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Learning Limerick presents
Limerick Lifelong Learning Festival

2021

Monday **May 24** - Sunday **May 30**

**Limerick Lifelong
Learning Festival**

love learning



V I R T U A L



For more information

www.limerick.ie/lovelearning

All events are **FREE**



MAYOR'S FOREWORD

I am delighted to launch this programme for the 11th annual Limerick Lifelong Learning Festival.

The festival provides a timely opportunity to reflect on the many innovative ways we have been continuing to engage in learning. We can do it anywhere, as the various lockdowns over the last year have highlighted to us so clearly. We have all expanded the ways in which we can access learning and have met these new opportunities for learning with great enthusiasm. We continue to celebrate the resilience of our local communities.

The Limerick Lifelong Learning Festival has expanded and grown over the years. This year's festival will also build on the success of our first virtual festival last year.

It provides a timely opportunity to reflect on the many contexts in which we are learning, as well as exploring new ways and opportunities for learning.

The festival theme this year is '**New Futures, New Adventures in Learning**'.

Organisers of this year's festival have worked extremely hard to curate a festival of events that is interesting, varied and accessible, despite to obvious restrictions.

It is testament to the innovative and creative team that so many events are taking place.

For this festival, we are continuing to link closely with the international Learning Cities Networks of the UNESCO Global Network of Learning Cities and the PASCAL Learning Cities Programme; as well as the Irish Network of Learning Cities; which include Cork, Dublin, Belfast and Derry Strabane Learning Cities.

Running the festival as a virtual one offers the added advantage that attendees for our events can come from Learning Cities from all around the world and log on to attend and participate; and share their learning!

I am particularly delighted to see our Learning Limerick Ambassadors running a Live Interview and Panel Discussion Event on the first day of the festival.

This is a wonderful grassroots initiative that I was delighted to support when I formally launched the Learning Ambassadors Video Series, at a virtual launch event held last December.

I've no doubt that the list of events taking place over the course of the festival will be of interest to people in communities the length and breadth of Limerick city and county and of course further afield.

I'm confident that engagement from our local communities and from members of the wider public both from Limerick and beyond will be high as previous years.

This is a mark of the commitment to promoting learning in all its forms and the interest in lifelong learning across all groups in society.

I wish you the all the very best for the 2021 festival, I've no doubt it will be as successful as ever.

CLLR MICHAEL COLLINS

Mayor Of The City And County Of Limerick



INTRODUCTION

The Limerick Lifelong Learning Festival takes place this year from Monday 24th September to Sunday 30th May and is now in its 11th year. The theme for 2021 is **'New Futures, New Adventures in Learning'** and is being run for the second time as a virtual festival. The festival provides a timely opportunity to reflect on the many innovative ways we have been continuing to engage in learning over the last year; while also exploring how learning will continue to bring us on new adventures in the future. The festival also celebrates Limerick as a UNESCO Learning City-Region. The Learning Limerick Steering Group is a proud member and award winner of the UNESCO Global Network of Learning Cities (GNLC). Indeed, the UNESCO GNLC supports and improves the practice of lifelong learning in the world's cities.

The excitement of learning will be promoted through a multitude of varied events during the festival week including: online interactive information sessions; live presentations / broadcasts via zoom/YouTube channel/ Facebook streaming, short films, pre-recorded events/activities, webinar panel debates/ discussions, information sessions and live chats. With over 100 free events in this year's programme, there is certainly something for everyone to choose from; with a diversity of activities that includes dance, art, health and science, business and developing career options.

The flagship event for the festival this year is 'Meet our Learning Ambassadors' panel discussion event on the first day of the festival. In this webinar, we are building on the great work of the Ambassadors in promoting lifelong learning; following the launch of their videos series last December. This Learning Ambassadors video interview series is promoted via our Learning Limerick Website and Social Media platforms. One of our own

Ambassadors will be interviewing the other Ambassadors on their learning adventures and future plans for both their careers and continued learning. The interactive interviews will then be followed by a panel discussion to include some of our Learning City partners.

We are also delighted to be hosting an international webinar in the lead up to the festival this year. On the 13th May, Limerick and Wyndham (Australia) Learning Cities are co-hosting a Webinar on 'Transformation through Empathy Partnerships' with PASCAL that will explore dynamic partnership models from around the world, including the island of Ireland. PASCAL Learning Cities Networks (LCN) are an international interactive policy-oriented groups of stakeholders within cities; sharing ideas and experience directed at innovative responses to the big issues confronting cities; including the promotion of sustainable learning city development.

The Learning Limerick Steering Group presents the festival each year. This group represents all the main stakeholders involved in promoting learning in Limerick. The Festival represents an opportunity to engage directly with the public and to be part of an event which showcases Limerick. On behalf of the steering group, I would like to express my thanks to our sponsors who provide vital funding to run the festival. I especially would like to thank all of those involved for their commitment and hard work in the planning and running of 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



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Welder

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LIMERICK & CLARE
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Rialtas na Míreann
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Financailtáilte ag an
Eagraíocht Eorpach

Learning Ambassadors Programme



The Learning Ambassadors project has progressed over the last two years. The Learning Ambassadors Limerick people from all walks of life, united by a common interest in promoting, developing and celebrating learning, in all its forms, throughout Limerick City and County. The Learning Ambassadors participated in a Story Exchange training project with Narrative 4 in 2019, which developed their skills to 'tell their story'. Following this training, the Ambassadors told their own stories of lifelong learning and why they are passionate about becoming a Learning Ambassador on video interviews. This series of interviews was formally launched with a virtual launch event with the Mayor in December 2020.

For the Lifelong Learning Festival this year, the Learning Ambassadors will hold an event that builds on their work and telling their own stories. One of our Ambassadors, Lylian Fotabong, will be interviewing a number of the other Ambassadors on their learning adventures and future plans for both their careers and continuing learning. The interactive interviews will then be followed by an interactive panel discussion. The event is hosted by the Learning Ambassadors Sub-group of Learning Limerick.





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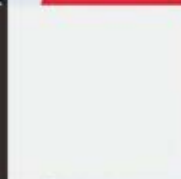
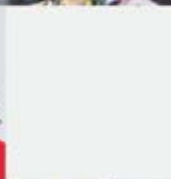
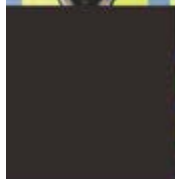
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LIMERICK / TIPPERARY / CLARE

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

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

INDIVIDUAL

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

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

COMMUNITY

**C – COMMUNITY**

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

FAMILY

**F – FAMILY**

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

UNIVERSAL

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

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



History Corner

Time : All week via Facebook <https://www.facebook.com/stmaryscathedrallimerick>

A series of short videos on various aspects of the Cathedral's history. Event hosted by Saint Mary's Cathedral, Limerick. For everyone.

Contact: Cathedral Office 061 310293 cathedral@limerick.anglican.org



Memorials

Time: All week via Facebook <https://www.facebook.com/stmaryscathedrallimerick>

A newly created video from Noreen Ellerker (Cathedral's Tourism Officer). Event hosted by Saint Mary's Cathedral, Limerick. For everyone.

Contact: Cathedral Office 061 310293 cathedral@limerick.anglican.org



Painting for Recreation and Pleasure

Time: 24th - 28th May in the morning. Duration 20/30 mins approx.

This is a brief two-part painting course, on an introduction to painting still life. Event hosted by Newcastle West Branch Library. Of interest to all who would like to learn more about painting for recreation. Link to access event on www.Limerick.ie/lovelearning

Contact: Newcastle West Library (069) 62273 newcastlewestlibrary@limerick.ie



Arts & Crafts Week

Time: 25th - 28th May

Ballylanders, Hospital, Honey Fitz, Caherconlish & Kilmallock Parent & Toddler Groups via Zoom/meet

Creative Art & Craft sessions for children and their parents attached to Parent & Toddler groups. This event hosted by Hospital FRC Parent & Toddler Groups. This event is for children under 5 years of age and their parents.

Contact: Phil Lockhart 086 7359650; Michelle Stack 086 8888105



Taster Classes

Time: 24th - 28th May

Drop in once off 'taster' classes to introduce learners to new skills and experiences. A different online class each day – Cookery, Crafts, Mindfulness, Health and Beauty and a surprise! This event hosted by Hospital FRC. This event is of interest to adult learners and new learners.

Contact: Mary McGrath or Maria Frazer 061383884





Introduction to Online Library Resources

Time: Video will be available on the Limerick Libraries YouTube channel from the 24th to 30th May <https://www.youtube.com/user/LimerickLibrary>

Video presentation showing the free online services including ebooks, eaudiobooks, emagazines, online courses and newspapers. Event hosted by Limerick City & County Library. Of interest to all who would like to find out about the free online library services.

Contact: Patricia Cusack watchhousecrosslibrary@limerick.ie 061557726



Highlighting the Work of Limerick Food Partnership during 2020/21

Time: Sharing resources daily across the week 24th – 30th May inclusive; using YouTube and video links, available on www.limerick.ie/lovelearning

Sharing prerecorded online cookery classes, and healthy eating resources in collaboration with Limerick Food Partnership partners. Event hosted by Limerick Food Partnership. Open to all.

