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Learning Limerick

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Learning Limerick presents
Limerick Lifelong Learning Festival

2024

Monday April 15th - Sunday April 21st

Limerick Lifelong Learning Festival

love learning



IN-PERSON, ONLINE AND HYBRID EVENTS



For more information

www.limerick.ie/lovelearning

All events are **FREE**



MAYOR'S FOREWORD

I am delighted to launch this programme for the 14th annual Limerick Lifelong Learning Festival. This year's festival will be held from 15th – 21st April and marks a celebration of lifelong learning and promotes learning in Limerick through a wide variety of creative, enjoyable and informative events. We're thrilled to offer a week full of free and fantastic learning events spread across the vibrant neighbourhoods of Limerick city and county. There's something for everyone, and we can't wait for you to join in on the excitement!

The theme of the festival this year is 'Learn, Grow, Explore in 2024' and I invite you all to participate fully in the festival and perhaps take up a new hobby or skill to further your lifelong learning journey. The festival will feature in person and online events, from walking tours, talks, arts & crafts, workshops, exhibitions, music and much, much more.

At the heart of our Festival is the belief that learning should be fun and accessible for everyone. Following our motto – **Communities, Connecting, Learning** - we invite you to embark on

a journey of exploration, engagement, and pure celebration. 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 anticipate strong participation from our local communities and the broader public, both from within Limerick and beyond, mirroring the high levels of engagement we have witnessed in previous years. This is a mark of our commitment to promoting learning in all its forms and the interest shown in lifelong learning across all groups in society.

I have also been particularly delighted this year to support Learning Limerick's membership of UNESCO Global Network of Learning Cities (GNLC) and the Irish Network of Learning Cities (INLC), and its key events. This included an online meeting of the six mayors of the member cities of the INLC held last September to celebrate Irish Learning Cities Day. Limerick City and County Council values its membership of the Irish Network of UNESCO Learning Cities and has actively participated in the recent Shared Island initiative with the Irish Network.

I wish you the all the very best for the Lifelong Learning Festival 2024. I have no doubt it will be another great success, guiding curious minds on their perpetual journey of discovery.

CLLR GERALD MITCHELL

Mayor of the City and County of Limerick

INTRODUCTION

The Limerick Lifelong Learning Festival will take place from Monday 15th to Sunday 21st April and is now in its 14th iteration. This year our festival theme is 'Learn, Grow, Explore in 2024,' and we would like to extend an invite to you to join us to sample some of the exciting and interesting events that are being held throughout Limerick City and County during festival week. The success of previous festivals is testament to the appetite for learning of the people of Limerick and has been a driving force in maintaining our own enthusiasm and determination to deliver a festival that is as diverse and inclusive as possible. With over 150 free events to choose from this year, featuring activities such as community, arts, wellbeing, guided tours, open days, education pathways, professional and personal development, language tasters, technology, cookery classes, business and enterprise, and even martial arts, there certainly is something for everyone to choose from.

This year, we are delighted to officially launch the festival programme at a special event held at the College of Further Education and Training, Mulgrave Street Campus on 22nd March. There is also a festival flagship event as part of the festival week, called 'Creativity for Wellbeing – A Celebration of Lifelong Learning', being held in the Abundant Life Centre on April 18th. We hope that these events, as well as all the other 150 festival events, will be enjoyed by all who attend, and we look forward to sharing our passion for lifelong learning together.

As an UNESCO Learning-City Region, and proud member and award winner of the UNESCO Global Network of Learning Cities (GNLC), Limerick is committed to supporting, promoting, and improving lifelong learning across both the city and county. Learning Limerick is also an active member of the

Irish Network of Learning Cities (INLC), an initiative aimed at increasing collaboration and establishing connections with our partner Learning Cities throughout the Island. These important relationships provide the opportunity for the sharing of learning and best practice initiatives between partner cities, which can be then incorporated into our own festivals' development.

