



FREE COPY

Learning Limerick

Together for a brighter future

UNIVERSAL

INDIVIDUAL

FAMILY

COMMUNITY

WORK &
ENTERPRISE

Learning Limerick presents
Limerick Lifelong Learning Festival

2019

Monday April 8 - Sunday April 14

**Limerick Lifelong
Learning Festival**

love learning



For more information

www.limerick.ie/lovelearning

All events are **FREE**



MAYOR'S FOREWORD

I am delighted to launch this programme for the 9th annual Limerick Lifelong Learning Festival.

Since taking up office as Mayor, I have been involved in supporting the work of Learning Limerick. I was particularly honoured to host the signing of the Memorandum of Understanding (MOU) between the lead partners involved in Learning Limerick on 7th March 2019 in Limerick City and County Council Headquarters. This event also launched the Learning Ambassadors initiative for 2019. This event marked a further commitment by all the partners involved in advancing Limerick's progress as a Learning Region and to promoting inclusive education and lifelong learning across Limerick City and County.

As Mayor of Limerick City and County, I am particularly proud of the key achievements of Learning Limerick in recent years, which have been supported by the work of the Lifelong Learning Festival. These achievements include the recognition for Limerick of the UNESCO Learning City Award 2017; and the Launch of the Learning Limerick Strategic Plan 2018 – 2022, which forms the basis of the work of the steering group. Limerick City and County Council is committed to supporting Learning Limerick in achieving these goals and in growing Limerick as a Learning Region.

The Limerick Lifelong Learning Festival has expanded and grown over the years. It now reaches beyond the core of the city and established education and training organisations into local communities across the city and county. The range of organisations involved in workshops and events, and participation has increased enormously since it first started. This is a mark of commitment to promoting learning in all its forms and the interest in lifelong learning across all groups in society.

I wish you all the very best for the 2019 festival, I've no doubt it will be as successful as ever.

CLLR James Collins

Mayor of the City and County of Limerick





INTRODUCTION

The Limerick Lifelong Learning Festival takes place across Limerick City and County from Monday 8th to Sunday 14th April and marks its 9th anniversary this year. The theme for 2019 is '**Bridging the Gap**' in learning (between young and old, rural and urban, returning to learning and welcoming new communities). This theme builds on the tagline for the week-long festival '*Communities, Connecting, Learning*'. The excitement of learning will be promoted through a multitude of varied events including: performances, tours, displays, lectures, walks, demonstrations and workshops. With 200 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.

Limerick is a member of the **UNESCO Global Network of Learning Cities (GNLC)**, and was honoured to receive the **UNESCO Learning City Award** in 2017. This international recognition for Limerick is a testament to the collaborative work of the partners in Limerick, which includes the success of the Limerick Lifelong Learning Festival. The flagship event for the festival this year will be the **National Learning Cities Seminar** which will be held in King John's Castle in Limerick on Wednesday 10th April. The seminar will include visiting speakers from partner learning cities from the All-Ireland of Ireland Network of Learning Cities/Regions – Cork, Belfast, Dublin and Derry-Strabane.

This will provide the opportunity to share learning city-region updates and good practice. This seminar will offer an excellent opportunity for Limerick to continue its work as part of the UNESCO Global Network of Learning Cities.

The Learning Limerick Steering Group presents the festival each year. This group represents all the main stakeholders involved in promoting learning in Limerick. This year's festival will see the addition of Learning Ambassadors, who will visit festival events. The role of the Learning Ambassador is to narrate their personal learning journey and to inspire others to participate in learning, through promoting the idea of lifelong learning in their own communities, workplaces and neighbourhoods. Mayor James Collins launched this initiative in Council Chamber on March 7th.

On behalf of the steering group, 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 variety of events planned for the 9th Limerick Lifelong Learning Festival would not be possible. I would also like to express my thanks to our sponsors who provide vital funding to run the festival. I look forward to seeing you during the week.

Eimear Brophy

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



Bord Oideachais & Oiliúna
LUIMNIGH & AN CHLÁIR

LIMERICK & CLARE
Education & Training Board

Do you want to gain a skill, re-skill or up-skill?

Then check out

www.learningandskills.ie

for a range of Further Education and
Training courses offered by
Limerick and Clare
Education and Training Board.

Slobhan White and Eveleen Moloney,
Information Officers, Information
Hub, FET Centre O'Connell Avenue
Campus, O'Connell Avenue, Limerick

Freephone: 1800-707077



European Union
Investing in Your Future
European Social Fund

Develop your potential



For further information on part-time programmes contact:

Flexible Learning Department
Limerick Institute of Technology
Moylish Park, Limerick

LIT Moylish: +353 61 293802

LIT Tipperary: +353 504 28112

Email: flexible@lit.ie

www.flexiblelearning.lit.ie



FlexibleLearningLIT



LITFLLimerick



Launch of Limerick **LEARNING NEIGHBOURHOODS**

Limerick Community Education Network



Venue: Abundant Life Centre,
Henry Street
Time: 14:00pm – 16:00pm
Contact: Catherine Aylmer,
LCEN, 087 7642659

What is a Learning Neighbourhood?

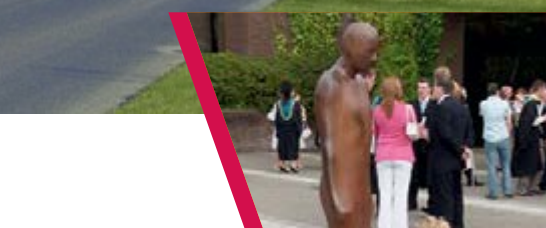
“Learning Neighbourhoods aims to benefit residents by taking the learning city concept to the neighbourhood level. The programme aims to assist local education networks and organisations to showcase and develop lifelong learning opportunities.” (Cork Learning Neighbourhood Report)

Limerick Community Education Network in collaboration with a number of partners including Limerick and Clare Education and Training Board, Learning Limerick, PAUL Partnership, Community Organisations and Home School Community Liaison Officers will launch Limerick Learning Neighbourhoods. The Learning Neighbourhood concept was developed in Cork over the past number of years. The Learning Neighbourhood Steering Group are working with 4 local neighbourhoods, Southside, Northside, City Centre and St. Mary's to initiate Learning Neighbourhoods in Limerick. The Launch will showcase the initial work of the Learning Neighbourhoods and artwork from our school art competition. Entertainment will be provided by local community groups.



UNIVERSITY of LIMERICK

OLLSCOIL LUIMNIGH



2019 LifeLong Learning Festival

The **University of Limerick** is pleased to support the 2019 Lifelong Learning Festival which aims to promote and develop lifelong learning in Limerick and the region.

For further information

Graduate & Professional Studies

Phone: 061 202616

Web: www.ul.ie/cpe

Email: cpe@ul.ie

Phone: 061 202616

www.ul.ie/cpe



Limerick College of
Further Education
Realising new futures

Enrolling Now

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

LCFE Mulgrave Street
Tel 061 414 3444

LCFE Cappamore
Tel 061 381759

Email: apply@lcfе.іe
Web: www.lcfе.іe



APPLY ONLINE TODAY FOR
YOUR MAY INTERVIEW



European Union
Investing in Your Future
European Social Fund



Local Colleges & Offices
LIMERICK & CLARE
Education & Training Board

Mary Immaculate College



MIC IS PROUD TO SUPPORT THE LIMERICK LIFELONG LEARNING FESTIVAL

MIC LIMERICK

- BA in Contemporary and Applied Theatre Studies: (MI001)
- Bachelor of Arts: (MI002)
- Bachelor of Education – Primary Teaching: (MI005/006)
- BA in Early Childhood Care and Education: (MI007)
- B.Ed. in Education and Psychology: (MI008)

MIC THURLES

- BA in Education, Business Studies and Accounting: (MI009)
- BA in Education, Business Studies and Religious Studies: (MI010)
- BA in Education, Gaelic and Religious Studies: (MI011)
- BA in Education, Gaelic and Business Studies: (MI012)
- **New for entry 2019:** BA in Education, Mathematics and Gaelic: (MI013)

Mature Learner Programmes:

- Foundation Certificate for Mature Learners
- Teacher Education Access Course for Mature Learners

Postgraduate Programmes:

MIC also offers a wide range of postgraduate qualifications up to and including Masters and Doctoral degrees in the Liberal Arts and Education.

For further details contact:
MIC Admissions Office

South Circular Road, Limerick
T: + 353 61 204929
E: admissions@mic.ul.ie

**UNDERGRADUATE ENTRANCE
SCHOLARSHIPS AVAILABLE**



www.mic.ie



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.

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.

FAMILY

**F – FAMILY**

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

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.

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.



School-Based Interventions through a Psychological Lens

Venue: An tSli, Tara Building, Mary Immaculate College, South Circular Road, Limerick

Time: Weeklong Poster Exhibition.

This 'Psychology of Education' event at Mary Immaculate College seeks to show-case the work of final year undergraduate psychology students. An exhibition of 40 posters will be displayed within the College, with each poster focusing on a different school-based intervention, aimed at supporting learners across the Continuum of Support in a primary school setting. The psychological underpinnings and research-base for each intervention will be critiqued, with the aim of supporting evidence-based best practice within our classrooms. Sample domains include literacy development, numeracy development, behaviour support, social skills, emotional supports and support for pupils with special educational needs. Of interest for teachers, educators, psychologists, parents and those interested in school-based interventions to support pupils across the Continuum of Support in a primary school setting.

Contact: Dr. Claire Griffin-O'Brien, Claire.griffin@mic.ul.ie



Saint Mary's Cathedral Tours – Connecting with Today's Community, Learning from our Past and Looking to the Future

Venue: Saint Mary's Cathedral, Bridge Street, Limerick

Time: Self-guided or guided tour by appointment - Monday 8th April to Sunday 14th April

Monday 8th to Friday 12th : 09:00am – 17:00pm (last admission 16.30pm)

Saturday 13th : 09:00am – 16:00pm (last admission 15.30pm)

Sunday 14th : 13:30pm - 16:00pm (last admission 15.30pm)

The Cathedral is one of the oldest buildings in Limerick and stands at the heart of the medieval city. Originally the Royal Palace for the Kings of Thomond it was gifted to the church in 1168. Saint Mary's is an extraordinary complex building representing developments from the mid-twelfth century to the later twentieth century. To connect with Limerick's past; a visit to Saint Mary's Cathedral is a must

Contact: Noreen Ellerker, 061 310293,

www.saintmaryscathedral.ie, cathedral@limerick.anglican.org



For more information www.limerick.ie/lovelearning



Campus Tours to Discover the Opportunities for Learning that are on Offer. View the Wide Range of Skills and Equipment on Display

Venue: Further Education and Training (FET) Centre, Raheen Campus, Business Park, Cloughkeating Ave, Raheen, Limerick, V94 CV66

Time: Tuesday 9th April, Wednesday 10th April, Thursday 11th April, 11:00am – 12:30pm

Each group may request to visit specific areas of interest before arrival at the Campus. Course Instructor/s will deliver a briefing before arrival at the Campus. A full guided tour of all areas will be provided. Apprenticeship Services will deliver an information session as part of all tours. Campus tours are open to all groups.

Contact: Mary Manning, 061487997, mary.manning@lcetb.ie



Three Billy Goats Gruff – Building Stories to Support Learning

Venues & Time: Kilmallock Library, Aras Mainchi Seoighe,

Kilmallock, Co. Limerick, - Tues 9th April, 18:00pm – 19:00pm

Watch House Cross Library, Watch House Cross, - Tues 9th 18:00pm - 19:00pm

Newcastlewest Library, Gortboy, Newcastlewest, Co. Limerick - Wed 10th

April, 18:00pm – 19:00pm Dooradoyle Library, Crescent Shopping Centre,

Dooradoyle Road, Dooradoyle, Limerick - Fri 12th April, 18:00pm – 19:00pm

The Granary Library, Michael Street, Limerick - Sat 13th April, 10:30-11:30am

Starting with the tale of the Three Billy Goats Gruff, this event hopes to support parents in their understanding of how young children learn. The workshop will offer the opportunity for children to build their own bridge for the goats to cross and retell their story with their parents. All grandparents, parents, guardians and their children will enjoy this event.

Contact: Limerick Childcare Committee, Croom Mills, Croom, Co. Limerick, 061 600918,

www.limerickchildcare.ie, Laura Sheehan, laura@limerickchildcare.ie



Easter Laughs and Crafts

Venues & Time: Ballylanders Day Care Centre, Main Street, Ballylanders, Co. Limerick - Tuesday 9th April, 10:00am – 12:00pm

Knockaine Community Hall, Knockaine, Co. Limerick - Tuesday 9th April, 10:00am – 12:00pm

Hospital FRC, Knockaine Road, Coolalough, Co. Limerick - Wednesday 10th April, 10:00am – 12:00pm

Millennium Centre, Caherconlish, Co. Limerick - Thursday 11th April, 10:00am – 12:00pm

Kilmallock Pastoral Centre, Sheares St, Abbeyfarm, Kilmallock, Co. Limerick - Friday 12th April, 10:00am – 12:00pm

The five Parent & Toddler Groups in Ballylanders, Knockaine, Hospital, Caherconlish and Kilmallock will be celebrating Easter with laughs & Crafts in each of the groups. There will be a selection of crafts to symbolise Easter including paper eggs, making bunny masks, Easter baskets for our Easter hunt in each of the groups. In each group there will be Bunny races and egg and spoon races and other games for Parent and Toddler to get involved in this fun filled family learning event. Events supported by Ballyhoura Development Ltd. Everyone welcome to join each of the above groups at any time. Suitable for parents/guardians and their children. This event is hosted by Hospital Family Resource Centre - Parent and Toddler Groups.

Contact: Michelle Stack, Parent Support Worker, Hospital Family Resource Centre 061383884



For more information www.limerick.ie/lovelearning



Saint Mary's Cathedral Tours – Connecting with Today's Community, Learning from our Past and Looking to the Future.