Contact: Olivia O'Brien oobrien@paulpartnership.ie 087 445 0992



Animation Showcase

Time: Available across the week 24th – 30th May inclusive.

Showcase of short stop-motion animations. Created by Art Craft and Design learners as part of their course. The animations are based on the theme of 'Dreams' and all were made in class using found materials! Event hosted by Further Education and Training Centre, Kilmallock Road Campus, Limerick and Clare Education and Training Board. Of interest to the general public and young people. Link to access event on www.limerick.ie/lovelearning

Contact: Jayne Foley, Art, Craft & Design Course, Further Education and Training Centre Kilmallock Road Campus. Email: jayne.foley@limerick.ie 086 8155610



'New Perspectives' Virtual Art Exhibition

Time: Available across the week 24th – 30th May inclusive.

A unique opportunity to view the fantastic artwork created by Art Craft Design learners in this online gallery. The exhibition showcases Painting, Drawing, Sculpture, Batik and Photography and represents just a selection of the total creative output of the learners over the past year. Event hosted by Further Education and Training Centre Kilmallock Road Campus. Of interest to the general public. Link to access event on www.limerick.ie/lovelearning

Contact: Jayne Foley, Art, Craft & Design Course, Further Education and Training Centre Kilmallock Road Campus jayne.foley@lcteb.ie 086 8155610



Tips for creating a Video Skills Demo

A video presentation by Aine Flynn Photography Course coordinator/teacher at LCFE; on video Skills Demonstrations. This event is hosted by the Creative Media Department, Limerick College of Further Education and will be of interest to all Limerick and Clare Education and Training Board staff. Link to access event on www.limerick.ie/lovelearning

Contact: aine.flynn@lcteb.ie



Self-Portrait Exhibition

Self-Portrait virtual exhibition created by Community Education learners in Limerick City. This was a collaborative project between LCETB and LCEN to support learners during Covid-19. Their brief was to create their own self-portrait in whatever medium they wished to use.

Visit the virtual gallery to see how their creativity and originality flourished during lockdown. Hosted by Limerick and Clare Education and Training Board and Limerick Community Education Network. For everyone. Link to access event on www.limerick.ie/lovelearning

Contact: Caron Tierney, Caron.tierney@lcteb.ie, 087 2382045; and Colleen Collins, Colleen.collins@lcteb.ie, 0879723109



For more information www.limerick.ie/lovelearning

MONDAY 24TH May 2021



Introduction to Using Google Docs

Time: 10.00 am - 11.30 am via Zoom

Need to write professional looking documents, but don't have Microsoft Office? We will show you how to use the free apps from Google to create documents and presentations and how to store them in the cloud. Event hosted by Mobile IT. For the general public.

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



Politics in a Time of Crisis

Time: 11.00 am - 12.00pm

This event will provide an overview on the different dynamics of politics during the contemporary period of what we might call 'crises'. It will look at why examining politics is central to the Covid era of crisis and to the environmental and debt crisis. This event is hosted by the Faculty of Arts, Humanities and Social Sciences, University of Limerick. For the general public and those interested in politics and current affairs. This event will be hosted via Microsoft Teams, the direct link for registration and for the event will be on the festival website www.limerick.ie/lovelearning.

Contact: Owen.Worth@ul.ie Course Director, MA International Studies, University of Limerick.



The Impact of Good Food on Our Wellbeing

Time: 11.00 am - 11.30 am

Have you noticed that your mood often affects the types of food you choose and how much you eat? Having good foods empowers both the mind and body. It also helps with sleeping patterns, energy levels and increased concentration. This workshop will enable you to learn about the impact of good foods on your wellbeing. Hosted by National Learning Network - Jutland Plus/Focus Plus Groups. This is an online event. Open to all.

Contact: Donna McGovern, Email: donna.mcGovern@nln.ie Phone Number : 061 305272 or 087 9157066



Youth Work

Time: 1.00 pm - 2.00 pm via Zoom (pre-booking essential)

Find out more about the learning opportunities for young people through youth work and youth clubs. This event is hosted by the Limerick Youth Service. Of interest to parents/guardians, teachers, employers and those who work with young people.

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

MONDAY 24TH May 2021



Meet our Learning Limerick Ambassadors

Time: 1.00 – 2.00 pm

Come meet our Learning Ambassadors. They are Limerick people from all walks of life, united by a common interest in promoting, developing and celebrating learning. They are proud that Limerick is a UNESCO Learning Region. The ambassadors have told their stories of lifelong learning on video interviews, and this video series was formally launched in December 2020. This event will build on that work and one of our Ambassadors, Lylian Fotabong, will be interviewing a number of the other Ambassadors on their learning adventures and future plans for both their careers and continuing learning. The interactive interviews will then be followed by a panel discussion. Event hosted by the Learning Ambassadors Sub-group of Learning Limerick. **Contact:** ylane@paulpartnership.ie Booking via Eventbrite.



Part Time Classes for Adults in O'Connell Avenue Campus

Time: 2.00 pm

Are you interested in a part time class but don't know where to start? This short presentation will give you information on what is available in O'Connell Avenue Campus and the supports that will help you on your learning journey. This event is hosted by the Further Education and Training Centre, O'Connell Avenue Campus, Limerick and Clare Education and Training Board. For the general public. Event via Facebook - <https://www.facebook.com/FETinformationRecruitmentGuidance/> or email Donna for the link **Contact:** Donna Horgan donna.horgan@lcebt.ie 086 0598764



Flying Safe: A Look at the Engineering and Human Aspects

Time: 2.00 pm - 3.00 pm

Aviation and safety go hand in hand. This talk will offer an inside look on the engineering and human aspects involved in the safe design, manufacturing, maintenance and operation of aircraft. Recent aviation mishaps will be discussed to exemplify the strong relationship existing between engineering and human performance. This event is hosted by the University of Limerick, Faculty of Science and Engineering/School of Engineering, Discipline of Aeronautical Engineering. Of interest to the general public and people interested in engineering and aeronautics/aviation. This event will be hosted via Microsoft Teams, the direct link for the event will be on the festival website www.limerick.ie/lovelearning **Contact:** Dr Kyriakos I. Kourousis kyriakos.kourousis@ul.ie



For more information www.limerick.ie/lovelearning

MONDAY 24TH May 2021



Charcoal Techniques for Portraits

Time: 3.00 pm - 4.00 pm

Participants will learn various charcoal techniques for creating a portrait, using willow charcoal, putty rubbers, hard rubbers and tissues. A demonstration will be given by the tutor using a photograph of The Bull McCabe to illustrate the use of these techniques. This event is hosted by Limerick College of Further Education Evening Art Classes. Online event via Zoom. Of interest to learners who wish to improve their drawing skills.

Contact: Jim Furlong. jimfurlongfu@gmail.com



LES Open Afternoon

Time: 3.00 pm - 5.00 pm

Two-hour period where our phone lines are available to call from any member of the public who is seeking guidance on training or employment. All calls to 061-412999. This event is hosted by the Local Employment Service.

Contact: 061-412999



Coding for Kids

Time: 4.00 pm - 5.30 pm

Remember the Arcade games from your youth? Computer games have changed so much since then, but how about sharing those games with your children – but this time you're designing them? Join us as we create an arcade game, designing the background and characters and writing the code, we will design our very own arcade game that we can play together. Online event via Zoom. This event is hosted by Mobile IT. Of interest to families and children.

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



LinkedIN for Learning & Networking Webinar

Time: 4.00 pm - 5.00 pm

Harness the power of LinkedIn to network with others. In this session, you will learn how to set up and improve your LinkedIn Profile. We will also explore the power of LinkedIn for learning, networking and more. Online virtual classroom event. For businesses based in Limerick only (outside bookings will be cancelled).

Contact for booking: <https://www.localenterprise.ie/Limerick/Training-Events/Online-Bookings/LinkedIn-for-Learning-Networking-Webinar.html>

MONDAY 24TH May 2021



The Future of Medicine

Time: 6.00 pm - 7.00 pm

With efforts abound to curb the impact of Covid-19, there has been a renewed focus on medicine and healthcare, but how will things change moving forward? This panel discussion, organised by the SSPC, will feature experts in the field of medicine to discuss and answer your questions. Event hosted by University of Limerick SSPC. For the general public and those interested in health and science. This event will be hosted via Microsoft Teams, the direct link for the event will be on the festival website www.limerick.ie/lovelearning.

Contact: Martin McHugh Martin.mchugh@ul.ie 0861581200



A Future Ireland in a Post-Brexit European Union

Time: 7.00 pm - 8.00 pm

This workshop aims to engage members of the general public with an interest in European matters in a conversation about the future of the EU and Ireland's place with in it, in the context of recent developments such as Brexit and the covid-19 pandemic. The political structures of the EU, Northern Ireland, economic, budgetary as well as broader cultural and educational questions will feature. Event hosted by Faculty of Arts, Humanities and Social Sciences, University of Limerick. For the general public and those interested in politics and current affairs and business organisations. This event will be hosted via Microsoft Teams, the direct link for the event will be on the festival website www.limerick.ie/lovelearning

Contact: Joachim.fischer@ul.ie Course Director, MA European Studies, University of Limerick



Nature Mindfulness for Children's Wellbeing

Time: 8.00 pm - 9.30 pm via Zoom

Supporting practitioners to help children understand that like the clouds in the sky our thoughts are not permanent, and that mindful breathing can help us calm and clear our minds. We will conclude the workshop with a short mindfulness practice. This event is hosted by Limerick Childcare Committee. This event is for Childcare Practitioners. Nature is a great place to practice mindfulness, offering endless opportunities to learn, explore, enjoy, relax and be present. Making habits like these a routine, children become more aware of physical sensations, notice how their bodies respond to emotions, and develop greater compassion towards others.