The Learning Limerick Steering Group presents the festival each year. This is representative of all the main stakeholders involved in the promotion of learning in 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



The People's Dance
Wednesday 17th April, 1.00pm – 3.00pm
Dance Limerick, 1 John's Square, Limerick, V94 E6H2

Come dance with us in Limerick! We invite you to share in our afternoon of social dance. Social dance is a leisurely social activity that can encompass exercise, enjoyment, responding to music and social inclusion. We will include a range of social dances from Irish, Indian and African traditions amongst others. We welcome participants from community groups. Music will be provided by staff and students from the Irish World Academy. Dances will be shared in a relaxed and inclusive environment. No previous experience required. This is the second of two participatory events to continue the Irish World Academy's 30-year celebrations. The event is co-hosted by the Irish World Academy and UL Engage in partnership with the Limerick Lifelong Learning Festival.

Contact: Orfhlaith NiBhriain, Orfhlaith.NiBhriain@ul.ie



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Learning for Inclusion

Learning Limerick hosted a 'Learning for Inclusion' event in ENGINE on 29th September 2023. Barriers to accessing education and pathways to learning were explored; and 21st Century skills; minding ourselves and our mental health; digital learning and tackling misinformation through education were all up for discussion at the half-day seminar. Our keynote speaker for the event was Ailbhe Smyth. We also showcased three of our Learning Ambassadors speaking about their passion for lifelong learning on a video on the day.

Networking Meetings

Learning Limerick hosted a number of Networking Events during 2023 / 2024. These events are always an excellent opportunity for event hosts to network and discuss their ideas for running festival events, and perhaps link up together to co-host events.

Our networking events preparing for the 2024 festival included:

- In Southill Hub in November 2023; this included brainstorming sessions with our event hosts in deciding on the festival theme and format for our flagship event for 2024.



- In the South Court Hotel in February 2024, that included a workshop that was called 'Crossing the Threshold'; that was about employing community development principles to engage with your target audience and indeed using your own social capital. There were great interactive discussions on this key topic, and this session was facilitated by Martina Shanahan and Mary Hughes of PAUL Partnership.





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WORK &
ENTERPRISE

W&E

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

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

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

F – FAMILY

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

UNIVERSAL

U

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.



U

Painting Showcase

Time: 9.00am – 4.00pm; on April 8th – 29th, weekdays.

Venue: College of FET, Kilmallock Road Campus, Kilmallock Road, Limerick.

An Art Exhibition featuring diverse paintings by more than 60 Visual Art Learners. The pieces span across various genres, including Still Life, Abstract, Landscape, and Portraits. This exhibition highlights the creativity and innovation of these art learners, showcasing the skills and confidence they have developed throughout their course. For the general public.

Contact: Jayne Foley Jayne.foley@lcebtb.ie

I

Explore and Learn a New Language in 2024: Language Tasters

Time: Monday 15 April - Thursday 18 April

Venue: Online

Are you interested in learning a new language and discovering a new culture, but you are unsure whether language learning is for you? Then join us for one or several language taster session(s).

We are offering you the chance to attend an introductory session in:

Chinese Language Taster: Monday 15 April 6-7pm with Xiaxia

Arabic Language Taster: Monday 15 April 7-8pm with Sarah

Japanese Language Taster: Tuesday 16 April 6-7pm

Spanish Language Taster: Tuesday 16 April 7-8pm with Angel

French Language Taster: Wednesday 17 April 6-7pm with Eva and Judith

Italian language Taster: Thursday 18 April 6-7pm with Patrizia

German language Taster: Thursday 18 April 7-8pm with Alberta

These sessions are held online. Members of the general public and all those interested in learning a new language and discovering a new culture.

Contact: Catherine Jeanneau, Language Outreach Program, University of Limerick.

Email: Catherine.Jeanneau@ul.ie

Visit www.ul.ie/artsoc/mlal/programmes/language-outreach-programmes for further info

To register for one or several sessions, fill in this form:

<https://foms.office.com/e/JxCxNGSAxA>



Limerick Soviet Exhibition

Time: 10.00am till Close; 16th – 27th April.

Venue: Watch House Cross Community Library, