSDAY 1ST October

Learning Limerick
Together for a brighter future



2020
Monday September 28 - Sunday October 4

Limerick Lifelong
Learning Festival

Love Learning



Managing Well-Being and Mental Health in your Community

Time: 10:30 am – 12:30 pm

Come along to this workshop where we will discuss ways to manage our well-being and mental health. We will explore simple tools that we can use every day and hear from people who have lived experience of managing their recovery. A certificate of attendance will be provided. This workshop will be held on Webex. To take part in this event, please register with us on Eventbrite: <https://www.eventbrite.ie/e/free-workshop-managing-well-being-and-mental-health-in-your-community-tickets-115332961994>. The event will be of benefit to adults aged 18 and over with an interest in Mental Health Recovery & Well-being. This event is hosted by Mid West Advancing Recovery in Ireland Education Service (ARIES). Free Workshop. Contact: Margaret Keane, 061 461277 or 085 2873526- email: margaret.keane9@hse.ie



Guidance tools and information to prepare you for finding the best fit for you in education and training

Time: 11:00 am

Learn about key Guidance tools to help you discover what education and training would suit you. Hear about the variety of options available to you to up-skill and re-skill to find the best fit for you. This event is a twenty-minute pre-recorded webinar with live question and answer session afterwards for attendees. The event would be of particular interest to adult learners attending part-time programmes/adults interested in up-skilling and re-skilling. This event is hosted by Information, Recruitment and Guidance Support Service, Limerick and Clare Education and Training Board.

Contact: Lorraine O'Donoghue on 087 9377277 or email: lorraine.odonoghue@lcteb.ie



Using Reflection to Promote Positive Mental Health

Time: 11:00 am – 11:30 am

In life we all experience a wide variety of challenges. During this workshop we will focus on the use of personal reflection as a means of learning from your life experiences to assist you in making positive changes to your mental health going forward. The event will be hosted via MS Teams. The event will suit the general public. This event is hosted by Focus Programme National Learning Network.

Contact: donna.mcGovern@nln.ie or Phone Number: 061 305272 or 087 9157066



For more information www.limerick.ie/lovelearning





SNAPSHOT of National Learning Network – Ennis

Time: 12:00 pm – 12:30 pm

Explore a unique style to Adult Education with the National Learning Network. View our QQI Level 3 and 4 programmes and facilities and meet with tutors and students. Virtual tour of our Ennis Campus, Clare FM Building, Francis Street, Ennis. This event is of particular interest to people who need extra support with training, LCA students, early school leavers, those of out of work due to accident, illness or disability. This event is hosted by National Learning Network. **Contact:** Elaine Morris, National Learning Network, Clare FM Building, Francis Street, Ennis, Co. Clare or email: Elaine.Morris@nln.ie or phone: 065 6864560 or 0877110918



Exploring the Meaning and Experience of Digital Exclusion

Time: 14:30 pm – 15:00 pm

Presentation of interim research findings by the Tavistock Institute on the meaning and experience of digital exclusion. Findings from international literature as well as from primary research conducted in Limerick in February 2020 will be presented, followed by Panel Discussion reflecting on the research, digital exclusion during Covid-19, and steps forward. Of interest to citizens, service providers, policy makers with an interest in exploring the causes and responses to digital exclusion. This event is hosted by Limerick Digital Inclusion Working Group. **Contact:** Rozi Perez Goodbody rperezgoodbody@paulpartnership.ie Phone 061-419388.



Singing the “Rite” to Belong: A Presentation on Singing, Ritual and Newcomers to Ireland

Time: 15:00 pm – 15:30 pm

This presentation explores the ways in which music, particularly singing, and ritual create spaces of hospitality for newcomers. According to the United Nations, every minute 20 people are forced to leave their homes due to conflict or violence. These are among the most vulnerable people in our world. This presentation offers insights and suggestions as to how music and ritual can build creative bridges between people and help us live better together. This event will be of interest to the general public and researchers interested in music / migration / integration. This event is hosted by University of Limerick Irish World Academy of Music and Dance. The link information to click on and join for this event is on www.limerick.ie/lovelearning.

Contact: Professor Helen Phelan helen.phelan@ul.ie Irish World Academy of Music and Dance, University of Limerick



Further Education & Training

Time: 15:00 pm – 16:00 pm

Learn about the many education & training opportunities for young people (16-21yrs) with LYS Community Training Centre. This event will be held via Zoom (pre booking essential). This event would be of interest to parents / guardians, teachers, employers & those who work with young people. This event is hosted by Limerick Youth Service.