Contact: To book a workshop place, please email laura@limerickchildcare.ie



For more information www.limerick.ie/lovelearning

TUESDAY 25TH May 2021



Parent, Baby & Toddler Story Time and Cuppa

Time: 10.00 am Via Zoom

This Event will be for our Parent, Baby & Toddler groups to catch up with a cuppa. Listen to stories, sing songs and discuss activities. Event hosted by Hospital Family Resource Centre and Croom Family Resource Centre. For parents of Ballingarry, Croom and Fedamore Parent, Baby & Toddler Group.

Contact: Laura Bennett – Croom FRC 083866093 familysupport@croomfrc.com



Mindful Walking

Time: 10.00 - 11:30 am via Zoom

Demonstrating techniques to use with your child to help them tune into their body and mind, any place, any time. We will conclude the workshop with a short mindfulness practice. Event hosted by Limerick Childcare Committee. Of interest to parents, grandparents and Guardians. Nature is a great place to practice mindfulness, offering endless opportunities to learn, explore, enjoy, relax and be present. Making habits like these a routine, children become more aware of physical sensations, notice how their bodies respond to emotions, and develop greater compassion towards others.

Contact: To book a workshop place, please email laura@limerickchildcare.ie



Felted Bowl

Time: 10.00 am – 12.00 pm

A demonstration of creating a felted bowl using merino wool through a technique called wet felting. Event hosted by Fashion Department Limerick College of Further Education. For anyone with an interest in learning a new creative textile technique.

Contact: Please register with margaret.dwane@lcteb.ie



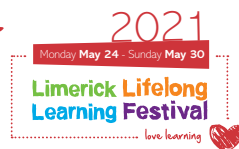
Job Search Support

Time: 10.00 am – 3.00 pm Virtual Open Session

Jobsearch Support. One to One support available to jobseekers. Support offered will include CV review, assistance with cover letters and interview skills preparation. (Follow up appointments to be scheduled- depending on need of jobseeker)

Contact: Caroline Kennedy 061 – 311742 ckennedy@les.ie

TUESDAY 25TH May 2021



New Adventures in Creative Thinking and Creative Expression - Art Exhibition

Join us online to view the art pieces produced over the past year by VTOS learners in Shanagolden. Event hosted by Vocational Training Opportunities Scheme, Further Education and Training Centre, Shanagolden Campus. Link to YouTube to be provided.

Contact: Melanie Casey, 069 60106/086 0219674, Melanie.casey@icetb.ie



'O'Sullivan, Hendry, Davies,...?' A Complex Networks Approach to Ranking Professional Snooker Players

Time: 11:00 am - 12:00 pm

Here we discuss some of our recent work on using mathematics and data science to help in ranking competitors within sporting contests, with the aim of answering the question 'who is the greatest snooker player of all time?'. Event hosted by University of Limerick, MACSI, Dept. of Mathematics & Statistics. Of interest to general sports fans or quantitatively inclined people (ideally both), no prior knowledge of any specific topic is required. This event will be hosted via Microsoft Teams, the direct link for the event will be on the festival website www.limerick.ie/lovelearning

Contact: Joseph O'Brien Joseph.obrien@ul.ie



Cr8 Sustainable Futures: Thinking Differently about our Learning

Time: 11.00 am - 12.30 pm via Zoom <https://us02web.zoom.us/j/89966578536?pwd=ZDI2T01aUUJDUc9yQm1XaytrWUJHZz09>

As we enter industry 4.0 changes are urgently needed to achieve more inclusive and sustainable development. The panel will discuss ways that engaged experiential learning can help learners to develop the skills to navigate their way in a fast-changing, complex and often uncertain world. Highlighting a new model to be piloted in Limerick and four other European countries. Of interest to anyone interested in innovative teaching and learning; especially non-formal learning, e.g. education, learners, NGOs, industry. Event hosted by University of Limerick; Office of Associate VP Student Engagement.

Contact: Tracey Gleeson Tracey.gleeson@ul.ie



Engineering of Spreadsheets

Time: 12.00 pm-1.00 pm Registration Link <https://www.eventbrite.ie/e/data-manipulation-series-by-lero-part-1-engineering-of-spreadsheets-tickets-147579449105>

This session will teach you how to create, navigate and maintain high quality Excel spreadsheets using some of the advanced must-have formulae in Excel. Event hosted by University of Limerick, Lero – the SFI Research Centre for Software. Of interest to the general public, people with access to a computer with Excel/Google Sheets.

Contact: Jim Buckley Jim.Buckley@ul.ie



For more information www.limerick.ie/lovelearning

TUESDAY 25TH May 2021



Celebrating Anniversaries

Time: 1.15 pm Live at <https://www.churchservices.tv/limerickstmarys>

A lunchtime talk (part of a series being run during the month of May) on famous individuals with anniversaries this year. Event hosted by Saint Mary's Cathedral, Limerick. For everyone.

Contact: Cathedral Office 061 310293 cathedral@limerick.anglican.org



Further Education & Training

Time: 1.00 pm – 2.00 pm via Zoom (pre booking essential)

Learn about the many further education and training opportunities for young people (16-21yrs) with Limerick Youth Service Community Training Centre. Event hosted by Limerick Youth Service. This event is of interest to parents/guardians, teachers, employers and those who work with young people.

Contact: Graham Quantrell graham.quantrell@limerickyouthservice.org

Tel: 061-412444/083-8062192



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

Time: 1.00 pm - 2.00 pm

The workplace is changing at rapid speed and to ensure your career advances you will need to consider new skills, knowledge and attributes. Similarly, if you are managing a team or running a business, what do you need to be planning for? Event hosted by University of Limerick, Graduate & Professional Studies in collaboration with the Mid West Regional Skills Forum. This event is of interest to those planning ahead for their careers and businesses looking to plan for future skills needs. This event will be hosted via Microsoft Teams, the direct link for the event will be on the festival website www.limerick.ie/lovelearning

Contact: David Williamson 086 035 3065 David.williamson@ul.ie



Africa Day World Music Café

Time: 1.00 pm - 2.00 pm <https://us02web.zoom.us/j/88311788866?pwd=U3d2M1FzQ1p5YmhzaDFKNVpOaE8wQT09>

Meeting ID: 883 1178 8866 Passcode: 321321 Recorded performances will be available on the cafe Facebook page: <https://www.facebook.com/irishworldmusiccafe/>

Africa Day is an annual celebration of diverse African cultures through community arts events. The Irish World Music Café is delighted to host a special Africa Day Café, coordinated by musician and doctoral researcher, John Nutekpor. Join us for an online celebration of music, story-telling, and cultural sharing from Africa, Ireland and beyond. This event is hosted by University of Limerick, Irish World Academy of Music and Dance, Irish World Music Café Group. Open to all.

Contact: Helen Phelan Helen.phelan@ul.ie 086 3870558,

John Nutekpor johnagbeko.nutekpor@ul.ie



TUESDAY 25TH May 2021



Let's Talk Resilience

Time: 2.00 pm - 4.00 pm via Zoom

In this workshop we will discuss our understanding of what resilience means and why it is important for our mental health and well-being. We will discuss and experience personal tools and skills that can be applied in our lives now and in the future to be resilient people. Event hosted by Mid West ARIES (Recovery and Well-being Education in Mental Health). For anyone over 18 years.

Contact: Margaret Keane Margaret.keane9@hse.ie 086 287 3526; Booking at Eventbrite <https://midwestaries.eventbrite.ie> <https://midwestaries.eventbrite.ie>



Mary Murphy Story- time Fun Session

Time: 2.30pm

Prerecorded session. Fun story time with renowned children's author and illustrator Mary Murphy Sessions will be aimed at children and their parents. The session will include Mary Murphy reading a story and having some fun chats about it with the children. For preschoolers. Hosted by Start Right & partners Little Voices

Contact: For more information contact Jeanne at jryan@paulpartnership.ie



Past Lives: Exploring Histories of Family

Time: 4.00 pm - 5.00 pm

The workshop will introduce the audience to the history of family and some of the themes that this encompasses. The session will include examples of studies conducted by students of the MA History of Family, and will be followed by a Q&A session. This event is hosted by the Faculty of Arts, Humanities and Social Sciences, University of Limerick. Of interest to amateur genealogists, amateur historians and those interested in Irish Emigration and the Irish Diaspora. This event will be hosted via Microsoft Teams, the registration link and direct link for the event will be on the festival website www.limerick.ie/lovelearning

Contact: Ciara.Breathnach@ul.ie Course Director, MA History of Family, University of Limerick.