Venue: Saint Mary's Cathedral, Bridge Street, Limerick

Time: 9:00am – 17:00pm (last admission 16.30pm)

Self-guided or guided tour by appointment. The Cathedral is one of the oldest buildings in Limerick and stands at the heart of the medieval city. Originally the Royal Palace for the Kings of Thomond it was gifted to the church in 1168. Saint Mary's is an extraordinary complex building representing developments from the mid-twelfth century to the later twentieth century. To connect with Limerick's past; a visit to Saint Mary's Cathedral is a must

Contact: Noreen Ellerker, 061 310293, www.saintmaryscathedral.ie , cathedral@limerick.anglican.org



Lego Robotics Workshop

Venue: Confirm Centre, University of Limerick

Time: 9:00am – 11:00am

During this interactive workshop, primary school pupils and their teachers will learn about engineering and coding through construction and programming of robots using Lego. This workshop is run in conjunction with the IEEE World Forum for Internet of things conference 2019 (<http://wfiot2019.iot.ieee.org/>). This event would of interest to primary school pupils and teachers. Hosted by University of Limerick

Contact: Sean O'Brien, Education, Public Engagement and Training Manager, 061-202713/0860269353 NB: - **Booking Essential** - Email: sean.obrien@ul.ie



Voter Education Workshop

Venue: Our Lady of Lourdes Community Services Group, Childers Road, Rosbrien Road, Limerick

Time: 9:30am

For people over the age of 18 who want to learn more about voting. This event is hosted by the Our Lady of Lourdes CSG.

Contact: Finbarr MacGabhann, Our Lady of Lourdes Community Centre, 061-228596 , Enquires@ololcsg.ie



“From Bacon to Digital Skills/ The Internet of Things”

Venue: ENGINE, Innovate Limerick, Cecil Street, Limerick

Time: Monday 8th April 9:30am – 11:30am

The theme of this event focuses on both the future and indeed the history of work and tradition of enterprise in Limerick. Mike Cantwell, Innovate Limerick will open the morning and the speakers will include: Paul Ryan Director, WP Engine, Dr Matthew Potter Curator, Limerick Museum, Helen O'Donnell local businesswoman and chairperson of Limerick Tidy Towns. The event will explore the transitions of the type of work through the ages, industrialization, the old factories in Limerick etc; and also right through to the modern day business and investment by companies in Limerick, including FDI. Thus the long held tradition of enterprise in Limerick will be illustrated. All welcome. This event is hosted by Mid-West Regional Skills Forum in collaboration with Innovate Limerick, WP Engine, Limerick Museum and the Hunt Museum & Dolmen catering.

Contact: Joe Leddin, 086-8160569 joeledlin@regionalskills.ie @skillsmidwest www.regionalskills.ie



Job Search Skills

Venue: Coote Hall Resource Centre, Deebert, Kilmallock, Co Limerick

Time: 10:00am – 12:00pm

This event aims to help those attending to improve their CV, enhance their cover letter and develop interview skills. Of interest to unemployed or those seeking to change jobs. This event is hosted by Ballyhoura Jobs Club.

Contact: Joe Biggane or Gillian Hennessy, 063 - 20555



Internet Safety for Parents

Venue: Mobile IT, Main Street, Bruff, Co. Limerick

Time: 10:00am – 12:00pm

Learn how to protect your children online with this informative and interactive workshop, covering social media, games and apps. Of interest to parents.

Contact: Alice Quinlan, Mobile IT, 061-389592



MONDAY 8TH April



Getting Citizens On Line

Venue: Coote Hall, Kilmallock, Co. Limerick

Time: 10:30am – 11:30am

Have a smartphone, Tablet, Laptop that you would like to use more? Learn to send an e-mail, book a flight, shop, tax your car online, use What's App, Skype, Facebook & more. Come along to a 1-hour briefing; see what's involved and where FREE training is available in your community. This event is hosted by Ballyhoura Development Clg. Please contact Carrie O'Donoghue before Friday 5th of April to book your FREE place at this talk. Suitable for anyone who is interested in taking their first steps to getting online, and those that have a little experience of online but need guidance and confidence to explore more.

Contact: Carrie O'Donoghue, 063 20517



What you Need to Know to Work or Live in a Culturally Diverse Environment?

Venue: Health Hub, Rutland Street (next to Fab Lab), Limerick

Time: 11:00am – 13:00pm (can do two sessions of 1 hour each)

This is a 1 hour presentation – talk that will showcase the key social psychological processes that happen to people when they meet, work, and live with people from other cultures. What if I do or say something wrong, and how to answer this question? Of interest to anyone working with migrants or in culturally diverse settings (educational settings, companies); welcomed by the Health Hub Sanctuary Project.

Contact: Anca Minescu, Department of Psychology, University of Limerick, anca.minescu@ul.ie, 061234859



A Guide to the Local Studies Website of Limerick City & County Library

Venue: Granary Library, Michael Street, Limerick

Time: 13:00pm

Mike Maguire, Granary Library, will give an overview of the material available on the library's local studies website. All welcome.

Contact: 061-557510, granarylibrary@limerick.ie





Intercultural Competence: How Can You Get Comfortable with Diversity and Migrant Integration

Venue: Health Hub, Rutland Street (next to Fab Lab), Limerick

Time: 13:30pm – 16:30pm

This is a 3 hour workshop that will give you tips on how to recognize and reconcile cultural differences when you meet, work, live with people from other cultures. Of interest to anyone working with migrants or in culturally diverse settings (educational settings, companies); welcomed by Health Hub Sanctuary Project, University of Limerick.

Contact: Anca Minescu, Department of Psychology, University of Limerick. anca.minescu@ul.ie, 061234859



King's Island Youth Club

Venue: Nicholas St Youth Space, 41 Nicholas Street, Limerick

Time: 14:45pm – 16:30pm

Join us at King's Island newest youth club! Limerick Youth Service youth clubs are a great opportunity for young people (10+ years) to meet new friends, enjoy new experiences and have fun!

Contact: Ger Curtin, 061 412444/ 087 2330149, ger.curtin@limerickyouthservice.org



Maths Circles Workshop (Primary School)

Venue: Room T2.05, Mary Immaculate College, South Circular Road, Limerick

Time: 16:00pm – 18:00pm

Want to start a Maths Circle in your school? At this workshop, we will provide ideas, methodologies and practical advice based on our freely available Maths Circles Handbook with fully-detailed and classroom-tested lesson plans. Don't miss this opportunity to meet like-minded teachers and share your experience in teaching creative problem solving. This event will be hosted by Irish Mathematical Trust and Mary Immaculate College.

Contact: Bernd Kreussler, 061-204578, bernd.kreussler@mic.ul.ie, Please register at the link provided on <http://www.maths.mic.ul.ie/mc.html>.



5-a Day for Mental Health

Venue: 3rd Floor Offices, Arthur's Quay House, Arthur's Quay, Limerick, V94 XVR0

Time: 18:00pm – 19:00pm

Attendees will gain an understanding of mental health, look at how they can improve and manage their own mental on a daily basis, and information on local services. This event is hosted by Jigsaw.

Contact: Eileen Hanley, 061- 974510, RSVP to limerick@jigsaw.ie.





Ballynanty Youth Service

Venue: Ballynanty Youth Club, Northside Youth Space, Ballynanty, Limerick

Time: 18:30pm – 20:00pm

Monday nights on the north-side start with Ballynanty Youth Club, a great space for young people to meet new friends, enjoy new experiences and have fun! For young people (10+ years).

Contact: Stacey Lyons, Limerick Youth Service, 061 412444/ 083-8546757, staceyl@limerickyouthservice.org.



St Patrick's Youth Service

Venue: St Patrick's Youth Club, St Patrick's Boys NS, Dublin Road, Limerick

Time: 18:30pm – 20:00pm

An evening of fun and more at St Patrick's Youth Club. Limerick Youth Service youth clubs are a great opportunity for young people to meet new people, enjoy new experiences and have fun! For young people (10+ years).

Contact: Mary Duhig, 061 412444 /0834730969, mary.duhig@limerickyouthservice.org



Maths Circles Workshop (Secondary School)

Venue: Room T2.14, Mary Immaculate College, O'Connell Avenue, Limerick

Time: 18:30pm – 20:00pm

Want to start a Maths Circle in your school? At this workshop, we will provide ideas, methodologies and practical advice based on our freely available Maths Circles Handbook with fully-detailed and classroom-tested lesson plans. Don't miss this opportunity to meet like-minded teachers and share your experience in teaching creative problem solving.

This event will be hosted by Irish Mathematical Trust and Mary Immaculate College.

Contact: Bernd Kreussler, 061-204578, bernd.kreussler@mic.ul.ie,

Please register at the link provided on <http://www.maths.mic.ul.ie/mc.html>.



Physical Literacy Module

Venue: Kilmurry Hall, University of Limerick, Castletroy, Limerick

Time: 19:00pm

Sport Ireland coaching are hosting this event which provides a personal and professional development opportunity for those interested in developing their own physical literacy and/or helping others develop their physical literacy throughout the life course. Parents and children's sport coaches, all welcome.

Contact: Sheelagh Quinn, Conference Director, 061- 202895 or Ann McMahon, Conference Admin, 061- 202895



Start Up 101

Venue: Griffith College Limerick, O'Connell Street, Limerick

Time: 19:00pm – 21:30pm

A brief look into some of the building blocks needed to create a startup company. Topics include: Idea to MVP, Bootstrapping versus Venture Capital, setting up to scale & finding the right team. Of interest to 28-35 year olds age group or people looking at or thinking about starting their own company.

Contact: Anthony Brosnan, 061 310031 or Kehlan Kirwan, 061 310031



April is Poetry Month in Limerick 2019 – Film Screening

Venue: Central Buildings, 51 O'Connell St., Limerick

Time: 19:30pm – 21:30pm

Film screening in association with the Central Cinema Club. 'A Quiet passion'
- A bold and brilliant study of the life of poet Emily Dickinson. All welcome.

Contact: Dominic Taylor, 087 2996409, limerickwriterscentre@gmail.com



TUESDAY 9TH April



Saint Mary's Cathedral Tours – Connecting with Today's Community, Learning from our Past and Looking to the Future

Venue: Saint Mary's Cathedral, Bridge Street, Limerick

Time: 09:00am – 17:00pm (last admission 16.30pm)

Self-guided or guided tour by appointment. The Cathedral is one of the oldest buildings in Limerick and stands at the heart of the medieval city. Originally the Royal Palace for the Kings of Thomond it was gifted to the church in 1168. Saint Mary's is an extraordinary complex building representing developments from the mid-twelfth century to the later twentieth century. To connect with Limerick's past; a visit to Saint Mary's Cathedral is a must.

Contact: Noreen Ellerker, 061 310293, www.saintmaryscathedral.ie, cathedral@limerick.anglican.org



Introduction to Blackmagic DaVinci Resolve

Venue: Room 15C01, Limerick Institute of Technology (LIT), Moylish Campus,

Time: 9:00am – 11:00am

Blackmagic Design DaVinci Resolve 15 offers a variety of tools for professional video editing and colour grading along with a built-in visual effects toolset and robust audio editor. This introduction event will introduce attendees to the software and its capabilities for editing and colour correction. Presented by LIT's Film and Broadcast Editing Lecturer Simon McGuire. This brief introduction to DaVinci Resolve is aimed at people wanting to get familiar with Editing, Colour correcting and outputting video projects with this free software. Event limited to 16 places. This event will be held by Creative Broadcast & Film Production – LIT.

Contact: Simon McGuire, Simon.mcguire@lit.ie, 061-293802.

Booking via Eventbrite: https://filmlit_showcase.eventbrite.ie



Further Education and Training Opportunities Fair 2019

Venue: Further Education and Training Centre, O'Connell Avenue Campus, Limerick

Time: 10:00am – 12:00 noon

For FET learners and adults interested in finding out about further education and training options in Limerick. Meet with programme providers to discuss options including part-time and full-time QQI level 1 to 6, Leaving Cert, apprenticeships, traineeships and third level. Experience the showcasing of some of the learning currently taking place. Hosted by Limerick and Clare Education and Training Board.

Contact: Siobhan White, 061 578127, siobhan.white@lcteb.ie or Donna Horgan, 061 445723, donna.horgan@lcteb.ie, FET Centre, O'Connell Avenue Campus, Limerick.

Booking essential before Tuesday 2nd April.



Building Bridges to Education, Employability and Training

Venue: Limerick Youth Service Community Training Centre, 5 Glenworth Street, Limerick

Time: 10:00am – 14:00pm

Join us at LYS's Community Training Centre for an insight into the education, employability and training opportunities for young people. For young people and adults, including parents, guidance counselors, youth workers, teachers.

Contact: Graham Quantrell, 061 412444 / 0838062192,
graham/quantrell@limerickyouthservice.org Note Pre-booking essential.



Easter Laughs and Crafts

Venue: Ballylanders Day Care Centre, Ballylanders and Knockainey Community Hall, Knockainey, Co. Limerick

Time: 10:00am – 12:00pm

The Parent & Toddler Groups in Ballylanders and Knockainey will be celebrating Easter with laughs & crafts in each of the groups. There will be a selection of crafts to symbolise Easter including paper eggs, making bunny masks, Easter baskets for our Easter hunt in each of the groups. In each group there will be Bunny races and egg and spoon races and other games for parent and toddler to get involved in this fun filled family learning event. Events supported by Ballyhoura Development Ltd. Everyone welcome to join each of the above groups at any time. Suitable for parents/guardians and their children. This event is hosted by Hospital Family Resource Centre - Parent and Toddler Groups.

Contact: Michelle Stack, Parent Support Worker, Hospital Family Resource Centre 061383884



Creative Connecting Through Collage

Venue: Room 15C01, Further Education and Training Centre Shanagolden Campus, Shanagolden, Co. Limerick. V94 PX36.

Time: 10:00am – 12:00pm

Vocational Training Opportunities Scheme (VTOS), Limerick and Clare Education and Training Board are hosting a creative morning, with VTOS learners, completing collage inspired by our surroundings. Learn some drawing techniques and share a cuppa afterwards with our adult learners. All welcome. Please contact the centre beforehand.

Contact: Melanie Casey, 069 60106



Basic Digital Skills

Venue: Mobile IT, Main Street, Bruff, Co. Limerick

Time: 10:00am – 12:00pm

Introduction to computers. Learn how to browse the web, shop online, and access TV & Radio online. General public welcome.

Contact: Alice Quinlan, Mobile IT, 061- 389592



TUESDAY 9TH April



Open Day and Course Taster Session

Venue: Further Education & Training Centre, Abbeyfeale Campus, Mountmahon, Abbeyfeale, Co. Limerick

Time: 10:30am – 14:30pm

Come and experience the variety of course options on offer in our west Limerick centres. Meet the learners and tutors and sample some of the courses available such as wood turning, engineering skills, horticulture, cookery or ICT. Of interest to anyone interested in taking up a new skill either for upskilling or for pleasure. This event is hosted by Limerick and Clare Education and Training Board, Limerick West programmes.

Contact: Sile O'Riordan, 086-0224375



Free Workshop on Managing Well-Being and Mental Health

Venue: Rathkeale Youth Space, Abbey Court, Rathkeale, Co. Limerick

Time: 10:30am – 12:30pm

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. Of interest to adults aged 18 and over; those with an interest in mental health recovery & well-being.