Contact: Dermot Troy- dermott@limerickyouthservice.org or

Tel: 061-412444/083-1726898



Build Your Own Virtual Museum with the Three Muses

Time: 16:00 pm – 16:45 pm

Online workshop to create a virtual museum using Mozilla Hubs and objects from the Hunt Museum, Limerick Museum and Limerick City Gallery of Art. Participants work together online to build and curate a virtual museum using 3D objects and images. This event is perfect for children and young people with an interest in art or technology. This online event will be held via Mozilla Hubs. This event is hosted by the Hunt Museum, Limerick Museum and Limerick City Gallery of Art. Suitable for participants aged 12-16 years old. Register in advance.

adam@huntmuseum.com +353 83 396 1024



What to believe? Understanding the brain and the nature of truth in a post- COVID world

Time: 16:00 pm – 17:00 pm

Advancements in brain science reveal new perspectives on how the brain decides what we believe. In this talk you will learn about the relationship between our left and right brain-hemispheres; how they provide differing insights, values and priorities in informing the mind as to what it believes to be true. This event will be of interest to a general audience. All are welcome. This event is hosted by University of Limerick School of Medicine. Hosting on Zoom. Line to register:

<https://www.eventbrite.co.uk/o/limerick-lifelong-learning-festival-9803733088>

Contact: Professor Billy O'Connor. **Mobile:** 086 3501107 Inside-the-Brain website, Twitter and Facebook.



For more information www.limerick.ie/lovelearning



Coding Together

Time: 16:30 pm – 18:00 pm

Remember the Arcade games from your youth? Computer games have changed so much since then, but how about sharing those games with your children – but this time you're designing them? Join us as we create an arcade game, designing the background & characters and writing the code, we will design our very own arcade game that we can play together. Event to be held via MS Teams and Tickets are available at: <https://www.eventbrite.ie/e/116025522461>. This is an event for Families & Children. This event is hosted by Mobile IT.

Contact: Mobile IT info@mobileit.ie or phone: 061-389592



Tapping into your Inner Community Leader

Time: 18:00 pm – 19:00 pm

An online interactive workshop with discussion, case studies and e-activities that aims to encourage participants to reflect on what makes a good community leader and to consider which personal skills and experiences they have to bring to their communities. This event will be of interest to those interested in becoming involved in their communities, those already active in their communities and interested in becoming more involved in particular in a leadership role, and groups trying to encourage community engagement and foster community leaders. This event is hosted by University of Limerick, UL Engage, CWELL Programme. The MS Teams Meeting link information to click on and join for this event is on www.limerick.ie/lovelearning.

Contact: Eileen Hoffer eileen.hoffer@ul.ie 087 9000245



History Seminar – St. John's Square, The Cathedral

Time: 19:00 pm – 20:00 pm

This seminar will include a video cast from inside the Cathedral with Dr. Matt Potter, Curator of Limerick Museum. The event will be held via Zoom Seminar. This event will be of interest to members of the community. This event is hosted by Garryowen CDP.

Contact: John Buttery, john@garryowencdp.com 087988 8326



Virtual Death Café Online Event

Time: 7:30pm – 9:30 pm

A Death Café Limerick event where participants meet online to discuss any and all aspects of life, death and mortality...and eat cake and drink tea/coffee/refreshing drinks in a celebration of our finite lives. Of interest to adults 18+ (Not recommended for anyone who has experienced a recent close bereavement (within the last 3 months)). Hosted by Death Café Limerick. Online event on Zoom.

Contact: Jennifer Moran Stritch; Email: deathcafelimerick@gmail.com for more information and to reserve a space.



Studying whilst Working - Tips from Professional Learners

Time: 13:30 pm – 14:30 pm

Thinking of upskilling? In work or recently out of work? In this interactive Q&A session hear from professionals who are studying for a part-time Postgraduate qualification about how they manage their studies alongside their working week, together with top tips for getting the best out of returning to study and enhancing your career. This event is hosted by University of Limerick Graduate & Professional Studies. The MS Teams Meeting link information to click on and join for this event is on www.limerick.ie/lovelearning.