Japanese: Discover a New Language: Language Tasters

Time: 6.00 pm - 7.00 pm

Japanese Language Taster with Sachiyo. Are you interested in learning a new language and discovering a new culture but you're unsure whether language learning is for you? Then join us for a language taster session. We are offering you the chance to attend an introductory session. This event is hosted by University of Limerick, School of Modern Languages and Applied Linguistics, Language Outreach Programme. Of interest to members of the general public and all those interested in learning a new language and discovering a new culture. This event will be hosted via Microsoft Teams, the direct link for the event will be on the festival website www.limerick.ie/lovelearning

Contact: Catherine Jeanneau Email: Catherine.Jeanneau@ul.ie



For more information www.limerick.ie/lovelearning

TUESDAY 25TH May 2021



Virtual Death Café Limerick

Time: 7.30 pm – 9.00 pm ZOOM meeting (link will be shared with participants via email)
A Death Café Limerick event where participants meet online to discuss any and all aspects of life, death and mortality...and eat cake and drink tea/coffee/refreshing drinks in a celebration of our finite lives. Event hosted by Limerick Institute of Technology Loss & Grief Research Group/Death Café Limerick. For adults 18+ (not recommended for anyone who has experienced a close bereavement within the last 3 months)
Contact: Jennifer Moran Stritch Email: deathcafelimerick@gmail.com for more information and to reserve a space.



Parents Plus Cuppa and Catch Up Event

Time: 7.30 pm via webinar
Space for parents who have completed Parents Plus 6 to 11 years programme to recap on their learning and share their experience since completing the programme. This event is hosted by Hospital Family Resource Centre and Croom Family Resource Centre. For parents who have completed Parents Plus Programme 6 – 11 years.
Contact: Martha Potter – Hospital FRC 0872813341 mpotter@hospitalfrc.com
Laura Bennett – Croom FRC 083866093 familysupport@croomfrc.com

WEDNESDAY 26TH May 2021



Using Microsoft Word & PowerPoint

Time: 9.30 am - 11.00 am

Have you been using Word and PowerPoint but are not using it to its full potential to create stunning documents and presentations? We will show you how to get the most from Word and PowerPoint to bring your documents to the next level. Online event via Zoom. This event is hosted by Mobile IT and is for the general public.

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



New Directions in Historical Research

Time: 10.00 am - 11.00 am

This event will introduce the MA in History at the University of Limerick. We will explore the possibilities for new historical research offered by this MA. There will be short presentations from current MA History students on their projects in progress and a round-screen discussion of the importance of postgraduate scholarship in advancing our knowledge of the past. This event is hosted by Faculty of Arts, Humanities and Social Sciences, University of Limerick. For the general public with an interest in history and anyone considering postgraduate studies in history. This event will be hosted via Microsoft Teams, the registration link and direct link for the event will be on the festival website www.limerick.ie/lovelearning

Contact: Richard.Kirwan@ul.ie Course Director, MA History, University of Limerick



Sky Like Mind

Time: 10.00 am - 11.30 am via Zoom

Supporting parents to help their child understand that like the clouds in the sky our thoughts are not permanent, and that mindful breathing can help us calm and clear our minds. We will conclude the workshop with a short mindfulness practice. This event is hosted by Limerick Childcare Committee. This event is of interest to parents, grandparents and guardians. Nature is a great place to practice mindfulness, offering endless opportunities to learn, explore, enjoy, relax and be present. Making habits like these a routine, children become more aware of physical sensations, notice how their bodies respond to emotions, and develop greater compassion towards others.

Contact: To book a workshop place, please email laura@limerickchildcare.ie



Spreadsheets for Everyone

Time: 10.30 to 11.30am.

Join us for an introduction to spreadsheets. Ticketed event on Eventbrite. Event hosted by Vocational Training Opportunities Scheme, Further Education and Training Centre, Shanagolden Campus.

Contact: Melanie Casey, 069 60106/086 0219674, Melanie.casey@lcteb.ie



For more information www.limerick.ie/lovelearning

WEDNESDAY 26TH May 2021



Part 1. Exploring Anxiety

Time: 10.00 am - 12.00 pm on Zoom

This workshop examines your understanding of anxiety. We will discuss a range of topics including "Is anxiety normal?" and "What causes anxiety?" This session also includes a number of practical ways to manage anxiety. Event hosted by Mid West ARIES (Recovery and Well-being Education in Mental Health). For anyone over 18 years.

Contact: Margaret Keane Margaret.keane9@hse.ie 086 287 3526

Booking on Eventbrite <https://midwestaries.eventbrite.ie>



Mary Murphy Story- time Fun Session

Time: 11.00 am

Fun story time with renowned children's author and illustrator Mary Murphy. Sessions will be aimed at children and their parents. The session will include Mary Murphy reading a story and having some fun chats about it with the children. Live event via Zoom. For toddlers with their parents. Hosted ABC Start Right & partners Little Voices.

Contact: For more information contact Jeanne at jryan@paulpartnership.ie



New Adventures with Chicken Pizza

Time: 11.00 am - 11.20 am Event will be run on MS Teams

Join us for a live **Cooking Demo**. Book in advance to receive your shopping list of ingredients and be ready to cook your own fresh Chicken Pizza along with our chef. You will be sitting down enjoying your lunch by 12noon. Event hosted by National Learning Network. For anyone with an interest in cooking, or someone wanting to learn a new skill.

Contact: Register in advance: Katherine Maher National Learning Network Raheen Business Park Limerick Phone 061 229777 or 087 3454408 Email: Limerick@nlm.ie



The Impact of Good Food on Our Wellbeing

Time: 11.00 am – 11.30 am

Have you noticed that your mood often affects the types of food you choose and how much you eat? Having good foods empowers both the mind and body. It also helps with sleeping patterns, energy levels and increased concentration. This workshop will enable you to learn about the impact of good foods on your wellbeing. This event is hosted by National learning Network - Jutland Plus/Focus Plus Groups and is an online event. Open to all.

Contact: Donna McGovern, Email: donna.mcGovern@nlm.ie Phone Number : 061 305272 or 087 9157066



Meet your Match at the Léargas/EPALE Speed Matching for Erasmus+ Event

Time: 11.00 am - 12.30 pm

This will be a fun event which will give a brief overview of the many funding opportunities for the VET sector under the new Erasmus+ programme (2021 – 2027). Participants will have the opportunity to meet / speed match with potential partners in an innovative setting. Event hosted by Léargas EPALE and Vocational Education Training in the Erasmus+ Programme (2021- 2027). For ETBs, VET colleges, VET staff, apprentice providers and apprenticeship trainers.

Contact: Manika-Nia Dixon, mdixon@leargas.ie Booking on Eventbrite.
www.eventbrite.ie/e/speed-vet-ucating-speed-matching-for-erasmus-vet-tickets-152398944345



Healthcare Opportunities for Women

Time: 11.00 am - 11.30 am Zoom Webinar.

Live webinar detailing the supports available through the Healthcare Opportunities for Women programme with a short video showing how the programme provides these supports. Event hosted by Ballyhoura Development CLG. This event may be of interest to women who may want to get back to work and are not in receipt of Jobseekers/PUP payment.

Contact: Nichola Grufferty ngrufferty@ballyhoura.org 086 600 3665 Registrations through Ballyhoura Development Website; at <https://www.ballyhouradevelopment.com/forms/healthcare-opportunities-for-women-webinar-registration-form>



CWELL Community Wellness Activity Workshop

Time: 12.00 pm – 1.00 pm

An online workshop to accompany the CWELL Community Wellness Book. The aim is to encourage participants to focus on all aspects of their wellbeing – physical, mental, emotional and spiritual. This will be achieved through interesting and accessible online activities. Event hosted by University of Limerick, CWELL. For those interested in wellbeing, families, senior citizens, community groups. This event will be hosted via Microsoft Teams, the direct link for the event will be on the festival website www.limerick.ie/lovelearning

Contact: Eileen Hoffer eileen.hoffer@ul.ie



Creative Writing and Movement for Wellness

Time: 12.00 pm

Join Kathryn Crowley for some gentle movement and creative writing. This feel good class is open to adults. For safety, do not eat for 2 hours before the workshop. For adults of all ages. Stand up or participate in a chair; all are welcome, and no experience is required. The session will be 40 minutes in duration.

Contact: To book, Kathryn write via the contact page at www.artyshe.com; <https://www.facebook.com/artyshee>
Instagram: @artyshee Places are limited.





Introduction to Data Manipulation in Python

Time: 12.00 pm - 1.00 pm

This session will get you set up with all you need to handle large datasets in Python without any prior programming experience. You will also learn how to visualize your data to understand it better. This event is hosted by the University of Limerick, Lero – the SFI Research Centre for Software. For the general public and people with access to a computer with internet. This event will be hosted via Microsoft Teams, the direct link for the event will be on the festival website www.limerick.ie/lovelearning. Register for the event at: www.eventbrite.ie/e/data-manipulation-series-by-lero-part-2-data-manipulation-in-python-tickets-147581465135
Contact: Ashish Sai Ashish.Sai@lero.ie



Studying whilst Working: Tips from Professional Learners

Time: 1.00 pm - 2.00 pm

Thinking of upskilling? In work or recently out of work? In this interactive Q&A session hear from professionals who are studying for a part-time Postgraduate qualification about how they manage their studies alongside their working week, together with tips for getting the best out of returning to study and enhancing your career. This event is hosted by University of Limerick, Graduate & Professional Studies and facilitated by David Williamson and Helen Brown and recent professional learners. Of interest to people considering upskilling. This event will be hosted via Microsoft Teams, the direct link for the event will be on the festival website www.limerick.ie/lovelearning
Contact: David Williamson at UL 086 035 3065 David.williamson@ul.ie



International Opportunities

Time: 1.00 pm – 2.00 pm via Zoom (pre booking essential)

As part of European Youth, why not find out more about the volunteering, studying, training and employment opportunities available for young people across Europe. Event hosted by Limerick Youth Service. Of interest to parents/guardians, teachers, employers and those who work with young people.