Contact: Eileen Cunningham, 0858589546/061461276. Mid-West ARIES, Service Improvement Office, Mid West Mental Health Services, St. Joseph's Hospital.



A Crafting Morning – Get Crafty!

Venue: Dooradoyle Library, Crescent Shopping Centre, Dooradoyle Road, Dooradoyle, Limerick

Time: 10:30am - 12:30pm

A demonstration on how to make knitted Easter bunnies, print cards, and make teddies out of socks. Learn how to: Do embroidery stitches, Make a child's dress from a pillow case [BRING a pillowcase] All are welcome especially anyone with an interest in sewing, crafting, embroidery, and printing. All are welcome to this event held by Kitchen Crafters in collaboration with Dooradoyle Library.

Contact: Dolores O'Meara, 0872481651, Dooradoyle Library, 061556860



Campus Tours to Discover the Opportunities for learning that are on Offer. View the Wide Range of Skills and Equipment on Display

Venue: Further Education and Training Centre, Raheen Campus, Business Park, Cloughkeating Ave, Raheen, Limerick, V94 CV66.

Time: 11:00am – 12:30pm

Each group may request to visit specific areas of interest before arrival at the Campus. Course Instructor/s will deliver a briefing in their Specialist Subject and a full guided tour of all areas will be provided. Apprenticeship Services will deliver an information session as part of all tours. Campus tours are open to all groups. Hosted by Limerick and Clare Education and Training Board.

Contact: Mary Manning, 061487997, mary.manning@lcteb.ie



Adobe Photoshop: Edit to Screen to Print

Venue: Limerick Institute of Technology, Moylish Campus, Room 15C01.

Time: 11:00am – 14:00pm

Learn how to create and adjust photographic images for fun or work using Adobe Photoshop. Experience the versatility of the software, while exploring its fundamental tools, panels, and techniques while preparing your images for print and screen. This free taster is part of the Flexible Learning Certificate in Motion Graphics. For individuals and organisations interested in improving their skills in Image preparation for print & screen. All levels welcome. Please bring three images you would like to work on for the session. Event limited to 16 places. Booking via Eventbrite:

https://filmlit_showcase.eventbrite.ie

This event will be held by Creative Broadcast & Film Production - LIT

Contact: Nora Ni Fhlatharta, film@lit.ie, 061-293802



Northside & Southside Heritage & Cultural History & Stories

Venue: The Hunt Museum, The Custom House, Rutland Street, Limerick, V 94 EV8A

Time: 11:00am – 12:00pm.

Showcase the 2 Loan Boxes created by community groups from the Northside & Southside of Limerick regeneration areas – stories include The Abbey Fisherman, Limerick Dancehalls, Vikings of Limerick and much more. Hosted by the Hunt Museum and Communities of Culture facilitators. **Booking necessary.**

Contact: Linda Hall 086 7951602, outreach@huntmuseum.com





Intercultural Day

Venue: Further Education and Training Centre, Kilmallock Road Campus, Kilmallock Road, Limerick City, V94 Y6H3

Time: 11:00am – 12:00pm

This Intercultural Day will highlight the diversity and cultures of over 30 different nationalities that participate on the Vocational Training Opportunities Scheme at Kilmallock Road Campus. Global food tasting, experience of different languages and cultures will all come together along with an unforgettable tribal drumming event. VTOS are welcoming all to this event. Hosted by Limerick and Clare Education and Training Board.

Contact: Michelle Benson, English Teacher, michelle.benson@lcetb.ie, 086 3737424



Traditional Rhyme Swop Shop

Venue: Kilmallock Road Campus, Kilmallock Road, Limerick City, V94 Y6H3 (formerly St. Enda's School)

Time: 12:00pm – 13:00pm

Aonad na Gaeilge, University of Limerick in collaboration with Vocational Training Opportunities Scheme (VTOS), Limerick and Clare Education and Training Board (LCETB) are offering a chance to flavour the Irish language, and many of the various languages spoken in Limerick, through nursery rhymes. A fun interactive language workshop. This event takes place as part of the Intercultural Day 2019. All welcome, especially children!

Contact: Ciara Considine, Oifigeach Margaiochta / Riartóir Feidhmiúchain Aonad na Gaeilge, 061 234754, ciara.considine@ul.ie or michelle.benson@lcetb.ie, 086 3737424



History of Limerick Museum 1907-2019

Venue: The Granary Library, Michael Street, Limerick

Time: 13:00pm- 13:45pm

Lecture on the history of Limerick Museum, the oldest local authority museum in the State. Those interested in Limerick history and heritage will enjoy this event. This event is hosted by Limerick Museum in association with the Granary Library.

Contact: Dr Matthew Potter, 061-557740



Whiplash Detection - An Investigation of Road Traffic Accidents and Minor Personal Injuries

Venue: KB1-15, Kemmy Business School, University of Limerick, Castletroy, Limerick

Time: 13:00pm – 14:00pm

The high rate of compensation claims for whiplash in Ireland drives up the cost of car insurance, judicial processes and medical interventions. There is evidence to suggest that there are some exaggerated or fraudulent reports of injuries. Darren Shannon's research breaks down how different elements of a road traffic accident contribute to whiplash. This can help insurers and medical practitioners identify fraud. Suitable for anyone interested in car insurance costs, emerging risks, and academic research on these subjects. Hosted by the Kenny Business School Spring Series of Research Seminars.

Contact: Rebecca Gachet, Rebecca.gachet@ul.ie, 061- 232256



Migration, Integration and Me

Venue: Limerick Youth Service, 5 Lr. Glentworth Street, Limerick

Contact: 13:00pm – 14:30pm

An interactive workshop on emigration, cultural identity, and the refugee migrant crisis. For general public. Note – pre-booking essential.

Time: Shay Maloney, 061 412444/ 086 8907671, shay.maloney@limerickyouthservice.org



Getting Citizens Online

Venue: Dooradoyle Library, Crescent Shopping Centre, Dooradoyle Road, Dooradoyle, Limerick

Time: 14:00pm – 14:30pm

Have a smartphone, Tablet, Laptop that you would like to use more? Learn to send an e-mail, book a flight, shop, tax your car online, use What's App, Skype, Facebook & more. Come along to a 1-hour briefing; see what's involved and where FREE training is available in your community. This event is hosted by Ballyhoura Development Clg. Suitable for any citizen who is interested in taking their first steps to Getting Online, and those that have a little experience of online but need guidance and confidence to explore more.

Contact: Carrie O'Donoghue, 063 20517. Please contact Carrie before Friday 5th of April to book your FREE place at this talk.



This is the Sound of Me, Walking

Venue: Limerick Institute of Technology (LIT), Moylish Campus, Millennium Theatre, Limerick.

Time: 14:00pm – 16:00pm

Interactive Music Performance students showcase a selection of solo music compositions and improvisations set to alternative creative media from the visual and other arts. Of interest to individuals interested in music for mixed media, interactive music performance, and learning more about the Music Technology & Production Programme. This event is being held by Music Technology & Production, LIT.

Contact: Eoghan Neff, Eoghan.Neff@lit.ie, 061-293802. Booking via Eventbrite: <https://www.eventbrite.ie/e/this-is-the-sound-of-me-walking-tickets-56511953775>



TUESDAY 9TH April



“Improving Quality” (IQ) Standard for Community & Voluntary Sector Organisations

Venue: ER1-025, 1st Floor, Engineering Research Building, Enterprise Research Centre, University of Limerick.

Time: 14:30pm – 16:00pm

This event is held by SOLA, The Centre of Excellence for Sustainability Quality in Community and Voluntary Organisations. SOLA is a unique partnership between Disability Federation of Ireland, University of Limerick & Johnson & Johnson. This event will include a Discussion and Information Session on a New Quality Management System (QMS) for Community and Voluntary Organisations. The “Improving Quality” (IQ) Standard is developed specifically for small to medium-sized Community and Voluntary Sector Organisations. Organisations can use the Standard to assess themselves against, and identify areas requiring improvement. CV Sector Management, Staff & Volunteers; CV Sector Board Members; Quality Professionals & Students will find this event helpful.

Contact: Claire Gallery, Claire.gallery@ul.ie, 061 – 202960.



Becoming Self – Employed while Unemployed

Venue: Board Room, Local Employment Service, Unit 2, Tait Business Centre Limerick

Time: 14:30pm – 16:30pm

This event is organized by PAUL Partnership – Enterprise Support Service. This workshop will explore the supports available for anyone who is unemployed and interested in starting a business. It will examine the opportunities and challenges faced by people when they become self-employed. Suitable event for anyone who would like to know more about becoming self-employed and is in receipt of a payment from the Department of Employment Affairs and Social Protection, anyone considering self-employment as an option, and anyone who is on a low income and has a business idea.

Contact: Ann Marie Gleeson, amgleeson@paulpartnership.ie, 061- 419388



Making Easter Cards: Juniors and Parents

Venue: Learning Limerick Hub, Kileely House, New Road, Kileely, Limerick

Time: 15:30 – 16:30

Families invited to design and create their own Easter greeting cards. Parents and children of all ages welcome, children must be accompanied by a parent or guardian.

Contact: James, Learning Hub, Limerick. james@learninghub.ie. Numbers limited, pre-book via

Contact section on www.learninghub.ie



Family Kickboxing: Basic Introduction, Juniors and Parents

Venue: Learning Limerick Hub, Kileely House, New Road, Kileely, Limerick

Time: 15:30-16:30

Family kickboxing: Parents and children (5 years +) invited to take part in an introduction to Kickboxing. All children must be accompanied by parent/guardian

Contact: James, Learning Hub, Limerick james@learninghub.ie. Numbers limited, pre-book via

Contact section on www.learninghub.ie



IT Kidz Code Club

Venue: Mobile IT, Main Street, Bruff, Limerick

Time: 16:00pm – 17:00pm

Our Code Clubs introduce children to software development in a fun and interesting way using, the Raspberry Pi and Scratch, a visual programming language that makes it easy for young people to create their own interactive stories, animations, games, music, and art – and share their creations on the web. For primary school children. For more Info See: www.itkidz.ie.

Contact: Alice Quinlan, Mobile IT, 061-389592



Limerick Alliance For Access to Education

Venue: Health Hub, Rutland Street, Limerick. **(To be confirmed)**

Time: Tuesday 9th April, 17:00pm – 19:00pm

This event, organised by Shannon Consortium (UL, LIT, MIC), aims to bring together all voluntary and civic organisations / NGOs and higher education providers to share their access to education projects and initiatives. The event aims to stimulate cross-sectoral cooperation toward joint-up actions to increase access to higher education. It supports the development of an integrated end to end education approach and respective infrastructure, to nurture aspirations and talent and to maximise the impact of education initiatives on local and regional skills development and social inclusion through cooperation and cohered initiatives in line with Limerick 2030, the National Strategy for Higher Education and the National Plan for Access2015-2019. Staff from NGOs, civil organisations and statutory bodies working in the space of supporting access to education all would benefit from this event.

Contact: Dr Sarah Brady, Programme Manager Shannon Consortium, Sarah.Brady@ul.ie, 061-202621.





Youth Club for Adults

Venue: Limerick Youth Service, 5 Lr Glentworth Street, Limerick

Time: 18:00pm - 19:00pm

Relive your youth and discover the benefits of volunteering with your local youth club/group. Volunteering can be a great social outlet and a bridge to a new career. Hosted by Limerick Youth Service – Youth Work Team. Note: Pre-booking essential.

Contact: Maurice Walsh, 061 412444/0868239000



Three Hour Art-A-Thon

Venue: Merriman House, Merriman Square, Limerick

Time: 18:00pm – 21:00pm

Creative Collaboration Limerick and Limerick School of Art and Design (LSAD) Postgraduate Gianna Tomasso invites you to participate in the creation of a collaborative art work in just three hours! All participants are asked to bring three A4 printed images from Limerick City using the Lifelong Learning Festival theme 'Bridging the Gap' and collectively we will produce an artwork which will be exhibited on an online gallery on the night! Perfect for anyone interested in creative collaboration.

Contact: Gianna Tomasso, gianna.tomasso@lit.ie, 087 1403033



Three Billy Goats Gruff – Building Stories to Support Learning

Venue: Kilmallock Library, Aras Mainchi Seoghe, Kilmallock, Co. Limerick

Time: 18:00pm – 19:00pm

Starting with the tale of the Three Billy Goats Gruff, this event hopes to support parents in their understanding of how young children learn. The workshop will offer the opportunity for children to build their own bridge for the goats to cross and retell their story with their parents. All grandparents, parents, guardians and their children will enjoy this event. Hosted by Limerick Childcare Committee.

Contact: Limerick Childcare Committee, 061 600918, www.limerickchildcare.ie, Laura Sheehan, laura@limerickchildcare.ie



Three Billy Goats Gruff – Building Stories to Support Learning



Venue: Watch House Cross Library, Watch House Cross, Limerick

Time: 18:00pm – 19:00pm

Starting with the tale of the Three Billy Goats Gruff, this event hopes to support parents in their understanding of how young children learn. The workshop will offer the opportunity for children to build their own bridge for the goats to cross and retell their story with their parents. All grandparents, parents, guardians and their children will enjoy this event. Hosted by Limerick Childcare Committee.

Contact: Limerick Childcare Committee, 061 600918, www.limerickchildcare.ie, Laura Sheehan, laura@limerickchildcare.ie



Tae, Plé agus Craic!

Venue: MISU Lounge, Mary Immaculate College, South Circular Road, Limerick

Time: 18:00pm – 19:30pm

A joint collaboration with the International Office and Oifigeach na Gaeilge at Mary Immaculate College. Connecting Irish and American students through music, dance and food. Students will perform both Irish and American song and dance as a way to 'bridge the gap' between Irish and American youth culture. All Mary Immaculate College students, both International and Irish students are encouraged to attend!

Contact: Breeda Cahill – The International Office, Mary Immaculate College, 061-204920 or Caitriona Breathnach, Oifigeach na Gaeilge, Mary Immaculate College, 061-204548



Self Care for One Good Adult

Venue: 3rd Floor Offices, Arthur's Quay House, Arthur's Quay, Limerick, V94 XVRO

Time: 18:00pm – 19:00pm

Workshop aimed at adult or work or volunteer with young people in their community. It provides an understanding to help look at their own well-being while acting as One Good Adult for young person (16+). This event is hosted by Jigsaw.

Contact: Eileen Hanley, 061- 974510, RSVP to limerick@jigsaw.ie.