Contact: David Williamson. David.williamson@ul.ie



Webinar: PLACE-EE Transnational Cultural Heritage Archive

Time: 14:00 pm – 15:30 pm

Working in an intergenerational way the PLACE-EE project has worked to research, collate and record important cultural heritage across 4 rural and isolated regions of Europe (Northern Ireland, Republic of Ireland, Iceland and Sweden). Older participants will share their experience of being involved and key speakers will discuss the value of the Archive and intergenerational methods. This event will be of interest to older people and those interested in digital archiving and intergenerational approaches. This event is hosted by PLACE-EE (Platforms for Ageing Community Engagement – Exchange and Enterprise).

Contact: Gillian Robinson GM.Robinson@ulster.ac.uk 0044 (0)7718 626360



Telephone One-to-One Support from LES Mediators

Time: 15:00 pm -17:00 pm

Local Employment Service (LES) Mediators will be on hand to take telephone calls from jobseekers or members of the public for one to one advice, information or guidance on jobs, careers, education courses and training opportunities. This event would be of interest to any jobseeker or member of the public 18 to 66 years old. This event is hosted by Local Employment Service.

Contact: Your Local Employment Service office - Our Lady of Lourdes Childers Road - 061-300079; Tait House Southill - 061-313020; St Marys Aid Nicholas Street - 061-311742; Watchhouse Cross Moyross - 061-327788.



Cyber Youth Club

Time: 19:00 pm – 20:00 pm

Start the weekend with an online youth club with fun & games with LYS digital youth work team. The event will be held via Zoom (pre booking essential). Young people (10-18yrs) with groups divided as per ages are most welcome to take part. This event is hosted by Limerick Youth Service.

Contact: Dermot Troy - dermott@limerickyouthservice.org or

Tel: 061-412444/083-1726898



SATURDAY 3RD October



‘Féile Laindeir’ (The Latern Festival)

Time: 10:00 am

Deel Arts Group will participate in 4 weeks of a lantern making programme to design and make beautiful hand held, LED lit Lanterns to celebrate their enduring learning together as a group as well as welcoming new attendees. A celebration will take place with the launch of the lanterns. All will be recorded on video. The recorded video will be launched on social media platforms during the festival week. This event will be of interest to West Limerick audience to celebrate local group and local people but wider audience to encourage participation. This event will be posted on West Limerick Resources YouTube Channel, Facebook page and website with links to all other relevant social media sites. WLR staff will facilitate this with the community group. https://www.youtube.com/channel/UCFJYeLrQApO2doyq_YcrXAw/videos <https://www.facebook.com/WestLimerickResources/> <http://www.wlr.ie/>. This event is hosted by Askeaton Deel Arts Group with West Limerick Resources.

Contact: Adrienne O’Connell aoconnell@wlr.ie or phone: 0872773294

For any enquires related to this type of work in West Limerick.



How Good Writers Think

Time: 12:00 pm – 13:00 pm

Good writers think about many things when an occasion for writing presents itself. This workshop presents a framework for exploring and assessing the effectiveness of your own approach to writing, whether it be for work, school or to satisfy your creative spirit. This event will be of interest to anyone who writes for an audience, even if you are your own audience. Successful writing achieves its goal, whether it be to inform or get a grade or entertain. This event is hosted by University of Limerick, Regional Writing Centre. The MS Teams Meeting link information to click on and join for this event is on www.limerick.ie/lovelearning.

Contact: Lawrence Cleary, Director Regional Writing Centre, University of Limerick.
lawrence.cleary@ul.ie 086-8370561

SATURDAY 3RD October



DARE to be Happier

Time: 14:00 pm – 16:00 pm

Interactive workshop on the science of wellbeing with easy to apply strategies to increase your happiness. This event would suit those with a healthy appetite for science based Happiness in their lives. This event is hosted by The Intentional Academy. 13 years experience as Life Coach / NLP Master Practitioner. Certificate of Science in Wellbeing from Yale. The Zoom link information to click on and join for this event is on www.limerick.ie/lovelearning.

Contact: Patrick Mercie, patrickmercie66@hotmail.com Or phone: 083-3008963



Irish World Music Cafe

Time: 15.00 pm-15.30 pm

The Irish World Music Café is a social and cultural gathering where newcomers can meet other people living in Ireland. The café held its first online event to mark World Refugee Day (20 June 2020) which consisted of a one hour live sharing of song, poetry, dance and music from around the world. This event will be of interest to people interested in migration and

integration studies and general audience. This event is hosted by University of Limerick Irish World Academy of Music and Dance. The MS Teams Meeting link information to click on and join for this event is on www.limerick.ie/lovelearning.