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



Managing Transition and Change

Time: 12.00 pm - 1.00 pm

This 1-hour inter-active session will be of huge value to anybody who is looking at making a change in their life, or career. It will provide you with knowledge and awareness around the stages of transition and how you can manage your mind-set to navigate this process. This event will be of interest to anyone who is thinking about making a change or a transition in their lives. Hosted by Limerick Institute of Technology Access Service.

Contact: Access@lit.ie Book your place at this link:

www.eventbrite.ie/e/managing-transition-and-change-tickets-148576455177



Educational Pathways to Wellbeing & Recovery

Time: 2.00 pm to 3.00 pm on Zoom Webinar

Webinar by Mental Health Ireland and ARIES team on mental health education. Event hosted by Mental Health Ireland and Mid West ARIES. Zoom link for event - <https://us02web.zoom.us/j/85395912831>. Of interest to the people of Limerick.

Contact: Claire Flynn 0858768522 clairef@mentalhealthireland.ie or Michael O'Neill Tel 061- 461275/ 085 – 8768517 michaeloneill8@hse.ie



Representation and Diversity in the Education System in Ireland

Time: 3.00 pm - 4.00 pm

The event will explore the changing nature of representation within the education system sector in Ireland. Ireland is at a pivotal time in society where we are embracing features of multiculturalism and diversity and one sector that needs to represent this changing attitude is the education sector. This event will look at education through a primary, secondary, and third-level education lens to give a wider perspective of the importance of representation and diversity. Topics such as decolonising the curriculum, diversity quota, and normalising the move away from the Western discourse of education being a default will all be explored. This event is hosted by the Faculty of Arts, Humanities and Social Sciences, University of Limerick. For the general public and those working in the education sector at primary, post primary and third level. This event will be hosted via Microsoft Teams and the registration link and direct link for the event will be on the festival website www.limerick.ie/lovelearning

Contact: Oonagh.grace@ul.ie Faculty of Arts, Humanities and Social Sciences, University of Limerick



A Lifetime of Learning with Games – Past, Present and Future

Time: 4.00 pm -5.00 pm

Video games are an engaging, immersive medium that drive a multibillion-euro industry. They are also an important vehicle for teaching and learning and a powerful testbed for artificial intelligence research. In this talk I reflect on this through the lens of my own experiences as a gamer, student and academic. Event hosted by University of Limerick; Computer Science and Information Systems (CSIS) Department/Lero, the Science Foundation Ireland Research Centre for Software. Of interest to those interested in gaming, game design and development, applications and usage of artificial intelligence in games and usage of game as a testbed for AI. This event will be hosted via Microsoft Teams, the direct link for the event will be on the festival website www.limerick.ie/lovelearning

Contact: Dr. James Patten (james.patten@ul.ie)



Zooming into Limerick Lace

Time: 4.00 pm – 5.00 pm

Overview of Limerick Lace including brief history, guide to online resources available -website, facebook page, information on lace making classes in Limerick, latest acquisitions by Limerick Museum. Event hosted by Limerick Museum and Friends of Lace. This event is of interest to those interested in crafts, especially lace; and the general public. Via Zoom – please use this link: <https://tinyurl.com/LaceTalk26May21>

Contact: Museum@limerick.ie 061-557740



WEDNESDAY 26TH May 2021



Animation & Image Editing for Kids

Time: 4.00 pm - 5.30 pm via Zoom

In this fun class we will show children how to use simple free online tools to create amazing images and animations. Event hosted by Mobile IT. This event is of interest to families and children. Online event via Zoom.

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



Chinese: Discover a New Language: Language Tasters

Time: 6.00 pm - 7.00 pm

Chinese Language Taster with Tina. Are you interested in learning a new language and discovering a new culture but you're unsure whether language learning is for you? Then join us for a language taster session. We are offering you the chance to attend an introductory session. Event hosted by University of Limerick, School of Modern Languages and Applied Linguistics, Language Outreach Programme. For members of the general public and all those interested in learning a new language and discovering a new culture. This event will be hosted via Microsoft Teams, the direct link for the event will be on the festival website www.limerick.ie/lovelearning

Contact: Catherine Jeanneau Email: Catherine.Jeanneau@ul.ie



Snapshot of National Learning Network

Time: 6.00 pm – 7.00 pm Event will be run on MS Teams.

Plan your future with a Virtual Tour of National Learning Network, see our Raheen Campus, get an overview of our courses, meet the staff, ask any questions. Event hosted by National Learning Network. This event is of interest to anyone out of work due to accident, illness or disability and looking to explore new career options; and for school leavers needing extra support.

Contact: Register in advance: Katherine Maher National Learning Network Raheen Business Park, Limerick. Phone 061 229777 or 087 3454408 Email: Limerick@nln.ie



'Amhrán na Leabhar' (Song of the Books): Studying the Traditional Arts at UL as a Mature Student

Time: 7.00 pm - 8.00 pm

In this session, Dr Sandra Joyce will give an overview and provide context for the traditional arts programmes at the Irish World Academy, while Dr Niall Keegan will discuss traditional music and Dr Orfhlaith Ni Bhriain will discuss traditional dance in these contexts. They will be joined by two mature students (Aodán Ó Dubhghaill and Fernanda Dos Santos Faez) engaging in these programmes. Event hosted by Irish World Academy of Music and Dance, University of Limerick. Of interest to mature students interested in developing creative music pursuits and the general public. This event will be hosted via Microsoft Teams, the registration link and direct link for the event will be on the festival website www.limerick.ie/lovelearning

Contact: Sandra.joyce@ul.ie Sandra Joyce, Director, Irish World Academy of Music and Dance, University of Limerick.



Home to Childcare

Time: 7.00 pm - 8.30 pm Zoom Event with panel discussion followed by Q & A session.

This online panel discussion is aimed at parents/carers considering making the move with their baby or young child to an early years' service this coming September 2021. The session will give lots of tips, play ideas and story suggestions to help make this big move easier for everyone! This session will be 1.5 hour in duration. Event hosted by ABC Start Right & partners. Of interest to parents making the move with young children to an early years' service for the first time.

Contact: Michelle O Doherty, ABC Start Right 087 4390800. To register, contact Jeanne at jryan@paulpartnership.ie Register on Eventbrite: www.eventbrite.ie/e/home-to-childcare-tickets-150153724833



Supporting Parents with Exam Stress & How to Mind Yourself as a Parent

Time: 7.30 pm via webinar

Webinar to provide space for self-care and strategies to support parents whose teenagers are completing exams. Event hosted by East Limerick Family Support Network (ELFS). For parents of teenagers who are completing exams in June 2021.

Contact: Martha Potter - Hospital FRC 0872813341.

Laura Bennett - Croom FRC 083866093.

Jacki Hehir - BDL 0860660560.

Alice Riddler - TUSLA 0879879119.

Róisín Finnegan - ISPC 0871530001



For more information www.limerick.ie/lovelearning



Part 2. Managing Anxiety

Time: 10.00 am - 12.00 pm on Zoom

In this session we will have discussion around managing anxiety. We will also discover some tips and tools that you can put into practice. This workshop provides you with an opportunity to explore what and who can help with managing anxiety. Event hosted by Mid West ARIES (Recovery and Well-being Education in Mental Health. For anyone over 18 years.

Contact: Margaret Keane Margaret.keane9@hse.ie 086 287 3526

Booking on Eventbrite <https://midwestaries.eventbrite.ie>



Turning Your Hobby into a Business

Time: 10.00 am – 11.00 am

Thinking about turning your hobby into a business? Join two inspirational entrepreneurs who did just that and learn why and how they started their business. Use your skills and #makeithappen in 2021. This event is sponsored by LEO Limerick.

Contact for booking: <https://www.localenterprise.ie/Limerick/Training-Events/Online-Bookings/Turning-your-Hobby-into-a-Business-Webinar.html>



Creating Professional Looking Posters/Flyers using Free Online Tools

Time: 10.00 am – 11.30 am via Zoom

Do you need to create posters and flyers? Have you been creating disappointing looking posters? Using free online tools we will show you how to create stunning, professional looking posters and flyers that you will be proud to show off. This event is hosted by Mobile IT and is for the general public.

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



Your Education: Opportunities and Supports

Time: 11.00 am Zoom presentation

Limerick Citizens Information will outline back-to-education opportunities and supports available, with a particular focus on second-chance learning. This event is hosted by Limerick Citizens Information and is for adults who would like to resume their education.