The Crystal Drop Challenge

Venue: Bank of Ireland, Workbench, 125 O'Connell Street, Limerick

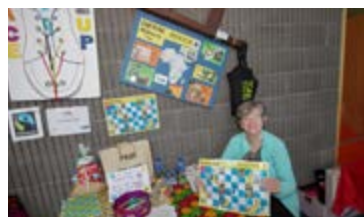
Time: 18:30pm – 19:30pm

Science is all about teamwork. In this workshop, kids will work with their parents/guardians to design and build a contraption to protect a sugar cube crystal from being destroyed when it is dropped from a height. Be careful as even the smallest impact may be catastrophic! The Synthesis and Solid State Pharmaceutical Centre (SSPC) of the University of Limerick will host this event. For upper primary school children (8-13 year olds), children working together with their parent/guardian. Booking is required for this event.

Contact: Sarah Hayes, 061-234915, reserve your place by emailing SSPCOutreach@ul.ie



TUESDAY 9TH April



Building Bridges at Cappamore

Venue: Community Centre, Cappamore, Limerick

Time: 19:00pm – 20:30pm

Discover the fun with Cappamore coolest youth group. Hosted by Limerick Youth Service – Cappamore Youth Group.

Contact: Paul Broderick, 061 422386/087 2175528, paul.broderick@limerickyouthservice



Death Café

Venue: The UnderDog Restaurant, 52 Thomas Street, Limerick

Time: 19:00pm – 21:00pm

Death Café Limerick event open to all 18+ - a chance to talk with others about all aspects of life, death, and human existence – and to celebrate our finite mortal lives. Plus...there's cake! Open to anyone who wants to engage in conversations about a variety of topics connected to death and mortality.

Contact: Jennifer Moran Stritch, 085-726-6830, Limerick Institute of Technology, Loss & Grief Research Group, Moylish Park, Limerick



Seniors Gathering

Venue: Our Lady of Lourdes Community Services Group, Childers Road, Rosbrien Road, Limerick

Time: 19:30pm

A fun cultural evening for older adults. This event is hosted by the Our Lady of Lourdes CSG.

Contact: Denise Hannan, Our Lady of Lourdes Community Centre, 061-228596,

Denise.hannan@ololcsg.ie



The Rockhoppers Poetry Reading

Venue: The Granary Library, Michael Street, Limerick.

Time: 19:30pm

Jackie Biggs, Maggie Harris and Mel Perry (The Rockhoppers) are a group of poets based in West Wales and Kent. They are three strong individual voices who collaborate to produce innovative and surreal pieces for performance. All welcome to this event hosted by Granary Library with Limerick Writers' Centre.

Contact: 061-557510, granarylibrary@limerick.ie, www.limerickwriterscentre.com



Bridging the Gap: Between Abstract Mathematics and Concrete Human Existence

Venue: The Pavilion, University of Limerick, Castletroy, Limerick

Time: 20:00 p.m.

The abstract algebra of category theory defines objects through their relationships to other objects; relationship to others is the defining feature of our concrete human existence. This lecture examines how abstract algebra can cast new light on human questions such as prejudice, privilege, blame and responsibility, and perhaps resolve them. Suitable for all; including those who may have been frightened by school mathematics! The lecture would also be of interest to secondary school pupils.

Contact: Conleth Hussey, 061 202563, School of Engineering University of Limerick, Conleth.hussey@ul.ie





Saint Mary's Cathedral Tours – Connecting with Today's Community, Learning from our Past and Looking to the Future.

Venue: Saint Mary's Cathedral, Bridge Street, Limerick

Time: 09:00am – 17:00pm (last admission 16.30pm)

Self-guided or guided tour by appointment. The Cathedral is one of the oldest buildings in Limerick and stands at the heart of the medieval city. Originally the Royal Palace for the Kings of Thomond it was gifted to the church in 1168. Saint Mary's is an extraordinary complex building representing developments from the mid-twelfth century to the later twentieth century. To connect with Limerick's past; a visit to Saint Mary's Cathedral is a must

Contact: Noreen Ellerker, 061 310293, www.saintmaryscathedral.ie, cathedral@limerick.anglican.org



Learning Regions Workshop Seminar

Venue: King John's Castle

Time: 09:30 – 11:30am

Learning Limerick is delighted to host a Learning Cities-Regions Seminar, with the theme for this year's festival 'Bridging the Gap'. The workshop will focus on the relevant UNESCO Sustainable Development Goals (SDGs), and will showcase projects in Limerick that link to Equitable and Inclusive, Green and Healthy, and Entrepreneurial Learning Regions. Guest speakers from our visiting Learning Cities from Cork, Belfast, Dublin and Derry-Strabane will all participate and give short inputs at this workshop.

Contact: Yvonne Lane, Learning Limerick. 061-419388. ylane@paulpartnership.ie



A Caring Career

Venue: Training Centre, Kilmeedy Healthcare Support LTI, Aras Ide, Kilmeedy, Co. Limerick

Time: 10:00am – 12:00pm

An open morning at the training centre where people can learn more about FETAC /QQI Level 5 in Healthcare & Early Childhood Care & Education & Health Service Skills. Learn about progression routes to further education and training. Of interest to unemployed people with an interest in Healthcare, Childcare & further education.

Contact: Helen O Kelly Coordinator, 087 6952990, Facebook: Kilmeedy Childcare



Easter Laughs and Crafts

Venue: Hospital Family Resource Centre, Knockainey Road, Coolalough, Co. Limerick

Time: 10:00am – 12:00pm

The Parent & Toddler Group in Hospital will be celebrating Easter with laughs & crafts. There will be a selection of crafts to symbolise Easter including paper eggs, making bunny masks, Easter baskets for our Easter hunt in each of the groups. There will be Bunny races and egg and spoon races and other games for parent and toddler to get involved in this fun filled family learning event. Events supported by Ballyhoura Development Ltd. Everyone welcome to join each of the groups at any time. Suitable for parents/guardians and their children. This event is hosted by Hospital Family Resource Centre - Parent and Toddler Groups.

Contact: Michelle Stack, Parent Support Worker, Hospital Family Resource Centre 061383884



Building Bridges to Education, Employability and Training

Venue: Limerick Youth Service Training Centre, 5 Glenworth Street, Limerick

Time: 10:00am – 14:00pm

Join us at LYS's Community Training Centre for an insight into the education, employability and training opportunities for young people. For young people and adults, including parents, guidance counselors, youth workers and teachers.

Contact: Graham Quantrell, 061 412444 / 0838062192,

graham.quantrell@limerickyouthservice.org



Let's Drum up Some Art

Venue: FET Centre, Kilmallock Town Campus, Railway Road, Kilmallock, Co. Limerick

Time: 10:00am – 12:00pm

Learn the basic drum beat in 4/4 time and combine some basic painting techniques with music. This event is hosted by VTOS Kilmallock. Hosted by Limerick and Clare Education and Training Board, VTOS Kilmallock.

Contact: Leesha Foley, VTOS Coordinator, 086 042 2317



CV Preparation & Interview Skills

Venue: Mobile IT, Main Street, Bruff, Limerick

Time: 10:00am – 12:00pm

For those seeking jobs, this course will enable participants to create a professional letter of introduction and a clear CV. Participants will also be provided with essential interview skills.

Contact: Alice Quinlan, Mobile IT, 061-389592





Exercise as Medicine

Venue: University of Limerick Sports Arena, Castletroy, Limerick

Time: 10:00am

A short presentation on UL Sport's successful MedEX Cardiac Rehabilitation Programme, which had bridged the gap between the world of hospitals & doctors' surgeries and various fitness facilities. This presentation will be followed by a demonstration session where participants can try out exercises, used in the UL Sports Arena MedEX Classes. General public welcome, including anyone with a professional or personal interest in cardiac rehabilitation.

Contact: Sinead Kelly, Head of UL Sport Performance Centre, 061-213555



The Impact of Virtual Reality on Individuals and Companies

Venue: Bank of Ireland Workbench, 125 O'Connell Street, Limerick

Time: 10:30am – 12:30pm

We will deliver an overview on Virtual and Augmented Reality. What is this new technology and how will it impact on my personal and professional life. When will it arrive, is it expensive, what will it be used for, should I be worried or how can I use it? Individuals and companies involved in or delivering in areas such as Manufacturing, Retail, Tourism, Wellness or Training will all be interested in this technology. This event is hosted by Limerick Chamber Skillnet.

Contact: Anne Morris, 061 217608, amorris@limerickchamber.ie



Campus Tours to Discover the Opportunities for Learning that are on Offer. View the Wide Range of Skills and Equipment on Display

Venue: Further Education and Training Centre, Raheen Campus, Business Park, Cloughkeating Ave, Raheen, Limerick, V94 CV66

Time: 11:00am – 12:30pm

Each group may request to visit specific areas of interest before arrival at the Campus. Course Instructor/s will deliver a briefing in their Specialist Subject and a full guided tour of all areas will be provided. Apprenticeship Services will deliver an information session as part of all tours. Campus tours are open to all groups. Hosted by Limerick and Clare Education and Training Board.

Contact: Mary Manning, 061487997, mary.manning@lcteb.ie



Tour of Limerick Museum

Venue: Limerick Museum, Henry Street, Limerick

Time: 11:00am – 11:45am

A guided tour of the oldest local authority museum in the State which tells the story of Limerick through its objects. Suitable for all those interested in Limerick history and heritage.

Contact: Dr Matthew Potter, 061-557740



Mindful Movements Workshop

Venue: The Educational Suite, King John's Castle, Nicholas Street, Limerick.

Time: 11:00am – 12:00pm

Mindful Movement bridges the gap between mind and body by using a series of gentle stretching exercises to quiet the mind and refresh the body. This interactive and experiential workshop will guide participants through a Mindful Movements practice. These movements have been developed by learners on the National Learning Network, Focus Programme. Hosted by the National Learning Network, Focus Programme; this event is open to all who wish to develop a more active but gentle alternative to a sitting or lying mindfulness practice.

Contact: Adrian O'Halloran/Donna McGovern/Sean Ryan, 061 305272,
donna.mcGovern@nlN.ie. As places are limited, pre-booking is advised!



Living Positively with My Disability

Venue: Hospital Family Resource Centre, Knockainey Road, Coolalough, Co. Limerick

Time: 11:00am- 12:30pm

Step Forward Disability Group members will share personal experiences & skills they have developed to support them to adjust positively to living with their acquired disability. Followed by short demonstrations on different simple aids and technologies that support them daily. Hosted by the Step Forward Disability Group. Of interest to individuals living with disabilities, older people and carers.

Contact: Martha Potter, Community Development Worker, 061 383884 or 087 2813341.



Mind Body Fusion - How to Bridge that Gap

Venue: University of Limerick Sports Arena, Castletroy, Limerick

Time: 12:00pm

A short presentation about the ever evolving world of fitness and how exercise is being used to enhance healthy minds and attitudes, followed by Pilates to the Beat of the Drum, a Pilates session (which is achievable for all) demonstrating switching off from the world to focus on the drum beat. General public welcome.

Contact: Carmell DeMello, Group Fitness Instructor Co-ordinator, 061-213555



Little Readers

Venue: Kilmallock Library, Kilmallock, Co. Limerick

Time: 12:00pm – 13:00pm

The Little Reader workshop is a friendly inclusive event for little ones and their grown ups to mingle and explore stories and books together including interactive rhymes and storytime together with some hands on craft work. Suitable for little ones from birth & preschool age & their grown-ups. Hosted by Kilmallock Library.

Contact: Noreen O'Neill, Kilmallock Library, 061 556160



Arts Based Regeneration and Community Engagement in Contested Spaces.

Venue: Room F1030, Foundation Building, University of Limerick, Castletroy.

Time: 13:00pm

Taking the development of a public art strategy for West Belfast as a case study, this seminar will look at art-based regeneration approaches. Suitable for the general public, youth and community workers, Arts Practitioners. Hosted by MA in Sociology (Youth, Community and Social Regeneration), Department of Sociology University of Limerick, and presented by Prof. Kerstin Mey.

Contact: Martin.J.Power@ul.ie , 061 234968



Spanish & Latin Dancing

Venue: Drumroe Village Hall, University of Limerick, Castletroy, Limerick.

Time: 13:00pm – 14:00pm

The University of Limerick are hosting an event that will introduce you to the lyrics of Spanish songs, followed by a dance to that song. The salsa, merengue, mambo and cumbia will be included. Most suited for anyone interested in Spanish or who likes dancing to Latin rhythms.

Contact: Nancy Serrano, 0857436716



Launch of Limerick Learning Neighbourhoods

Venue: Abundant Life Centre, Henry Street, Limerick.

Time: 14:00pm – 16:00pm

The Learning Neighbourhood concept was developed in Cork over the past number of years. The Learning Neighbourhood Steering Group is working with 4 local neighbourhoods, Southside, Northside, City Centre and St. Mary's to initiate Learning Neighbourhoods in Limerick. The Launch will showcase the initial work of the Learning Neighbourhoods and artwork from our school art competition.

Contact: Catherine Aylmer, LCEN, 087 7642659



Family History & the Decade of Centenaries

Venue: Watch House Cross Community Library, Moyross, Limerick

Time: 14:00pm – 16:00pm

Were your ancestors involved in the Great War or the Irish Revolution? Or did they succumb to Spanish Flu? This workshop will provide an introduction to online genealogical sources for the 1912-1922 period, with a focus on those pertaining to its significant historical events. All welcome. **Booking essential.**

Contact: Seán / Patricia, 061-557726



Creative Textiles- Felted Flower Brooches

Venue: Classroom G28, Limerick College of Further Education, Mulgrave Street, Limerick

Time: 14:00pm – 15:30pm, and 15:30pm – 17:00pm

Wet Felting with Merino wool and silk to create beautiful Flower brooches to take home. After you can add beads to your flower brooch. This event is held by the Fashion Department of Limerick College of Further Education, and is free and everything is supplied on the day. Open to the public. Children must be accompanied by a parent or guardian as hot water is used in the process. Sewing needles are used for the beading.

Contact: Margaret Dwane, 086 8276228, margaret.dwane@lcetb.ie or Caroline Mitchell, 0868544130. Places can be pre-booked by text or email or just come on the day. Max 15 per workshop.





Young Fun in Caher-con!

Venue: Millenium Theatre, Caherconnlish, Limerick

Time: 14:30pm – 16:30pm

Discover the fun with Caherconlish coolest youth group! Hosted by Limerick Youth Service – Caherconlish Youth Project.

Contact: Paul Broderick, Limerick Youth Service, 061 422386/ 087 2175528, broderick@limerickyouthservice.org



UL in the City

Venue: Limerick City and County Council

Time: 3:00pm – 6:00pm

Exhibition of community based programmes, projects and perspectives. For community and voluntary groups interested in partnering with UL, potential partners and learners interested in innovative community based learning. This event is hosted by Limerick City Community Development Project, University of Limerick and Limerick City and County Council.