Contact: Professor Helen Phelan helen.phelan@ul.ie & Hala Jaber hala.jaber@ul.ie



For more information www.limerick.ie/lovelearning



Tai Chi for Seniors

Time: 10:00 am

WLR will support a new Tai Chi programme for seniors in Foynes Community Centre in September 2020. The sessions will be recorded and a video produced to celebrate and promote different types of leaning in our community and that it is for all regardless of age. Programme established to consciously involve those cocooning in Covid 19 lockdown where they can participate and meet people within strict Covid 19 guidelines and social distancing. The recorded video will be launched on social media platforms during the festival week. To be posted on West Limerick Resources YouTube Channel, Facebook page and website with links to all other relevant social media sites. WLR staff will facilitate this with the community group. This event will be of interest to West Limerick audience to celebrate local group and local people but wider audience to encourage participation Events to be hosted via https://www.youtube.com/channel/UCFJYeLrQAPO2doyq_YcrXAw/videos <https://www.facebook.com/WestLimerickResources/> <http://www.wlr.ie/>. This event is hosted by West Limerick Resources SICAP 2020.

Contact: Adrienne O'Connell aoconnell@wlr.ie or phone: 0872773294

For any enquires related to this type of work in West Limerick.



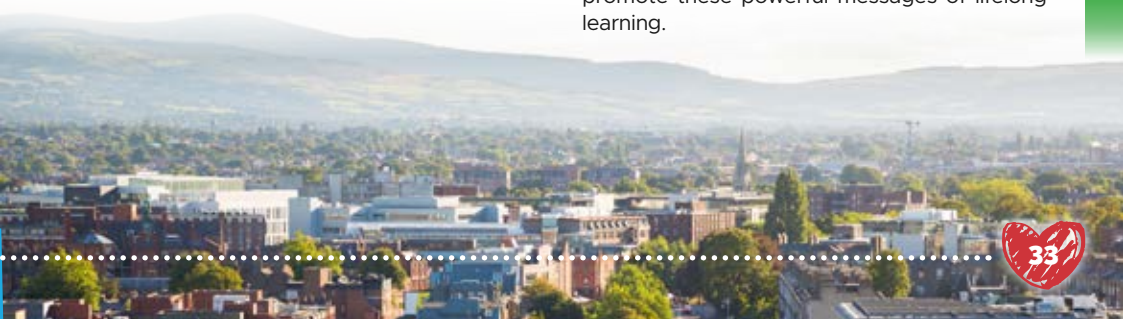
IRISH NETWORK OF LEARNING CITIES

The Irish Network of Learning Cities was formed in late 2018 and had its first meeting as part of Cork's Learning Cities Conversations event. The network includes Limerick, Cork, Belfast, Dublin and Derry-Strabane Learning City-Regions. All member cities have adopted the UNESCO Guidelines for Building Learning Cities and are members of the UNESCO Global Network of Learning Cities (GNLC).

The network members share learning and best practice and offer support to each other on issues of common interest to their learning cities. Network members also attend and present at each other's events hosted by each of the member learning cities; such as the 'Bridging the Gap' seminar held as part of the Limerick Lifelong Learning Festival in April 2019.

On Wednesday 2nd September 2020, the Network held a collaborative webinar; hosted by the Festival Coordinators in all five Irish cities. This event was part of the Global Learning Festival 1st – 4th September; which was organised by Wyndham and Melton Learning Cities in Australia, in collaboration with PASCAL. This event gave a flavour of the five Irish Learning Cities and their Festivals.

Also during the Limerick Festival week this year, the Irish Network is hosting a collaborative Irish Learning Cities Day on Wednesday 30th September 2020. There will be online events hosted by Learning Limerick, Cork, Belfast, Dublin and Derry Strabane Learning Cities in partnership with each other. The five cities will also share some stories of learners who have been involved in their festivals; and collectively promote these powerful messages of lifelong learning.