<https://us02web.zoom.us/j/83551698249?pwd=Y2hCc0x5aSs3ZDFCRkKwK2dkSkZEUOT09>

Contact: Ciarán Casey Ciaran.casey@citinfo.ie, ph: 087-9968938 and Lorraine Whisker Lorraine.whisker@citinfo.ie, ph: 0761-07-5780 / 089-2501661



One Million Stars Project to End Violence

Time: 11.00 am - 12.30 pm via Zoom

Learn how to weave a ribbon star in solidarity towards women against violence - Virtual Star Weaving – materials provided. Event hosted by the Hunt Museum. Open to groups, individuals, groups, students.

Contact: Registration essential; outreach@huntmuseum.com by Monday 24th May 2021



Back Pain: Why Sitting Up Straight Probably Won't Help

Time: 11.00 am - 12.00 pm

This will look at the research showing that – contrary to popular opinion – sitting up straight will not prevent back pain or help reduce back pain. Other, more effective options to reduce back pain will be discussed. This event is hosted by University of Limerick, Faculty of Education and Health Sciences, School of Allied Health, Ageing Research Centre. Of interest to the general public and anyone with an interest in preventing or treating back pain, or posture. This event will be hosted via Microsoft Teams, the direct link for the event will be on the festival website

www.limerick.ie/lovelearning

Contact: Kieran O'Sullivan Kieran.osullivan@ul.ie 0874179050



Public History: Futures of the Past

Time: 12.00 pm - 1.00 pm

Public history refers to history that is done outside of the classroom in a range of public settings from museums, archives, historic sites, film and TV, to digital projects, podcasts, and social media. This session provides perspectives on learning and doing history in public in the twenty-first century. Event hosted by Faculty of Arts, Humanities and Social Sciences, University of Limerick. Of interest to the general public; those interested in History; local history societies; curators and interpreters of cultural heritage; public history practitioners and potential students of public history. This event will be hosted via Microsoft Teams and the registration link and direct link for the event will be on the festival website www.limerick.ie/lovelearning

Contact: Karol.mullaneyDignam@ul.ie Course Director, MA Public History and Cultural Heritage, University of Limerick



Virtual Open Afternoon

Time: 1.30 pm - 2.30 pm

This online session will introduce some taster sessions on existing popular courses and some new innovative courses available in September. Hosted by the Further Education and Training Centre, Newcastle West Campus, Limerick and Clare Education and Training Board. Open to all.

Contact: sileoriordan@lcefb.ie



Transition to Higher Education

Time: 12.00 pm - 1.00 pm

This online event on Zoom will give an overview of LIT's foundation level course 'Certificate in Transition to Higher Education' which aims to provide students with the experience, skills, and knowledge to pursue third-level education. The event will include input from LIT's Access Service and from course graduates who have gone on to pursue further study. This event will be of interest to anyone who is thinking about entering or returning to higher education, particularly anyone interested in becoming a mature student (i.e., over 23 on 1st of January of year of entry).

Contact: Anna Murphy, Transition to Higher Education Course LeaderAccess@lit.ie
Book your place at this link: www.eventbrite.ie/e/transition-to-higher-education-tickets-148572368955





Law in Action: Consent and the Common Law Exceptions

Time: 1.00 pm - 2.00 pm

This talk will provide an overview of the law in action with regard to consent and common law exceptions. The common law courts have recognised that assaults can be lawful or unlawful. It depends on the circumstances in which they are committed such as the sport of boxing or body piercing for example. This talk will provide an overview of these common exceptions and recent legal developments in this area. Event hosted by Faculty of Arts, Humanities and Social Sciences, University of Limerick. Of interest to the general public, those interested in Law and the Irish legal system. This event will be hosted via Microsoft Teams, the direct link for the event will be on the festival website www.limerick.ie/lovelearning

Contact: Laura.Donnellan@ul.ie Course Director, LLB Graduate entry programme, University of Limerick.



Predictions on the Future of Learning

Time: 2.00 pm - 3.00 pm Join via Eventbrite <https://www.eventbrite.com/e/predictions-on-the-future-of-learning-tickets-148888330003>

A panel discussion with interdisciplinary PhD researchers who will be reflecting on the many contexts/multiple forms in which we are currently learning. The session will provide an exciting opportunity to discuss and share thoughts on the challenges facing the future of learning from the perspective of PhD researchers and explore new ways and opportunities for learning. Event hosted by a panel of interdisciplinary PhD researchers from the University of Limerick. This seminar will be of particular interest to educators, students, and local communities.

Contact: Michelle Daly Michelle.Daly@ul.ie 087-6970837



Person-Centred Support for Students with Disabilities

Time: 3.00 pm via MS Teams. Registration via Eventbrite.

This event will aim to present an overview of the diversity of disabilities, particularly in relation to students with disabilities across the educational sector. The presentation will focus on access and equity to education, particularly for individuals who need specialist, flexible support.

The webinar will present some real-life examples of the value of person-centred support for National Learning Network students and will touch on the complexities of Covid-19 in the delivery of this training and support. Event hosted by Mary Immaculate College, REHAB and National Learning Network. Open to all.

Contact: Edel Foster (Edel.Foster@mic.ul.ie), Santhi Corcoran (Santhi.Corcoran@mic.ul.ie), Ciara Heffernan (Ciara.Heffernan@rehab.ie), Stephanie Hurl (Stephanie.Hurl@rehand.ie)



Further Education & Training

Time: 3.00 pm – 4.00 pm via Zoom (pre booking essential)

Learn about the many further education and training opportunities for young people (16-21yrs) with Limerick Youth Service Community Training Centre. Event hosted by Limerick Youth Service. Of interest to parents/guardians, teachers, employers and those who work with young people.

Contact: Graham Quantrell graham.quantrell@limerickyouthservice.org

Tel: 061-412444/0838062192



What to Believe? The Brain and the Nature of Truth in a Post-COVID World

Time: 4.00 pm – 5.00 pm

Advancements in brain science are revealing new perspectives on how the brain decides what to believe. In this talk you will learn about the relationship between our left and right brain-hemispheres; how they provide differing insights, values and priorities in informing the mind as to what it believes to be true. Event hosted by University of Limerick School of Medicine. For a general audience, all are welcome.

Contact: Professor Billy O'Connor Email: William.OConnor@ul.ie Mobile: 086 3501107

Hosting via Microsoft Teams. Register on Eventbrite <https://bit.ly/3ffa2LQ>



Cultural Exchange Goes Virtual!

Time: 5.00 pm – 6.00 pm via Zoom. Register on <https://www.eventbrite.com/e/cultural-exchange-goes-virtual-tickets-148834436807>

Let's discuss if cultural exchange can go virtual! People around the world share real stories that they have experienced during the pandemic. Join us to discuss how pandemic changed us and our lives! Event hosted by English at Tea Time Speaking Café and Workshop Center. For adults.

Contact: Fatma Dodurka fatmadodurka@gmail.com Instagram: English at tea time.



French: Discover a New Language: Language Tasters

Time: 6.00 pm - 7.00 pm

French Language Taster with Amélie. Are you interested in learning a new language and discovering a new culture but you're unsure whether language learning is for you? Then join us for a language taster session. We are offering you the chance to attend an introductory session. This event hosted by, University of Limerick, School of Modern Languages and Applied Linguistics, Language Outreach Programme. Of interest to members of the general public and all those interested in learning a new language and discovering a new culture. This event will be hosted via Microsoft Teams, the direct link for the event will be on the festival website www.limerick.ie/lovelearning

Contact: Catherine Jeanneau Email: Catherine.Jeanneau@ul.ie



THURSDAY 27TH May 2021



CONFIRM Centre Rapid Fire Research

Time: 7.00 pm - 8.00 pm Event Registration link: https://cutt.ly/rapid_fire_research

STEM Research is a topic that can be off-putting for people outside of academia. This event will consist of short (less than 5 minute) presentations from CONFIRM researchers based all around Ireland with the aim of demystifying Smart Manufacturing research and technology for the audience. Presentations followed by audience Q&A. Event hosted by University of Limerick – CONFIRM Centre - The Science Foundation Ireland Research Centre for Smart Manufacturing. Of interest to the general public, teachers, second level pupils and undergraduates.

Contact: Sean O'Brien CONFIRM Centre Education, Public Engagement & Training Manager
Email: sean.obrien@ul.ie



Nature Mindfulness for Children's Well Being

Time: 8.00 - 9.30 pm via Zoom

Workshop 2 - Mindful Listening in Nature

Supporting practitioners to develop children's ideas and skills by helping them to mindfully listen and appreciate outdoor sounds. We will conclude the workshop with a short mindfulness practice. Event hosted by Limerick Childcare Committee. For Childcare Practitioners. Nature is a great place to practice mindfulness, offering endless opportunities to learn, explore, enjoy, relax and be present. Making habits like these a routine, children become more aware of physical sensations, notice how their bodies respond to emotions, and develop greater compassion towards others.

Contact: To book a workshop place, please email laura@limerickchildcare.ie



For more information www.limerick.ie/lovelearning



FRIDAY 28TH May 2021



Youth Work

Time: 10.00 – 11.00 am via Zoom (pre-booking essential)

Find out more about the learning opportunities for young people through youth work and youth clubs. Event hosted by Limerick Youth Service. Of interest to parents/guardians, teachers, employers and those who work with young people.