Contact: Eileen Hoffer, Eileen.Hoffer@ul.ie



Science Workshop

Venue: Learning Limerick Hub, Kileely House, New Road, Kileely, Limerick

Time: 15:30pm – 16:30pm

We will be exploring an area of Science and then displaying what we have learned through art. The workshop will be for people both young and old. We encourage adults to accompany young children.

Contact: Roseanna Shanahan, 061453099. Numbers limited, pre-book via Contact section on www.learninghub.ie



King Island's Youth Café:



Venue: Nicholas St Youth Space, 41 Nicholas Street, Limerick

Time: 16:00pm – 19:00pm

Young people (14 – 19 years) are invited to Limerick's newest last café at Nicholas St Youth Space. Run by young people for young people, youth cafes are great spaces to meet new friends and hang out! Hosted by Limerick Youth Service.

Contact: Ger Curtin, Limerick Youth Service, 061 412444/ 087 2330149,
ger.curtin@limerickyouthservice.org



Take Your First Steps to a Youth Café



Venue: Footsteps Youth Café, Northside Youth Space, Ballynanty, Limerick

Time: 16:00pm – 20:00pm

First and second year students who would like to join a youth café are invited to Footsteps Youth Café. Run by young people for young people, youth cafes are great spaces to meet new friends and hang out! Hosted by Limerick Youth Service – Footsteps Youth Café.

Contact: Stacey Lyons, Limerick Youth Service, 061 412444/ 083 8546757,
staceyl@limerickyouthservice.org



Youth Work and Intergenerational Learning



Venue: ACM Centre, Main Street, Castleconnell, Limerick

Time: 16:30pm – 19:00pm

Just how different is it growing up now than 30 years ago? The young and not so young come together in Castleconnell to find out! For young people and adults. Hosted by Limerick Youth Service – Castleconnell Youth Project.

Contact: David O'Connor, 061 412444, davidoc@limerickyouthservice.org



Steps Youth Café



Venue: Steps Youth Café, Northside Youth Space, Ballynanty, Limerick

Time: 16:00pm – 20:00pm

Join us at the Northside Youth Space and find out more about our Youth Café. Run by young people for young people, youth cafes are great spaces to meet new friends and hang out. TY, 5TH and 6TH years welcome. Hosted by Limerick Youth Service.

Contact: Stacey Lyons, Limerick Youth Service, 061 412444/ 083 8546757,
staceyl@limerickyouthservice.org



Rathkeale Youth Café



Venue: Rathkeale Youth Space, Abbey Court, Rathkeale, Limerick

Time: 16:30pm – 19:00pm

Join us at West Limerick's premiere youth café in the heart of Rathkeale. Run by young people for young people (14-19 years), youth cafes are great spaces to meet new friends and hang out!

Contact: Mary Harty, Limerick Youth Service, 069 64601/ 087 0549343,

mary.harty@limerickyouthservice.org



Three Billy Goats Gruff – Building Stories to Support Learning



Venue: Newcastlewest Library, Gortboy, Newcastlewest, Limerick

Time: 18:00pm – 19:00pm

Starting with the tale of the Three Billy Goats Gruff, this event hopes to support parents in their understanding of how young children learn. The workshop will offer the opportunity for children to build their own bridge for the goats to cross and retell their story with their parents. All grandparents, parents, guardians and their children will enjoy this event.

This event is hosted by Limerick Childcare Committee with Newcastle West Library.

Contact: Limerick Childcare Committee, 061 600918, www.limerickchildcare.ie,

Laura Sheehan, laura@limerickchildcare.ie



Drama Workshop



Venue: The Hall, Foundation Building, Mary Immaculate College, South Circular Road, Limerick

Time: 18:00pm – 19:00pm

Come along to our exciting drama workshop where you will get a chance to engage your imagination through a variety of fun drama activities. For children 7-12 years old!

Contact: Margaret O' Keeffe, 086-3505160



STUBS: Sound to Upright Bright Screens

Venue: Limerick Institute of Technology Moylish Campus, Millennium Theatre, Limerick.

Time: 18:00pm – 20:00pm

Interactive Music Performance students perform a live semi-improvised underscore to some of the finest hours in cinema. Forming a genre-less avant-garde ensemble that blends acoustic, electric and electronic musicians; this is your chance to re-live the movie experience in its most complete format! For individuals interested in music for screen, interactive music performance, and learning more about the Music Technology & Production Programme. Booking via Eventbrite: <https://www.eventbrite.ie/e/stubs-sound-to-upright-bright-screens-tickets-56511396107>

Contact: Eoghan Neff, Eoghan.Neff@lit.ie, 061-293802



Information Evening on Dental Implants, Click-Tite Dentures, Facial Aesthetics and Orthodontics

Venue: Shields Dental, 10 Ashdown Centre, Courtbrack Ave, South Circular Rd, Limerick

Time: 18:00pm – 20:00pm

An exciting information evening where Dr Conor Shields, Dr Joseph Griffin and Specialist Orthodontist will discuss the positive impact that these treatments can have on a person's quality of life. Come join us on this evening in our state-of-the-art clinic for light refreshments. This event is hosted by Shields Dental & Implant Clinic, aimed at any person who is unhappy wearing dentures, thinking of having Dental Implants or Facial Aesthetics and would like to be more informed on the procedures.

Contact: Dr. Conor Shields , 061-480070



Mature Student Applicants Information Sessions

Venue: Room S205, Schuman Building, University of Limerick, Castletroy, Limerick.

Time: 18:00pm – 21:00pm

Sessions cover a number of topics from mature student interviews to costs of studies and funding, for prospective mature student applicants.

Contact: Joanna Baumgart, 061-202735, mso@ul.ie



Drama Workshop 18-30 Year Olds

Venue: Honeyfitz Theatre, Lough Gur, Co. Limerick

Time: 18:30pm - 20:30pm

Bridging the gap between 1919 and 2019, this workshop will encourage young people to use drama to explore life in rural county Limerick during 1919 and how to create characters based on historical events. The workshop will be part of our project to create community events for the centenary commemorations of the War of Independence. This event is hosted by County Limerick Youth Theatre.

Contact: Fiona Quinn, 0868246915, Co Limerick Youth Theatre.



WEDNESDAY 10TH April

Learning Limerick
Together for a brighter future



2019
Monday April 8 - Sunday April 14
Limerick Lifelong Learning Festival
love learning



Sing Out

Venue: Our Lady of Lourdes Community Services Group, Childers Road, Rosbrien Road, Limerick

Time: 18:30pm

Join our local community choir for an evening of song, no special talent needed just a willingness to join in. Everyone welcome. This event is hosted by the Our Lady of Lourdes CSG.

Contact: Davinia Hanley, Zion Vocal Ensemble, zionchoirlimerick@gmail.com



Listening – a Vital Tool in One's Communication Toolbox

Venue: Griffith College Limerick, O'Connell Street, Limerick City

Time: 19:00pm – 21:30pm

A number doesn't exist without a unit. Similarly, an oral statement doesn't exist without a listener. Listening is one of the most important tools in communication/community settings. Yet, it can be a tool which is sometimes left unused in one's communication tool box. Through an oral/visual presentation, along with some role play, the importance of listening shall be explored. Suitable for anyone interested in discussing the importance of communications and listening. This event is hosted by Griffith College.

Contact: Anthony Brosnan, 061 310031 or Tom Tracey, 061 310031



Open Evening

Venue: Mobile IT, Main Street, Bruff, Co. Limerick

Time: 19:00pm – 20:00pm

Come to Mobile IT's new office in Bruff, Co. Limerick and find out about our range of courses and how we can help with your IT learning goals. Open to all.

Contact: Alice Quinlan, Mobile IT, 061- 389592



April is Poetry Month in Limerick 2019

Venue: Venue to be confirmed, Limerick

Time: 19:30pm

Poetry reading in association with the Limerick Poets Society with US poet Sandy Yannone plus guests and open-mic. All welcome, free entry.

Contact: Dominic Taylor, 087 2996409, limerickwriterscentre@gmail.com





Saint Mary's Cathedral Tours – Connecting with Today's Community, Learning from our Past and Looking to the Future

Venue: Saint Mary's Cathedral, Bridge Street, Limerick

Time: 09:00am – 17:00pm (last admission 16.30pm)

Self-guided tour or guided tour by appointment. The Cathedral is one of the oldest buildings in Limerick and stands at the heart of the medieval city. Originally the Royal Palace for the Kings of Thomond it was gifted to the church in 1168. Saint Mary's is an extraordinary complex building representing developments from the mid-twelfth century to the later twentieth century. To connect with Limerick's past; a visit to Saint Mary's Cathedral is a must.

Contact: Noreen Ellerker, 061 310293, www.saintmaryscathedral.ie, cathedral@limerick.anglican.org



Blood Glucose Monitoring and Blood Pressure Check

Venue: Health Science Building Main Foyer, University of Limerick, Castletroy, Limerick

Time: 9:30am – 11:30am

Diabetes and high blood pressure are both health issues & long-term medical conditions. Diabetes is caused by too much sugar in the blood. This is an opportunity to assess your risk factors and discuss prevention of diabetes while having a finger test that will give you your blood sugar reading. Blood Pressure can be checked to indicate your reading. Of interest for UL Campus and general public. Hosted by the Department of Nursing and Midwifery.

Contact: Anne Fahy, anne.fahy@ul.ie 061202269 or Jill Murphy, jill.murphy@ul.ie, or Dympna Tuohy, dympna.tuohy@ul.ie.



Screening of the Documentary “Resilience -The Biology of Stress and the Science of Hope”

Venue: Southcourt Hotel, Raheen, Limerick.

Time: 9.30am – 12:30pm

“Resilience -The Biology of Stress and the Science of Hope” is a documentary which will be of interest to anyone who wants to learn more about the effects of Adverse Childhood Experiences (ACEs) as well as the encouraging and exciting progress being made in tackling the issue. Screening will be followed by roundtable discussion and networking. Of interest to practitioners working with children, young people and parents. This event is hosted by Tusla in collaboration with Parenting Limerick and the Limerick City-Wide Children and Youth Forum.

Contact: Alice Riddler 061-483590 or David Studer 061-483453





Easter Laughs and Crafts

Venue: Millemminum Centre, Caherconlish, Co. Limerick.

Time: 10:00am – 12:00pm

The Parent & Toddler Group in Caherconlish will be celebrating Easter with laughs & Crafts. There will be a selection of crafts to symbolise Easter including paper eggs, making bunny masks, Easter baskets for our Easter hunt in each of the groups. In each group there will be Bunny races and egg and spoon races and other games for parent and toddler to get involved in this fun-filled family learning event. Events supported by Ballyhoura Development Ltd. Everyone welcome to join each of the above groups at any time. Suitable for parents/guardians and their children. This event is hosted by Hospital Family Resource Centre - Parent and Toddler Groups.

Contact: Michelle Stack, Parent Support Worker, Hospital Family Resource Centre 061383884



Building Bridges to Education, Employability and Training

Venue: Limerick Youth Service Community Training Centre, 5 Lr. Glentworth Street, Limerick

Time: 10:00am – 14:00pm

Join us at LYS's Community Training Centre for an insight into the education, employability and training opportunities for young people. For young people and adults, including parents, guidance counselors, youth workers, teachers. Pre-booking is essential.

Contact: Graham Quantrell, 061 412444/ 083 8062192



Open Day

Venue: FET Centre, Kilmallock Road Campus, Kilmallock Road, Limerick City, V94 Y6H3

Time: 10:00am- 15:00pm

The Open Day is an opportunity for the public and prospective students to visit this state-of-the-art Further Education Centre, formerly St. Enda's School. Visitors can enjoy the Portrait Artist, History and Social Enterprise events taking place that day. Tours of the building, FET information stands and a café will also be provided. This event will be hosted by the Further Education and Training, Limerick and Clare Education and Training Board. Kilmallock Road Campus. All welcome.

Contact: Patricia Kennedy, VTOS Co-ordinator, patricia.kennedy@icetb.ie, 086 3737424



The Irish Union Workhouses- The Impact on the Irish People

Venue: Education Suite, King John's Castle, Nicholas Street, Limerick

Time: 10:00am – 11:00am

Lorna Moloney's Coop students will be providing a presentation on specific aspects of field trips they have undergone as part of their work placement. Presentations will include PowerPoint on pre and post famine workhouses as well as added information and research by Lorna Moloney. All welcome to this event hosted by Merriman Research- Clans and Surnames, and Coop student Ailbhe Maddock.

Contact: Lorna Moloney, irishroots@clansandsurnames.com, 085 872 1184.



Coffee Morning Meet and Greet

Venue: Hospital Resource Family Centre, Knockainey Rd, Coolalough, Co. Limerick

Time: 10:00am – 12:00pm

Hospital Women's Group celebrating lifelong learning. This group and the Kiltelly group who meet on a Wednesday enjoy taster activities and events all year round including art and craft, wellbeing, talks and activities. Groups are open to new members all year round. Come along, meet the participants and enjoy an activity. Of interest for women in rural East Limerick.

Contact: Mary McGrath or Maria Frazer Hospital Family Resource Centre, 061383884



Creating Stunning Social Media Graphics

Venue: Mobile IT, Main Street, Bruff, Co. Limerick

Time: 10:00am – 12:00pm

Need to make your Social Media posts more appealing? Learn how to create great graphic content using free online tools. Of interest to those in business.

Contact: Alice Quinlan, Mobile IT, 061-389592



Family and Friends CPR

Venue: Health Sciences Building, Over the Living Bridge, Room HSG008, University of Limerick, Castletroy, Limerick

Time: 10:00am – 12:00pm

The Department of Nursing and Midwifery University of Limerick are holding an introduction to CPR skills, in a relaxed setting, under the qualified guidance of instructors. Cardio pulmonary resuscitation for adult and child, foreign body airway obstruction relief for adult and child, use of an automated external defibrillator will all be learned in the session. All welcome.

Contact: Booking essential by emailing Dr Lizz Kingston, lizzkingston@ul.ie, 061- 202818, 086 8033495



THURSDAY 11TH April



Plant Clinic

Venue: Southill Hub (formerly Southill Area Centre), O'Malley Park, Southill, Limerick

Time: 10:30am- 12:30pm

Have a favourite plant you are worried about? Bring your sick or tired plants to see our Community Gardner, Barbara. She will diagnose them and prescribe treatment! Don't worry if you don't have a sick plant- Barbara gives all kinds of garden related advice! For those with an interest in gardening/ plants etc.