Learning Ambassadors Project

The Learning Ambassadors project commenced in 2019. The Ambassadors are Limerick people from all walks of life, united by a common interest in promoting, developing and celebrating learning, in all its forms, throughout Limerick City and County. They are welcoming, friendly and proud that Limerick is a Learning Region. They are willing to share their experiences of formal and informal learning and happy to help others find opportunities for learning. The Ambassadors can spread the word and promote the idea of lifelong learning in their own communities, workplaces and neighbourhoods. They can help break down all sorts of barriers to learning as they share inspiring learning stories from their own lives or the lives of people in their families and communities. The Learning Ambassadors are important as they can help put a friendly face on organisations involved with learning.

There is enthusiasm amongst the Learning Ambassadors sub-group that this project presents an opportunity not to hold onto what you have learned. It can be rewarding to know you can enhance someone's self-confidence in learning. There may be an opportunity to work more on advocacy and outreach as part of this initiative. The group has also discussed barriers to accessing learning; for example the issues of transport and costs of transport for rural communities.

In November/December 2019, the Learning Ambassadors participated in a Story Exchange training project with Narrative 4, which developed their skills to 'tell their story'. The Narrative 4 training model develops empathy through sharing your story with your partner and retelling your partner's story back to the group; in their . Following this training, the Ambassadors told their own stories of lifelong learning on video interviews. The ambassadors were interviewed on their stories and why they are passionate about becoming a Learning Ambassador. This series of interviews will be launched in collaboration with the Lifelong Learning Festival 2020.

BRIEF HISTORY OF Limerick Lifelong Learning Festival and Learning Limerick

The original Limerick City of Learning Steering Group was established as a sub-committee of the Limerick City Development Board in 2002. A key goal of the Board's Strategy for the City was that Limerick would become a City of Learning – a city full of opportunities. The City of Learning Steering Group's produced its first strategy document in 2008: 'Together for a Brighter Future – *Collaborative Framework for Progress*'. The group held its **first Limerick Lifelong Learning Festival in 2011**. The expansion of its membership in 2013 to include both City and County partners resulted in the name of the group being rebranded to: '**Learning Limerick**'. The Learning Limerick group is working under its current **Strategic Plan – Helping to Grow Limerick as a Learning Region (2018 – 2022)**. Learning Limerick also launched its new website www.LearningLimerick.ie in 2019. This website promotes Limerick as a Learning City-Region both nationally and internationally. The range of events for the group's yearly Limerick Lifelong Learning Festival continues to be hosted on www.limerick.ie/lovelearning.

The annual festival promotes learning in all its forms and in all aspects of life. The festival includes performances, taster sessions, tours, displays, lectures, walks, demonstrations and workshops. Since the first festival in 2011, the event has gone from strength to strength and it is now **celebrating 10 years with its first virtual festival**. It has proven to be an extremely effective mechanism for bringing together both formal and informal learning activities and connect with learners throughout Limerick.

Just some the festival highlights through the years include:

- Pilot Festival Opening Event in Limerick Milk Market - 2011
- Festival Opening Event in Limerick City Gallery of Art - 2012
- Festival Showcase in Thomond Park - 2013
- Visit and talk from Peter Kearns, PASCAL International Observatory - 2013
- Launch Event in King John's Castle - 2014
- Launch Event in Lough Gur Heritage Centre - 2015
- Festival Showcase in Thomond Park - 2016
- Launch Event in Foynes Flying Boat Museum - 2017
- Festival Showcase in Mary Immaculate College - 2017
- International Seminar 'Equitable and Inclusive Learning Regions' in Engine - 2018
- International Seminar 'Bridging the Gap' in King John's Castle - 2019





UNESCO

Global Network of Learning Cities

Limerick has been a member of the UNESCO Global Network of Learning Cities (GNLC) since 2016. In 2017, Limerick was selected, along with 15 other cities that year, by an international jury for the outstanding progress made in promoting education and lifelong learning for all in their local communities; and to receive the UNESCO Learning City Award.

In October of 2019, representatives of Learning Limerick were invited to attend the Fourth International UNESCO Learning Cities Conference in Medellin. The UNESCO Global Network of Learning Cities has 170 active members from 53 countries in every region of the world.

The conference theme was 'Inclusion – A principle for lifelong learning and sustainable cities'. Councillor Sarah Kiely, deputising for the Mayor of Limerick City and County, was invited to speak on the theme "Digitally Excluded Citizens". Councillor Sarah Kiely presented on the work of the Digital Inclusion working group, a sub-group of the Smart Limerick initiative.