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



Things to Think about When Making a Will

Time: 10.00 am - 11.00 am

People may find the prospect of making a will very off-putting for a variety of reasons. This lecture is designed to provide a certain amount of basic information to people who are thinking about making a will. The aim of this lecture is to take the mystery out of how a will is made and to outline the limits that are placed on your testamentary freedom. Event hosted by Faculty of Arts, Humanities and Social Sciences, University of Limerick. Of interest to the general public, those interested in Law and the Irish legal system. This event will be hosted via Microsoft Teams, the direct link for the event will be on the festival website www.limerick.ie/lovelearning

Contact: Una.woods@ul.ie Course Director, LLB (Evening programme), University of Limerick.



Celebrating 3 Years of the Ability Programme

Time: 11.00 am – 12.00 pm

This one-hour webinar brings together participants and special guest speakers to celebrate three successful years of the Programme and the achievements of its participants. The Ability programme assists young people to identify and follow progression routes based on both their potential and their needs, promoting positive pathways into education, training and employment. This event is open to anybody with an interest in what can be achieved through the Ability Programme. This event will take place via Zoom. Hosted by Ballyhoura Development CLG.

Contact: For more information or to register for this event, please contact Nicole Dennehy at nденнеhy@ballyhoura.org or 086 066 0561.



Southill Family Resource Centre Video – Celebrating 20 Years

Time: 11.00 am

Launch of Southill Family Resource Centre's video showcasing memories in celebration of its 20 year anniversary. Join us to share in our wonderful memories and stories of Southill FRC.

Contact: Jimmy Prior, jimmy@southillfrc.com Phone 085-1250790

FRIDAY 28TH May 2021



Dealing with Cultural Diversity: How to be Comfortable with Difference?

Time: 11.00 am – 1.00 pm

This workshop develops your skills to deal/work with people coming from different cultural backgrounds. In order not to fear and ignore cultural differences, one has to learn to *recognize, respect and reconcile* differences. Understanding your own cultural identities and influences is the foundation to engage with differences by establishing similarities. Event hosted by University of Limerick, Faculty of Education and Health Sciences/ Department of Psychology/ Migration and Integration Research Group. Of interest to anyone working with the people coming from a different country, immigrants, asylum seekers, refugees; in particular teachers at all levels of education, as well as public sector workers at the front face of interaction with people coming from outside Ireland. This event will be hosted via Microsoft Teams, the direct link for the event will be on the festival website www.limerick.ie/lovelearning

Contact: Dr. Anca Minescu, Lecturer in Psychology Anca.Minescu@ul.ie,

Leticia Scheidt Leticia.Scheidt@ul.ie To register please email Sanctuary.Psychology@ul.ie



Circular Economy

Time: 1.00 pm - 2.00 pm

Join us for a virtual walkabout in circular economy/environment projects. Limerick Social Enterprises feature some examples of enterprise that is happening locally; demonstrating examples from furniture revamp, recycling, up-cycling, waste reduction and diversion, environmental/biodiversity projects, to community gardens etc. A number of the Social Enterprises will do a virtual walkabout and showcase their projects.

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



A Network of Ice and Fire

Time: 2.00 pm - 3.00 pm

A talk on our research on the social networks in the books "A Song of Ice and Fire" from which the TV series "Game of Thrones" was based. Event hosted by University of Limerick, Centre for Social Issues Research (CSI-R) and Mathematics Application Consortium for Science and Industry (MACSI). Of interest to a general audience, no prior knowledge of social networks/statistics required. This event will be hosted via Microsoft Teams, the direct link for the event will be on the festival website www.limerick.ie/lovelearning

Contact: Dr Pádraig MacCarron padraig.maccarron@ul.ie



Join Ms. Dodurka'S Coffee Journey

Time: 5.00 pm - 6.00 pm Pre-recorded event.

Let's go to a historic coffee shop to see how coffee beans are turned into delicious Turkish coffee. Ms. Dodurka will make Turkish coffee and present it in a traditional way. By the way we like to have company when we drink Turkish coffee. Please join us and be part of the experience. This event is hosted by The English at Tea Time Speaking Café and Workshop Center. For all ages.

Contact: Fatma Dodurka fatmadodurka@gmail.com Instagram: English at tea time



German: Discover a New Language: Language Tasters

Time: 6.00 pm – 7.00 pm

German Language Taster with Anita. Are you interested in learning a new language and discovering a new culture but you're unsure whether language learning is for you? Then join us for a language taster session. We are offering you the chance to attend an introductory session. This event hosted by University of Limerick, School of Modern Languages and Applied Linguistics, Language Outreach Programme. Of interest to members of the general public and all those interested in learning a new language and discovering a new culture. This event will be hosted via Microsoft Teams, the direct link for the event will be on the festival website www.limerick.ie/lovelearning

Contact: Catherine Jeanneau Email: Catherine.Jeanneau@ul.ie



Spring Detective

Time: 8.00 pm - 9.30 pm via Zoom

Guiding practitioners in creating experiences for children, with the aim of being 'mindful detectives' in nature. We will finish the workshop with a longer mindfulness practice for practitioners - it is Friday after all! This event hosted by Limerick Childcare Committee and is for Childcare Practitioners. Nature is a great place to practice mindfulness, offering endless opportunities to learn, explore, enjoy, relax and be present. Making habits like these a routine, children become more aware of physical sensations, notice how their bodies respond to emotions, and develop greater compassion towards others.

Contact: To book a workshop place, please email laura@limerickchildcare.ie

SATURDAY 29TH May 2021



Telling your Story through Songwriting and Music: Back to Education in Later Years



Time: 11.00 am - 12.00 pm Pre-recorded session.

Panel discussion chaired by Carl Corcoran, Course Director of MA in Songwriting, featuring two current students of the programme Eoin Grimes and Dominic Taylor who are in their sixties. The panel will also include Dr. Eoin Callery, Course Director of the MA in Composition and Creative Music Practice. This event is hosted by the Irish World Academy of Music and Dance, University of Limerick. Of interest to mature students interested in developing their songwriting/creative music pursuits and the general public.

Contact: Carl.corcoran@ul.ie Course Director, MA Songwriting, University of Limerick



The Impact of Good Food on Our Wellbeing

Time: 11.00 am – 11.30 am

Have you noticed that your mood often affects the types of food you choose and how much you eat? Having good foods empowers both the mind and body. It also helps with sleeping patterns, energy levels and increased concentration. This workshop will enable you to learn about the impact of good foods on your wellbeing. Hosted by National Learning Network - Jutland Plus/Focus Plus Groups. This is an online event. Open to all.

Contact: Donna McGovern, Email: donna.mcGovern@nln.ie

Phone: 061 305272 or 087 9157066

SUNDAY 30TH May 2021



Spanish: Discover a new language: Language Tasters

Time: 12.00 pm – 1.00 pm

Spanish Language Taster with Garazi. Are you interested in learning a new language and discovering a new culture but you're unsure whether language learning is for you? Then join us for a language taster session. We are offering you the chance to attend an introductory session. Event hosted by University of Limerick, School of Modern Languages and Applied Linguistics, Language Outreach Programme. For members of the general public and all those interested in learning a new language and discovering a new culture. This event will be hosted via Microsoft Teams, the direct link for the event will be on the festival website www.limerick.ie/lovelearning
Contact: Catherine Jeanneau Email: Catherine.Jeanneau@ul.ie



Literature for Extraordinary Times

Time: 1.00 pm - 2.00 pm Pre-recorded session

For over a year now we have been living through the extraordinary times of a pandemic, and have had to find new ways to talk about ourselves and the world we live in. Join faculty and postgraduates in English at the University of Limerick for a panel discussion that considers literature's relationship with turbulent times, and how literature responds to and represents social and historical interruption and change. This event is hosted by Faculty of Arts, Humanities and Social Sciences, University of Limerick. For the general public, creative writers and those interested in English Literature. All welcome.

Contact: Yianna.Liatsos@ul.ie Course Director, MA English, University of Limerick

SUNDAY 30TH May 2021



“Signs of Positivity”: An Adventure in Remote, Community-based Learning and Continuing Craft during a Pandemic

Time: 1.00 pm

Official launch of the West Limerick “Signs of Positivity” celebration video.

The principle of the project is to connect people in the current pandemic situation, to facilitate that they continue and develop their craft interest and to promote a message of positivity within their communities during the pandemic. The idea of a door hanging or wreath was muted, and the “Signs of Positivity” project was born. It involved individuals making a hanging sign for their door/gate/wall with materials, instructions and support provided by SICAP at West Limerick Resources and the facilitator, Rachael Grainger. The project worked with three craft groups, made up of approximately 30 individuals from six different locations in West Limerick. The recorded celebration video will be launched on social media platforms during the festival week; https://www.youtube.com/channel/UCFJYeLrQApO2doyq_YcrXAw/videos <https://www.facebook.com/WestLimerickResources/> <http://www.wlr.ie/> This event is hosted by West Limerick Resources CLG working with Athea Craft Group, Feale Crafters, Adare Active Retirement Group, Deel Arts Group and the Wednesday Club from Abbeyfeale. Of interest to West Limerick community, local community group members, community craft groups, people of all ages and anyone interested in art & craft.