Contact: Karen O' Donnell O' Connor, 061 60710, kodoconnor@southillareacentre.ie, O' Malley Park, Southill, Limerick



Snapshot of National Learning Network

Venue: Bank of Ireland, Workbench, 125 O'Connell Street, Limerick

Time: 11:00am – 14:00pm

Explore a unique style to Adult Training with the National Learning Network. Gives visitors an overview of the vocational training programmes at our Centre in Raheen and an opportunity to meet with Tutors and Staff while enjoying a cup of tea or coffee. Of interest for people out of work due to accident, illness or disability, or early school leavers or those who need extra supports.

Contact: Patricia Hynes, National Learning Network, Raheen Business Park, 061 229777, limerick@nltn.ie



Campus Tours to Discover the Opportunities for learning that are on Offer. View the Wide Range of Skills and Equipment on Display

Venue: Further Education and Training Centre, Raheen Campus, Business Park, Cloughkeating Ave, Raheen, Limerick, V94 CV66.

Time: 11:00am – 12:30pm

Each group may request to visit specific areas of interest before arrival at the Campus. Course Instructor/s will deliver a briefing in their Specialist Subject and a full guided tour of all areas will be provided. Apprenticeship Services will deliver an information session as part of all tours. Campus tours are open to all groups. Hosted by Limerick and Clare Education and Training Board.

Contact: Mary Manning, 061487997, mary.manning@lcteb.ie





Art Therapy Workshop

Venue: Newcastle West Library, Gortboy, Newcastle West, Co. Limerick

Time: 11:00am

The Creative way to self-discovery, self –esteem, emotional release, stress relief, psychological growth and ME TIME. Feel it, See it, Heal it. Art Therapists use art media and creative interventions to encourage self-expression and reflection with the aim to improve mental health and maintain emotional well-being. Art Therapy is exclusive and precious time “just for you” which is part of your self-care.

Contact: Newcastlewest Library, 069 62273



“Seo E Mise” “This Is Me”

Venue: Northside Family Resource Centre, Ballynanty, Limerick

Time: 11:00am – 14:00pm

Clients from older persons services will present life story books during a high tea event. Light lunch provided. Of interest to members of local community and professionals working with older persons.

Contact: Mark Ryan or Maxine Kirk, (061) 326623. Booking essential as places are limited



Painting Workshop

Venue: Dooradoyle Library, Crescent Shopping Centre, Limerick

Time: 11:00am – 13:00pm

Learn to paint your own work of art and bring it home. All adults welcome! Event held by Paul the Artist.

Contact: Dooradoyle Library , 061-556860



Northside & Southside Heritage & Cultural History & Stories

Venue: The Hunt Museum, The Custom House, Rutland Street, Limerick, V 94 EV8A

Time: 11:00am – 12:00pm.

Showcasing the 2 Loan Boxes created by community groups from the Northside & Southside of Limerick regeneration areas – stories include The Abbey Fisherman, Limerick Dancehalls, Vikings of Limerick and much more, Hosted by The Hunt Museum and Communities of Culture Facilitators. **Booking necessary.**

Contact: Linda Hall 086 7951602, outreach@huntmuseum.com



Learning about Rapid HIV and Hepatitis C Testing

Venue: GOSHH, Redwood place, 18 Davis street, Limerick

Time: 11:00am – 15:00pm

Rapid HIV and Hepatitis C testing with immediate results available.

Contact: Áine O'Brien , Health promotion project worker, 061 314354, 083 3640295



THURSDAY 11TH April

Learning Limerick
Together for a brighter future



Bridging the Gap to Recovery: Education and Learning in Mental Health

Venue: Istabraq Hall, Limerick City and County Council, City Hall, Merchants Quay, Limerick.

Time: 11:00am - 15:00pm

A collaboration of several mental health organisations highlighting the different pathways to recovery through education and training. Organisations involved include Limerick Youth Service, Jigsaw, Employability, My Mind, GROW, PAUL Partnership, Limerick Mental Health Association, Mid-West Advancing Recovery in Ireland Education Service (ARIES), ABC Start Right, Samaritans, Suicide Prevention Office HSE - Resource Officer, Limerick Forum, Mental Health Engagement Office, Limerick Sports Partnership. And many other organisations will be giving talks on the day. This event is organised by Limerick Mental Health Association in collaboration with the various organisations. Open to all.

Contact: Claire Flynn, 0872485746, info@limerickmentalhealth.ie



Walking the Wall

Venue: Kilmallock Library, Kilmallock, Co. Limerick

Time: 11:00am - 12:00pm

Kilmallock is one of Ireland's best preserved medieval towns. Through this walk along the newly opened Western section of Town Wall Living History Specialist Trevor McCarthy will help us bridge the centuries to Kilmallock of times past. Please contact the Library for further details. Tel 061 556160. Hosted by Kilmallock Library. All welcome.

Contact: Noreen O'Neill, Kilmallock Library, 061 556160.

Please contact the library for further details.



Coffee Morning

Venue: FET Centre, Kilmallock Town Campus, Railway Road, Kilmallock, Co. Limerick

Time: 11:00am - 13:00pm

Meet staff and current learners and discuss course choices for September 2019 over a cup of tea/coffee. This event will be hosted by the Further Education and Training Centre, Limerick and Clare Education and Training Board, and is of interest to School leavers and adults wishing to do full-time or part-time courses in Kilmallock Town.

Contact: Leesha Foley, FET Coordinator, 086 042 2317



Portrait Artist of the Festival

Venue: Art Studio, FET Centre, Kilmallock Road Campus, Kilmallock Road, Limerick City, V94 Y6H3

Time: 11:00am – 13:30pm

This event will provide the opportunity to participate in a Portrait Workshop at the new Art Studio in the Further Education and Training (FET) Centre, Kilmallock Road Campus (formerly St. Enda's School). Artists of all levels, from complete beginners to advanced, can participate in this fun event hosted by Vocational Training Opportunities Scheme (VTOS), Limerick and Clare Education and Training Board. Participants will have the chance to draw or paint the fashion stylist, model and television presenter, Celia Holman Lee. All welcome.

Contact: Jayne Foley, Art, Craft & Design teacher, jayne.foley@lcteb.ie, 086 3737424



The Irish Revolution 1919-1921: The Making of the Civil War

Venue: Library, FET Centre, Kilmallock Road Campus, Kilmallock Road, Limerick City, V94 Y6H3

Time: 11:00am – 12:30pm

Historian Frank Noonan will give a lecture, with audience participation, on the Irish Revolutionary period and the events that led to the Irish Civil War 1922. All welcome. This event is hosted by Vocational Training Opportunities Scheme (VTOS), Limerick and Clare Education and Training Board (LCETB).

Contact: Patricia Kennedy, VTOS Co-ordinator, patricia.kennedy@lcteb.ie, 086 3737424



Creative Textiles

Venue: Limerick College of Further Education, Mulgrave Street

Time: 12:00pm – 14:00pm

Come to LCFE to experience a taste of our Fashion Design courses. Complete a contemporary batik accessory project led by expert fashion teachers. Take your fabulous creation home to remind you of all the tips and tricks you've learned. Everything is supplied on the day. Book your place by emailing the email below. Max 15 per workshop.

Contact: Miiia.satama@lcteb.ie



Limerick Local Employment Service (LES) Open Afternoon

Venue: LES Central Office, Unit 2, Tait Business Centre, Dominic Street, Limerick

Time: 13:00pm – 16:00pm

Limerick LES will open its doors and provide a one-to-one service to any jobseeker or member of the public seeking advice, information or guidance on jobs, careers, education courses and training opportunities. For the interest of any jobseeker or member of the public 18 to 66 years old

Contact: Donie McGrath, dmcgrath@les.ie, Freephone 1800412999, Unit 2, Tait Business Centre, Dominic Street, Limerick





Discovering the Entrepreneurial Self in Higher Education

Venue: Mary Immaculate College, South Circular Road, Limerick, Room: G10

Time: 13:00pm - 16:00pm

This engaging and interactive afternoon workshop will explore what it means for both higher educators and higher education institutions to become entrepreneurial and foster a culture of entrepreneurship. While the workshop focuses on developing entrepreneurial thinking in the context of higher education, the ideas and strategies discussed during the afternoon have wider application across all sectors and life situations. Of interest to teachers, educators, students, general public.

Contact: Dr. Maeve Liston, Director of Enterprise and Community Engagement, Lecturer in STEM education, Mary Immaculate College, 061-774726



Learn How to Become a Film & TV Extra with Nigel Mercier

Venue: Millennium Theatre, Moylish Campus, Limerick Institute of Technology, Limerick

Time: 13:00pm – 14:00pm

Set Extras is the leading extras company in the West of Ireland. Providing extras since 2016 for TV Commercials, Music Videos, and local International Films. Award winning actor, Nigel Mercier will offer an overview of the extras casting process, what casting directors are looking for. For anyone interested in TV and Film production who would like to know more about becoming an extra. SetExtras.ie have some of the most experienced casting directors working in Ireland today and a large database of people in the Limerick, Tipperary, Clare, and Kerry areas. To find out more, why not pop along. Booking via Eventbrite: https://filmlit_showcase.eventbrite.ie. A SetExtra & Creative Broadcast & Film Production event.

Contact: Nigel Mercier nigel@soentertraining.com / film@lit.ie, 061-293802



Information Session on Chlamydia

Venue: GOSHH, Redwood place, 18 Davis street, Limerick

Time: 13:00pm – 13:30pm

Lunchtime talk on chlamydia (HSE figures show chlamydia is more common in Limerick than flu or vomiting bug!) Come in and chat with us find out who we are and what we do.

Contact: Áine O'Brien, Health promotion project worker, 061 314354, 083 3640295



Research Soapbox

Venue: Fab Lab, Rutland Street, Limerick

Time: 13:00pm – 14:00pm

Research Soapbox highlights how research can make a real difference. The lunchtime showcase event involves researchers from PhD to Professor with voices from the University of Limerick Thesis in 3 Competition as well as the Research Impact Podcast Series. This event will be moderated by Prof Helena Lenihan. Event is free but places are limited: Register on Eventbrite.ie

Contact: <https://www.eventbrite.ie/o/university-of-limerick-8281185340>



What is Social Enterprise and Why Will it Inspire Me?

Venue: FET Centre, Kilmallock Road Campus, Kilmallock Road, Limerick City, V94 Y6H3

Time: 13:30pm – 14:30pm

RISE is a European Erasmus+ Project based on the theme of Social Enterprise. LCETB Erasmus+ RISE Project will host an introductory information session on Social Enterprise, what it's about and how people can get involved. This will include short talks and presentations by local social entrepreneurs. Hosted by Limerick and Clare Education and Training Board. All welcome.

Contact: Colm Galvin, ERASMUS+ RISE Co-ordinator, colm.galvin@lcteb.ie, 086 3737424



Ennis Town and Limerick City- A Historical Past

Venue: King Johns Castle, Educational Centre, Limerick

Time: 14:00pm – 16:00pm

Lorna Moloney's Coop students will be providing a presentation on specific aspects of field trips they have undergone as part of their work placement. Presentations will include PowerPoints on the history of Ennis town and limerick city as well as added information and research by Lorna Moloney. All welcome to this event hosted by Merriman Research- Clans and Surnames, presented by students Garbhann and Owen.

Contact: Lorna Moloney, irishroots@clansandsurnames.com, 085 872 1184



High Kicks of Limerick Taster Class

Venue: Dance Limerick Studio, 1-2 John's Square, Limerick.

Time: 14:00pm – 15:30pm

Dance Project for Over 50s – Join the High Kicks of Limerick for a taster Class! Do you enjoy dancing? Would you like to try something new? Come join The High Kicks of Limerick, an ensemble of dancers aged 50+ led by choreographer Kristyn Fontanella. Learn new moves and enjoy a social dance, the emphasis with these classes will be on having fun! A tea break in the middle of the class gives you time for a breather and a chat. No upper age limit - No experience necessary. Come on your own or bring a friend!

Contact: Emer Casey, 061 400 994, info@dancelimerick.ie, Dance Limerick Studio, 1-2 John's Square.



THURSDAY 11TH April



Blood Glucose Monitoring and Blood Pressure Check, Promoting Health and Wellbeing - Living with Chronic Illness

Venue: Health Hub, Rutland Street, Limerick

Time: 14:00pm – 16:00pm

Diabetes and high blood pressure are both health issues & long -term medical conditions. Diabetes is caused by too much sugar in the blood. This is an opportunity to assess your risk factors and discuss prevention of diabetes while having a finger test that will give you your blood sugar reading. Blood Pressure can be checked to indicate your reading. Of interest to UL Campus and general public. Hosted by the Department of Nursing and Midwifery, University of Limerick.

Contact: Anne Fahy, anne.fahy@ul.ie 061202269 or Jill Murphy, jill.murphy@ul.ie, Geraldine Quinn HSE Mid West Community Healthcare



Scene and Heard

Venue: Limerick Institute of Technology Moylish Campus, Millennium Theatre

Time: 14:00pm – 18:00pm

Take part in a series of Interactive live performance of audio interpretations recorded from a selection of short film scenes played continuously on loop. As what is seen repeats, what is heard evolves through electronic manipulation of the original recording; thereby reimagining the visuals through sound. Individuals interested in Music for screen, Interactive Music performance, and learning more about the Music Technology & production Programme.

Booking via Eventbrite: <https://www.eventbrite.ie/e/scene-and-heard-tickets-56510274753>

This event will be held by Music Technology & Production.

Contact: Eoghan Neff, eoghan.neff@lit.ie, 061-293802



Brain, Mind and the Nature of Knowledge (Understanding Ourselves in the World)

Venue: Hunt Museum, Captain's Room, Limerick City.

Time: 14:00pm – 16:00pm

Advancements in brain science are opening up new perspectives on how we acquire knowledge. 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 shaping the mind, and in how we understand ourselves in the world and what we choose to learn from it. Places are limited to 50 so you MUST register in advance to ensure a seat. Hosted by the Graduate Entry Medical School, University of Limerick. All are welcome.

Register here at <https://www.eventbrite.co.uk/e/brain-mind-and-the-nature-of-knowledge-understanding-ourselves-in-the-world-tickets-56253331228>

Contact: Professor Billy O'Connor, 086 3501107. Inside-the-brain Website, Twitter and Facebook.



Youth Café

Venue: Lava Javas Youth Cafe, 5 Lr. Glentworth Street, Limerick

Time: 17:00pm – 20:00pm

Join us at Limericks oldest youth café in the heart of the Treaty City. Run by young people for young people (14 – 19 years), youth cafes are great spaces to meet new friends and hang out! Hosted by Limerick Youth Service Lava Javas Youth Café.