Since the UNESCO Conference in 2019, Limerick is a member of the Clusters on Entrepreneurship and Educational Planning, Monitoring and Evaluation for Learning Cities and we are looking forward to sharing learning with the other member cities in these key strategic clusters.

On 6th May 2020, UNESCO hosted a global webinar on open distance learning as part of its ongoing series for members of the UNESCO GNLC. The Chairperson of Learning Limerick, Eimear Brophy was invited to present on the Limerick experience on open and distance learning to the large global audience that attended the webinar.



NOTES



For more information www.limerick.ie/lovelearning

LIMERICK LIFELONG LEARNING FESTIVAL ORGANISING COMMITTEE 2020

Learning Limerick Steering Group – Member Networks and Representatives

Limerick and Clare Education and Training Board	Eimear Brophy, (Chair)
Limerick and Clare Education and Training Board	Maud Baritaud
Limerick City and County Council	Anne Rizzo
PAUL Partnership	Helen Fitzgerald
West Limerick Resources	Adrienne O'Connell
Ballyhoura Development	Carrie O'Donoghue
Mary Immaculate College	Patricia O'Sullivan & Maeve Liston
University of Limerick	Sarah Brady
Limerick Institute of Technology	Veronica Walsh
Limerick Childcare Committee	Anne Delaney
Limerick Community Education Network	Jim Prior
National Learning Network	Margaret Murphy
Limerick Integration Working Group	Trisha Rainsford
Limerick Mental Health Association	Claire Flynn
Youth Work Limerick	Cora Foley
Mid West Regional Skills Forum	Joe Leddin
Limerick Chamber Skillnet	Anne Morris
Department of Employment Affairs and Social Protection	Jim Lynch
Irish National Organisation for the Unemployed	Caroline Clarke

Organising Committee for Limerick Lifelong Learning Festival

Name	Organisation/Network
Adrienne O'Connell	West Limerick Resources
Carrie O'Donoghue	Ballyhoura Development
David Williamson	University of Limerick
Helen Fitzgerald	PAUL Partnership
Jim Prior	Limerick Community Education Network
Margaret Murphy	National Learning Network
Patricia O'Sullivan	Mary Immaculate College
Patrick Fitzgerald	Limerick Mental Health Association
Trisha Rainsford	Limerick Integration Working Group
Veronica Walsh	Limerick Institute of Technology
Yvonne Lane	Festival Coordinator - Learning Limerick





FESTIVAL SPONSORS 2020

Thank you to our main festival sponsors, the following organisations who also members of the Learning Limerick Group: -

- Limerick City and County Council
- Limerick and Clare Education and Training Board
- PAUL Partnership
- University of Limerick
- Limerick Institute of Technology
- Mary Immaculate College
- Limerick College of Further Education
- Limerick Childcare Committee

Also many thanks to festival sponsor: -

- National Learning Network - Vocational Training , Raheen Business Park,
Tel: 061 229777 www.nln.ie

Thanks to Orla O'Connor and her team at www.Limerick.ie for managing the online listings for all the Festival events. Thanks to Wade Welch, PAUL Partnership, for compiling and proof-reading the festival brochure event listings and flyers. Many thanks to Laura Tighe, Limerick and Clare Education and Training Board for managing the Digital Marketing Campaign.

If you are interested in participating in future festivals contact:

Yvonne Lane, Festival Co-ordinator

Telephone: **061 419388**. Email: ylane@paulpartnerhsip.ie

All details correct at time of going to press. The organisers cannot accept responsibility for losses incurred due to cancellation/alteration of events.

Check website for latest details www.limerick.ie/lovelearning;
for details on how to register and link on how join for the online events.



United Nations
Educational, Scientific and
Cultural Organization



UNESCO Institute
for Lifelong Learning

Winner of UNESCO
Learning City
Award 2017



Learning Limerick

Together for a brighter future

Festival Sponsors



Comhairle Cathrach
& Contae Luimnigh

Limerick City
& County Council



Bord Oideachais & Oiliúna
LUIMNIGH & AN CHLÁIR

LIMERICK & CLARE
Education & Training Board



UNIVERSITY OF
LIMERICK
OLLSCOIL LUIMNIGH



Limerick College of
Further Education

Realising new futures



MIC
MARY IMMACULATE COLLEGE
COLÁISTE MHIURE GAN SAM



LIT



Friends



LIMERICK LEADER

2020

Monday September 28 - Sunday October 4

Limerick Lifelong
Learning Festival

love learning