Contact: Adrienne O'Connell, West Limerick Resources CLG 087/277329 and aconnell@wlr.ie

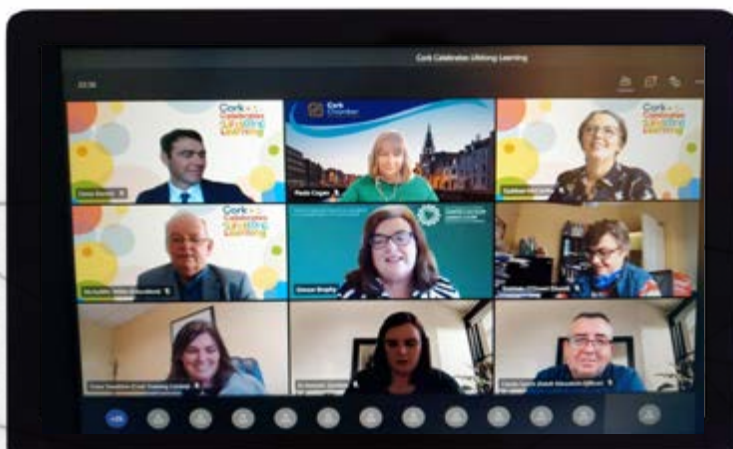


Irish Network of Learning of Learning Cities



The Irish Network of Learning Cities includes Limerick, Cork, Belfast, Derry and Dublin Learning Cities. All five learning cities collaborated in holding the Network's first 'Irish Learning Cities Day' on 30th September 2020, which was held during Limerick Lifelong Learning Festival week. Festival Coordinators from Limerick, Cork, Belfast, Derry and Dublin also hosted a joint webinar on our Learning Festivals as part of the first 'Global Festival of Learning' in September 2020. Learning Limerick also contributed to a Case Study for Adult Learning and Health and Well-Being as part of research that was conducted by the Northern Ireland Impact Forum for Adult Learning, in partnership with Belfast Learning City; for their 'Learn Well, Live Well' Report. The Limerick Case Study focused on the Limerick Learning Neighbourhoods initiative and Learning Limerick gave a presentation input at the Belfast Webinar in December 2020.

This year, Learning Limerick also participated at the webinar series for Cork Learning City launching their 'Cork Celebrates Lifelong Learning' Awards in March 2021. Limerick shared our local initiatives of the Learning Ambassadors project, and the Limerick and Clare Education and Training Board's 'Coding Careers for Women' initiative. We look forward to many more collaborations in the coming year.



UNESCO Cluster Meeting

- Tuesday, November 17th 2020.

Presentation from Limerick, Ireland –

UNESCO GNLC Cluster on Educational Planning, Monitoring and Evaluation in Learning Cities'

By Mayor of Limerick City and County
Councillor Michael Collins



Councillor Michael Collins
Mayor of Limerick City and County



Limerick City & County Council



Presentation from Limerick, Ireland

UNESCO

Global Network of Learning Cities

The Learning Limerick Steering Group is a proud member of the UNESCO Global Network of Learning Cities (GNLC). The UNESCO GNLC supports and improves the practice of lifelong learning in the world's cities by promoting policy dialogue and peer learning among member cities; forging links; fostering partnerships; providing capacity development; and recognizing progress made in building learning cities.

Limerick is also a member of the UNESCO Cluster on Entrepreneurship & Entrepreneurial Learning. Two Learning Cities (Torino, Italy and Chengdu, China) coordinate this Entrepreneurship Cluster with the UNESCO Institute of Lifelong Learning. As part of this work, Learning Limerick completed a Survey on Entrepreneurship and Entrepreneurial Learning in Limerick. The UNESCO Institute of Lifelong Learning is collating all cities' responses and presenting the thematic findings and best practice examples for further sharing amongst the member cities of this cluster.

Limerick is also a member of the UNESCO Cluster for Educational Planning, Monitoring and Evaluation Cluster and as part of this work our Mayor of Limerick City and County, Councillor Michael Collins, also presented on Learning Limerick at the International Meeting of this Cluster November 2020.

We are looking forward to the next UNESCO conference to be held in October 2021; hosted by Global Network of Learning Cities (GNLC) member Yeonsu-gu, Republic of Korea.



United Nations
Educational, Scientific and
Cultural Organization



UNESCO Institute
for Lifelong Learning

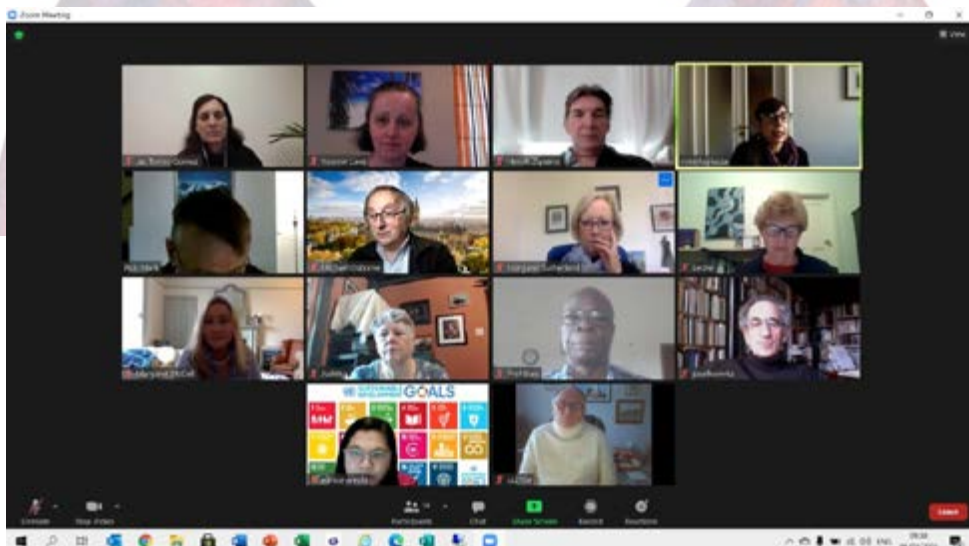
Winner of UNESCO
Learning City
Award 2017

PASCAL EcCoWell Community Recovery Programme



Learning Limerick contributed a case study on its work for the PASCAL Final Report on the EcCoWell Community Recovery Programme - 'CONNECTING UP IN A WORLD OF TURBULENT CHANGE'. Arising from this, Limerick and Wyndham Learning Cities have come together with the PASCAL Learning Cities Network to run an EcCoWell Webinar on 13th May, with the title *Transformation through Empathy Partnerships*.

This Webinar will examine what makes up a successful partnership. The guest speakers will share their dynamic partnership models ranging from grassroots to international; and how these models are transformative and have used empathy. The partnerships we will be exploring in an interactive interview style will be: Taipei & Datong as Learning Region Ecosystems, Educational Peacekeeping in Acapulco, Mexico & Medellin, Colombia, Global Festival of Learning and the Irish Network of Learning Cities. The role of empathy partnerships for recovery and transformation will be discussed and their links to the Sustainable Development Goals.



LIMERICK LIFELONG LEARNING FESTIVAL ORGANISING COMMITTEE 2021

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	Róisín Ross
Limerick City and County Council	& Catherine Bowes-Kelly
PAUL Partnership	Helen Fitzgerald
PAUL Partnership	& Mariola Jurewicz-Jurgas
West Limerick Resources	Adrienne O'Connell
Ballyhoura Development	Carrie O'Donoghue
Mary Immaculate College	Patricia O'Sullivan
Mary Immaculate College	& Maeve Liston
University of Limerick	Sarah Brady
Limerick Institute of Technology	Veronica Walsh
Limerick Childcare Committee	Anne Delaney
Limerick Community Education Network	Jim Prior
National Learning Network	Margaret Murphy
Limerick Integration Working Group	Trisha Rainsford
Youth Work Limerick	Cora Foley
Mid West Regional Skills Forum	Joe Leddin
Limerick Chamber Skillnet	Anne Morris
Limerick Local Enterprise Office	Ciara Farrell
Department of Employment Affairs and Social Protection	Mary Moloney
Limerick Mental Health Association	<i>Pending</i>

Organising Committee for Limerick Lifelong Learning Festival 2021

Name	Organisation/Network
Mariola Jurewicz-Jurgas	PAUL Partnership
Helen Fitzgerald	PAUL Partnership
Adrienne O'Connell	West Limerick Resources
Carrie O'Donoghue	Ballyhoura Development
David Williamson	University of Limerick
Veronica Walsh	Limerick Institute of Technology
Patrick Fitzgerald	Volunteer Member
Jim Prior	Limerick Community Education Network
Brenda Frawley	Limerick City and County Council
Margaret Murphy	National Learning Network
Trisha Rainsford	Limerick Integration Working Group
Yvonne Lane	Festival Coordinator - Learning Limerick





THANK YOU TO OUR FESTIVAL SPONSORS 2021

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

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

Thank you to Nora McGillicuddy and Orla O'Connor, Limerick City and County Council, for coordinating the website listings on www.limerick.ie/lovelearning.

Many thanks to Laura Tighe, Limerick and Clare Education and Training Board, for coordinating our Digital Marketing strategy and the Communications Sub-group with Mariola Jurewicz-Jurgas, PAUL Partnership.

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

If you are interested in participating in future festivals contact:

Yvonne Lane, Festival Co-ordinator,

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

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



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Learning Limerick

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LIMERICK LEADER

2021

Monday May 24 - Sunday May 30

Limerick Lifelong
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