Contact: John Real, 061 412444, john.real@limerickyouthservice.org



Men's Cooking

Venue: Our Lady of Lourdes Community Services Group, Childers Road, Rosbrien Road, Limerick

Time: 17:00pm

Cookery workshop for Men over 18 years of age. Limited to 12 places, pre-booking essential. This event is hosted by the Our Lady of Lourdes CSG.

Contact: Emer O'Keeffe, Our Lady of Lourdes Community Centre, 061-228596, Emer.okeeffe@ololcsg.ie





Frame by Frame Showcase -Short Film Screening

Venue: Limerick Institute of Technology Moylish Campus. Millennium Theatre.

Time: 17:00pm – 22:00pm

Series of short film screenings and Film Art exhibition. Films range from fiction, documentary, and animation presented by the students of Creative Broadcast & Film Production. Exciting opportunity to view the work of emerging film makers working in Limerick today. Reception opens at 17:00, screenings from 18:00. Not to be missed. Of interest to students and enthusiasts interested in exploring the world of film and learning more about the Creative Broadcast & Film Production Programme.

Booking via Eventbrite: https://filmlit_showcase.eventbrite.ie .

Contact: Nora Ni Fhlatharta, film@lit.ie, 061-293802



Introduction to Emotional Resilience

Venue: Dooradoyle Library, Crescent Shopping Centre, Limerick

Time: 17:30pm – 18:30pm

Do other people's negative emotions make you feel anxious, stressed and exhausted? Particularly if you deal with the public, whether face-to-face, or over the phone, in your job? While we cannot avoid negative emotions in our lives, we can learn to protect ourselves from their negative impact. At this workshop, you will learn about emotional resilience and practice some effective emotional energy protection techniques. For anybody who gets stressed when dealing with other people's negative emotions; including those with front-line jobs (nurses, carers, shop assistants, etc) and customer service / call center workers.

Contact: Lana O'Farrell, Holistic Wellness Practitioner, 087-2868306, whitelightcentre@gmail.com, www.lanaofarrell.com



Cyber Health and Safety

Venue: Limerick Youth Service, 5 Lr. Glentworth Street, Limerick

Time: 18:00pm – 19:30pm

An interactive workshop on protecting ourselves and raising awareness of the challenges young people face whole online. Hosted by Limerick Youth Service – Comhairle na nOg. Pre-booking is essential.

Contact: Youth Information, 061 412444/ 083 1726898, yib@limerickyouthservice.com



Adventure Bootcamp

Venue: Ballyhoura Mountain Bike Park, Glenosheen, Co. Limerick

Time: 18:00pm - 19:00pm

Group exercise class done in the restorative outdoor setting of the forest. Body-weight exercises to strengthen and tone muscles, increase fitness and overall wellbeing. Ballyhoura Active welcomes all adults for this event.

Contact: Jessica O'Keeffe, jokeeffe@ballyhoura.org, 063 91300



Visit and Have a Guided Tour of UL's Fabulous New Library

Venue: Glucksman Library, University of Limerick, Castletroy, Limerick

Time: Thursday 11th April, 18:30pm – 19:30pm

The Glucksman Library is the University of Limerick's new dynamic and inspiring library. In September 2018, a 7,600 sq. metres library extension was unveiled to reveal a sequence of interlinked, well-lit, and beautifully proportioned spaces ranging from the quiet traditional study space to vibrant and technology- infused social and collaborative spaces. All interested members of the public welcome. Registration is required; book your free place on the link below.

Contact: <https://ul.libcal.com/event/3377470>, Michelle Breen, Head of Information Services, libinfo@ul.ie, 061-202166.



Languages in Action: Enhancing Employability in the Shannon Region

Venue: Room KBG -15, Kemmy Business School, University of Limerick, Castletroy, Limerick.

Time: 18:30pm - 20:30pm

This workshop explores the essential connections between language providers, businesses and the wider community. The event will discuss the language needs of the regional economy and how bridges can be built across the different sectors. Suitable event for employers, parents of prospective university students, current third level students and the wider community. Hosted by the UL School of Modern Languages and Applied Linguistics; in collaboration with CSIS and UL Careers. **Contact:** Catherine Jeanneau, Catherine.jeanneau@ul.ie, 061-202071



Introduction to Holistic Wellness

Venue: Dooradoyle Library, Crescent Shopping Centre, Limerick

Time: 18:45pm - 19:45pm

True wellness comes from harmony and balance between three aspects of your being: body, mind, soul. We feel this harmony when we experience joy, peace and gratitude in our lives. During the workshop, you will learn simple but effective techniques to develop and maintain this harmony, thus improving your well-being. For those interested in discovering new ways of looking after their health and happiness. **Contact:** Lana O'Farrell, Holistic Wellness Practitioner, 087-2868306, whitelightcentre@gmail.com, www.lanaofarrell.com



THURSDAY 11TH April

Learning Limerick
Together for a brighter future



The Father of all Limericks – Aindrais Mac Craith An Mangarie Súgach

Venue: Kilmallock Library, Kilmallock, Limerick

Time: 19:00pm – 20:00pm

Living History Specialist Trevor McCarthy will bring us back to the heyday of the Gaelic Poets of the 1700s who came to be known as the Maigue Poets. Please contact the Library for further details. All welcome.

Contact: Noreen O'Neill, Kilmallock Library, 061 556160



Remembering Michael Hartnett: A Language Seldom Spoken

Venue: The Granary Library, Michael Street, Limerick

Time: 19:30pm

It is twenty years since the death of Michael Hartnett. Dr. John McDonagh and Dr. Stephen Newman discuss his poetry in both Irish and English. All welcome to this event hosted by The Granary Library and Limerick Writers Centre.

Contact: 061-557510, granarylibrary@limerick.ie, www.limerickwriterscentre.com



Exploring STEAM: The Link between Artistic Concepts and Processes and Science, Mathematics and Engineering

Venue: Room: G10, Mary Immaculate College, South Circular Road, Limerick

Time: to be confirmed.

Interactive and innovative STEAM (Science, Technology, Engineering, Art and Mathematics) activities for children exploring Light, Movement and Sound. These fun interactive workshops for schools and teachers will involve children carrying out investigations exploring the link between artistic concepts and processes and science, mathematics and engineering. Suitable for children 8-12 years and teachers, invitation to schools.

Contact: Dr. Maeve Liston, Director of Enterprise and Community Engagement, Lecturer in STEM education, Mary Immaculate College, 061-774726



Saint Mary's Cathedral Tours – Connecting with Today's Community, Learning from our Past and Looking to the Future

Venue: Saint Mary's Cathedral, Bridge Street, Limerick

Time: 09:00am – 17:00pm (last admission 16.30pm)

Self-guided tour or guided tour by appointment. The Cathedral is one of the oldest buildings in Limerick and stands at the heart of the medieval city. Originally the Royal Palace for the Kings of Thomond it was gifted to the church in 1168. Saint Mary's is an extraordinary complex building representing developments from the mid-twelfth century to the later twentieth century. To connect with Limerick's past; a visit to Saint Mary's Cathedral is a must.

Contact: Noreen Ellerker, 061 310293, www.saintmaryscathedral.ie, cathedral@limerick.anglican.org



Easter Laughs and Crafts

Venue: Kilmallock Pastoral Centre, Kilmallock, Co. Limerick

Time: 10:00am – 12:00pm

The Parent & Toddler Group in Kilmallock will be celebrating Easter with laughs & Crafts. There will be a selection of crafts to symbolise Easter including paper eggs, making bunny masks, Easter baskets for our Easter hunt in each of the groups. In each group there will be Bunny races and egg and spoon races and other games for parent and toddler to get involved in this fun filled family learning event. Events supported by Ballyhoura Development Ltd. Everyone welcome to join each of the above groups at any time. Suitable for parents/guardians and their children. This event is hosted by Hospital Family Resource Centre - Parent and Toddler Groups.

Contact: Michelle Stack, Parent Support Worker, Hospital Family Resource Centre 061383884





My Future My Education

Venue: Croom Family Resources Centre Log Cabin, High Street, Tureen, Croom, Co. Limerick

Time: Friday 12th April, 10:00am

Our event will be a coffee morning where we ask our learners to speak about their experience with the Family Resource Centre and returning to education. We will speak about what works and how to make it possible to reach your goal. Suitable for parents returning to education.

Contact: Laura Bennett, Croom FRC , Family Support and Community Development officer, familysupport@croomfrc.com, 061 602878



Yoga Class

Venue: Coote Hall, Kilmallock, Co. Limerick

Time: 10:00am- 11:00am

Stretching and strengthening exercises for beginners followed by a guided relaxation.

Ballyhoura Active welcomes all adults, teenagers and children. Event hosted by Ballyhoura Active.

Contact: Fiona Walsh, fwalsh@Ballyhoura.org, 063 91300



BorrowBox: Your Library in 1 App

Venue: The Granary Library, Michael Street, Limerick

Time: 11:00am – 14:00pm

Learn more about BorrowBox, the free digital App providing eBook and eAudiobook services for library users of all ages. Bring your smart phone, tablet, Kindle or laptop to the library for a demonstration of how the world's best authors and titles are merely a click away. This event is hosted by the Limerick City and County Library Service. All welcome.

Contact: Fiona Ismail, Granary Library, 061 507510



West Limerick Lifelong Learning Expo 2019

Venue: The Longcourt House Hotel, St Marys Road, Newcastle West, Co. Limerick

Time: 11:00am – 15:00pm

Experience all the Lifelong Learning possibilities that West Limerick has to offer at this new FREE event hosted by West Limerick Resources CLG. Come and see both accredited and non-accredited courses, volunteering opportunities and interesting activities you might be interested in getting involved in – from fitness to film. Come and speak to West Limerick Resources advisors to seek advice and help on what may be useful to you. Of interest to any person interested in learning new skills, interested in getting involved in groups and/or interested in seeing what is available to do in West Limerick.

Contact: Adrienne O'Connell, 087/2773294, aoconnell@wlr.ie



Restorative Practices

Venue: Our Lady of Lourdes Community Services Group, Childers Road, Rosbrien Road, Limerick

Time: 11:00am

A community talking circle, an opportunity to talk, share stories and have fun. All adults welcome. This event is hosted by Our Lady of Lourdes CSG.

Contact: Barry Killeen, West End youth building, 061-441078, Barry.killeen@ololcsg.ie



Inside Out Living - Having a Life While Making a Living

Venue: Limerick Milk Market, Upstairs Mezzanine, Limerick

Time: 12:00pm – 14:00pm

Interactive workshop guiding participants to an inside out way of living. Facilitating awareness of our inner strengths and resilience. Showing how to use what is within us to start living a life based on what we love doing and how we can contribute with it. For professionals, self employed, unemployed. Facilitated by Patrick Mercie, The Intentional Academy.

Contact: Patrick Mercie 083-3008963, The Intentional Academy.



190 Years of Limerick Lace

Venue: The Granary Library, Michael Street, Limerick

Time: 1:00pm – 1:45pm

Lecture on the history of one of the largest and most important craft industries in Irish history. This event is hosted by Limerick Museum in association with the Granary Library. This event would be most suited to those interested in Limerick history and heritage and those interested in crafts, textiles and fashion.

Contact: Dr Matthew Potter, 061-557740





Community Talking Circle

Venue: Milk Market (upstairs balcony), Limerick

Time: 14:00pm – 15:00pm

Join in a facilitated 20-minute dialogue circle with people from your community. Get to know some new people. Share your perspective/experiences on life (from “your favourite book” to “the weirdest food you’ve ever eaten”). Listen to new perspectives and, most importantly, raise a smile or even a laugh! This event is hosted by Limerick Restorative Practices Project. All welcome.

Contact: Joe Power – 087 9363010, respracdevoff@gmail.com



Existentialist Theory in the Pedagogy of Paulo Freire

Venue: The Captain’s Room, The Hunt Museum, Rutland Street, Limerick.

Time: 3:00pm

This talk is based on the educational theory of Paulo Freire. Freire’s theory is most often used to espouse socio-economic and functional ideas around adult learning, particularly adult literacy education. However, this talk examines other aspects of Freire’s theory. These aspects are drawn out to highlight the metaphysical elements in Freire’s theory and how this understanding could be used to develop policy and practice in this area of education in Ireland. This event will be of interest to anyone who works in Adult and Further Education and who has a belief in the deeply transformative effects of education in the public and private life of both learners and educators.

Contact: Alex McKillican, teacher and writer in Adult Education, 069 776 36



Screening of the Documentary “Resilience -The Biology of Stress and the Science of Hope”

Venue: Dooradoyle Library, Dooradoyle, Limerick.

Time: 3:00pm – 5:00pm

“Resilience -The Biology of Stress and the Science of Hope” is a documentary which will be of interest to anyone who wants to learn more about the effects of Adverse Childhood Experiences (ACEs) as well as the encouraging and exciting progress being made in tackling the issue. Information on relevant support services will be available on the night if required. This event will be of interest to parents and general audience. This event is hosted by Tusla in collaboration with Parenting Limerick.

Contact: Alice Riddler 061-483590 or David Studer 061-483453.



Be Yourself with the Rainbow Gang

Venue: Lava Javas Youth Café, 5 Lr. Glentworth Street, Limerick

Time: 17:00pm – 20:00pm

Join us and help us plan the Youth part of this year's Pride. We are a youth group for young people who are members of the LGBTI+ Community. Hosted by Limerick Youth Service and GOSSH – LGBTI+ Youth.

Contact: Olivia Chau, 061 312444, olivia.chau@limerickyouthservice.org



Three Billy Goats Gruff – Building Stories to Support Learning

Venue: Dooradoyle Library, Crescent Shopping Centre, Dooradoyle Road, Dooradoyle, Limerick

Time: 18:00pm – 19:00pm

Starting with the tale of the three Billy Goats Gruff, this event hopes to support parents in their understanding of how young children learn. The workshop will offer the opportunity for children to build their own bridge for the goats to cross and retell their story with their parents. All grandparents, parents, guardians and their children will enjoy this event. Hosted by Limerick Childcare Committee.

Contact: Limerick Childcare Committee, Croom Mills, Croom, Co. Limerick, 061 600918, www.limerickchildcare.ie, Laura Sheehan, laura@limerickchildcare.ie



Have a Chat

Venue: Out & About in Ballycummin, Dooradoyle, Mungret & Raheen

Time: Friday Evening

Our detached youth work team will be out every Friday evening. Feel free to stop for a chat & find out more about what we do. Hosted by Limerick Youth Service – Ballycummin Detached Youth Work Project. **Contact:** Shelly Goggin, Limerick Youth Service, 5 Lr Glentworth St, Limerick – 061-412444/087-7055197 shelly.goggin@limerickyouthservice.org



Access All Areas- Friday Night Youth Clubs

Venue: LYS' Volunteer led youth clubs are open from 19:00-21:30hrs

Time: 19:00pm – 21:30pm

Youth Clubs are a great opportunity for young people (10+) to meet new friends, enjoy new experiences and have fun!

Contact: Youth Information Bureau, Limerick Youth Service, 061 412444/ 083 1726898, lys@limerickyouthservice.org



April is Poetry Month in Limerick 2019

Venue: Nelly's Corner Café, Nicholas St., Limerick

Time: 19:30pm – 21:00pm

Poetry reading in association with The Poetry Circle with Tim Cunningham and Richard W Halperin plus music. All welcome, free entry.

Contact: Dominic Taylor, 087 2996409, limerickwriterscentre@gmail.com



SATURDAY 13TH April



Saint Mary's Cathedral Tours – Connecting with Today's Community, Learning from our Past and Looking to the Future.

Venue: Saint Mary's Cathedral, Bridge Street, Limerick

Time: 09:00am – 16:00pm (last admission 15.30pm)

Self Guided or Guided tour by appointment. The Cathedral is one of the oldest buildings in Limerick and stands at the heart of the medieval city. Originally the Royal Palace for the Kings of Thomond it was gifted to the church in 1168. Saint Mary's is an extraordinary complex building representing developments from the mid-twelfth century to the later twentieth century. To connect with Limerick's past; a visit to Saint Mary's Cathedral is a must

Contact: Noreen Ellerker, 061 310293, www.saintmaryscathedral.ie,
cathedral@limerick.anglican.org



Mature Student Applicants Information Sessions

Venue: Room S206, Schuman Building, Mature Student Office, University of Limerick, Castletroy, Limerick. **Time:** 9:00am – 13:00pm

Sessions cover a number of topics from mature student interviews to costs of studies and funding, for prospective mature student applicants.

Contact: Joanna Baumgart, 061-202- 735, mso@ul.ie



Further Education Opportunities at University of Limerick

Venue: Bank of Ireland, Workbench, 125 O'Connell Street, Limerick

Time: 10:00am – 13:00pm

Are you interested in further education? Are you looking to gain a postgraduate or professional qualification? Do you want to study to return to the work place? Are you looking to upskill or enhance your career? Come and hear what education opportunities are available for full time, part time and working students. All welcome to this event held by Graduate and Professional Studies, University of Limerick. Registration necessary.

Contact: Rose Moorhead, 061-234377. Register by email: graduateschool@ul.ie



Youth Group

Venue: Limerick Youth Service, 5 Lr. Glentworth, Limerick

Time: 10:00am – 12:00pm

An interactive workshop on emigration, cultural identity and the refugee and migrant crisis. Pre-booking essential! For young people.

Contact: Shay Moloney, 061 412444, shay.moloney@limerickyouthservice.org



Pathways to Higher Education through PATH (Programme for Access to Higher Education)

Venue: Across three Institutions: University of Limerick, Limerick Institute of Technology, and Mary Immaculate College.

Time: 10:00am – 12:00pm

Shannon Consortium / Mid-West Cluster of Higher Education Institutions are holding this event in the interest of those from groups who are under-represented in the Higher Education Colleges. The Mid-West Cluster of Higher Education Institutions will highlight a number of new initiatives developed to support access to higher education for those who may think it is not an option for them (e.g. lone parents, second-level pupils, mature learners, ethnic minorities, people with disabilities and members of the travelling community). There will be a number of events focused on such as: Improving Irish Language Competency, Supporting Lone Parents and Provision of Financial Bursaries.

Contact: Patrick Hoey, Access Manager, 061-234362.

Email patrick.hoey@ul.ie for more details, on venues confirmed for these events.



Three Billy Goats Gruff – Building Stories to Support Learning

Venue: The Granary Library, Michael Street, Limerick

Time: 10:30am – 11:30am

Starting with the tale of the three Billy Goats Gruff, this event hopes to support parents in their understanding of how young children learn. The workshop will offer the opportunity for children to build their own bridge for the goats to cross and retell their story with their parents. All grandparents, parents, guardians and their children will enjoy this event. Hosted by Limerick Childcare Committee.

Contact: Limerick Childcare Committee, Croom Mills, Croom, Co. Limerick, 061 600918,

www.limerickchildcare.ie, Laura Sheehan, laura@limerickchildcare.ie



Cyber Health and Safety

Venue: Limerick Youth Service, 5 Lr Glentworth Street, Limerick

Time: 11:00am – 13:00pm

An interactive workshop on protecting ourselves and raising awareness of the challenges young people face online. Pre-booking essential.

Contact: Youth Information, 061 412444/ 083 1726898, yib@limerickyouthservice.org



Gross Germs and Bizarre Bacteria

Venue: The Hunt Museum, The Custom House, Rutland Street, Limerick

Time: 11:00am – 12:30pm

Bacteria are everywhere – 1,000,000,000,000 can live on one gram of poop! Did you know that using anti-bacterial hand sanitizer can keep you safe? In this workshop, you'll learn how to make your own hand sanitizer and about all types of bacteria; the good, the bad and the ugly! Suitable for upper primary school children ages 8-13 with their parents/guardians. Booking is essential for this event hosted by the Synthesis and Solid State Pharmaceutical Centre (SSPC), University of Limerick.

Contact: Sarah Hayes, 061-234915, reserve your place by emailing SSPCOutreach@ul.ie.



SATURDAY 13TH April



Yoga and Art for Relaxation

Venue: 33 Henry Street, Limerick

Time: Adults/teenagers 11:00am - 12:30pm. Children 13:30 pm - 15:00pm

Gentle yoga and fun art-making. Stretch, create, breathe, rest, enjoy! This taster will give you some insight into hatha yoga and intuitive creativity. See <https://www.12petals.net/>. Find Anois Art on Facebook. Kathryn Crowley is a mother, artist and yoga teacher with lots of experience to share.

Contact: Kathryn Crowley 085 2441321



Follow Your Dream Walkshop

Venue: University of Limerick Sports Arena, University of Limerick, Castletroy, Limerick

Time: 11:00am – 14:00pm

What do you want to do with the rest of your life? Do you want to develop your talent, career, dream idea, side project or start-up into something greater? Join us for a Walkshop (3k-4k) where we will share stories, collaborate, learn in natural surroundings and create a simple plan of your next steps. This event is hosted by Intune Holistic Wellness; and is of interest for career changers, freelancers, unemployed, pre start-ups, start-ups, innovators, business owners, social entrepreneurs etc. Limited numbers so registration is necessary.

Contact: Register on www.eventbrite.ie ;

(<https://www.eventbrite.ie/e/follow-your-dream-walkshop-tickets-56173117306>)

Or contact Fergal O' Farrell, 087 4176498, info@holisticwellness.ie, www.holisticwellness.ie



Saturday Drop-In

Venue: Garryowen CDP, 23 John's Street, Limerick

Time: 13:00pm – 15:00pm

Join us for pool, tunes and a cuppa with Garryowen Youth Together.

Contact: Gillian Bolan, Limerick Youth Service, 061 412444/ 086 6077646



Exodus, Exile and Resettlement: Understanding the Needs of Displaced Families, Children and Adults



Venue: Multifunction Room, The Hunt Museum, The Custom House, Rutland Street, Limerick
Time: 14:30pm – 16:30pm

A workshop that facilitates understanding, dialogue and good practice through interactive presentation, current information and group activities. Understanding the needs of displaced communities, Refugees and Asylum Seekers', can provide the framework to work with, support and empower those who are vulnerable and marginalized in society. Of interest to those working in the community, with community and voluntary sector organizations, education providers, ESOL teachers, primary and secondary school teachers, third level students in Health, Mental Health and Social Care courses, healthcare workers, Mental Health Organizations and Children's Services. Facilitator Santhi Corcoran, Lecturer and Researcher, Mary Immaculate College, and Tutor, Limerick and Clare Education and Training Board. Booking your place for this event is essential!

Contact: For bookings: eventbrite <https://bit.ly/2trx49j>. For further information: Event Administrator, Vanessa Laber, vlaber@hotmail.co.uk. Facilitator's information: Santhi Corcoran, santhi1@eircom.net, 085 1361207



Bring a Buddy

Venue: Lava Javas Youth Café, 5 Lr. Glentworth Street, Limerick
Time: 15:00pm – 19:00pm

Join us for music, fun and games at Limericks famous Youth Café.

Contact: John Real, Limerick Youth Service, 061 412444, john.real@limerickyouthservice.org



"Workers of Limerick" - A Live Story Telling Event to Mark the Centenary of the Limerick Soviet

Venue: Narrative 4, 58 O' Connell Street, Limerick
Time: 19:00pm

Limerick Spring Festival of Politics and Ideas and Narrative 4 present "Workers of Limerick" – celebrating the stories of workers past and present. What was it like to work in the city in the past, what's it like to work here today? What are the challenges facing workers into the future? All welcome.

Contact: Jennifer Moroney-Ward, 086-8589975



SUNDAY 14TH April



Saint Mary's Cathedral Tours – Connecting with Today's Community, Learning from our Past and Looking to the Future.

Venue: Saint Mary's Cathedral, Bridge Street, Limerick

Time: 13:30pm - 16:00pm (last admission 15.30pm)

Self-guided or guided tour by appointment. The Cathedral is one of the oldest buildings in Limerick and stands at the heart of the medieval city. Originally the Royal Palace for the Kings of Thomond, it was gifted to the church in 1168. Saint Mary's is an extraordinary complex building representing developments from the mid-twelfth century to the later twentieth century. To connect with Limerick's past; a visit to Saint Mary's Cathedral is a must

Contact: Noreen Ellerker, 061 310293, www.saintmaryscathedral.ie, cathedral@limerick.anglican.org



April is Poetry Month in Limerick 2019

Venue: The Hunt Museum, Rutland Street, Limerick

Time: 15:00pm – 16:30pm

Music & poetry – A tribute to poet Michael Hartnett with Mike MacDomhnaill and Paul Dunworth. Hosted by Limerick Writers Centre.

Contact: Dominic Taylor, 087 2996409, limerickwriterscentre@gmail.com



Some of Our Learning Limerick Ambassadors 2019



National Learning Regions Seminar – **BRIDGING THE GAP**

VENUE: King John's Castle, Nicholas Street, Limerick
DATE: Wednesday 10th April. | **TIME:** 9:30am – 12:00pm

BOOKING ESSENTIAL CONTACT:

Yvonne Lane, 061-419388, ylane@paulpartnership.ie

Learning Regions Workshop Seminar – **BRIDGING THE GAP**

Learning Limerick is delighted to host a Learning Cities-Regions Seminar, with the theme for this year's festival 'Bridging the Gap'. The workshop will focus on the relevant UNESCO Sustainable Development Goals (SDGs), and will showcase projects in Limerick that link to *Equitable and Inclusive*, *Green and Healthy*, and *Entrepreneurial* Learning Regions. Guest speakers from our visiting Learning Cities from Cork, Belfast, Dublin and Derry-Strabane will all participate and give short inputs at this workshop.



All-Ireland Network of Learning Cities

The first meeting of the all-Ireland Network of Learning Cities (Limerick, Cork, Belfast, Dublin and Derry-Strabane Learning City-Regions) was held in Cork as part of the Cork Learning Cities Conversations event last November. Cork Learning City has brought this group together and all of the City-Regions have adopted the UNESCO Guidelines for Building Learning Cities. A follow-up second meeting of this group was hosted by Dublin Learning City held in Dublin City Council on January 24th 2019. The network members also attended the Launch of the Belfast Festival of Learning on February 19th 2019. The group are scheduled to have their third meeting in Limerick on Wednesday April 10th as part of the Lifelong Learning Festival 2019 week.



LIMERICK LIFELONG LEARNING FESTIVAL ORGANISING COMMITTEE 2019

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	Jessica Curtis
West Limerick Resources	Adrienne O'Connell
Ballyhoura Development	Carrie O'Donoghue
Mary Immaculate College	Maeve Liston
University of Limerick	Sarah Brady
Limerick Institute of Technology	Philip Hennessy
Limerick Community Education Network	Jim Prior
Limerick Integration Working Group	Trisha Rainsford
Limerick Childcare Committee	Anne Delaney
Limerick Mental Health Association	Claire Flynn
Youth Work Limerick	Cora Foley
Limerick Chamber Skillnet	Anne Morris
Culture and Arts / Creative Ireland Limerick	Sheila Deegan
Department of Employment Affairs and Social Protection	Jim Lynch
Irish National Organisation for the Unemployed	Caroline Clarke

Organising Committee for Limerick Lifelong Learning Festival and National Seminar 2019

Name

Yvonne Lane
Jim Prior
Helen Flanagan
Trisha Rainsford
Patrick Fitzgerald
Zoe Murray
Jessica Curtis
Adrienne O'Connell
Carrie O'Donoghue
Maud Baritaud
Maeve Liston
Sharon Gilmore

Organisation/Network

Learning Limerick
Limerick Community Education Network
Limerick Community Education Network
Limerick Integration Working Group
Limerick Mental Health Association
PAUL Partnership
PAUL Partnership
West Limerick Resources
Ballyhoura Development
Limerick and Clare Education and Training Board
Mary Immaculate College
University of Limerick





FESTIVAL SPONSORS 2019

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
- Mary Immaculate College
- Limerick Institute of Technology
- 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

Also, thanks to the Hunt Museum, Bank of Ireland Workbench and King John's Castle for hosting festival events.

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



Check our website for latest details www.limerick.ie/lovelearning



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

2019

Monday April 8 - Sunday April 14

Limerick Lifelong
Learning Festival

love learning



Festival Sponsors



Comhairle Cathrach
& Contae Luimnigh

Limerick City
& County Council

PAUL
PARTNERSHIP
LIMERICK



Turning the tide of unemployment

Ag tionú tairde na dhíothaíochta

PÁIRTÍOCHT

PAUL

LUIMNEACH



Bord Oideachais & Oiliúna
LUIMNIGH & AN CHLÁIR

LIMERICK & CLARE
Education & Training Board



UNIVERSITY of LIMERICK

OLLSCOIL LUIMNIGH

lcfe

Limerick College of
Further Education

Realising new futures



MIC
MARY IMMACULATE COLLEGE
COLÁISTE MHIURE GAN SMAL



LIT

LIMERICK
INSTITUTE OF
TECHNOLOGY



Friends



Media Partners



LIMERICK LEADER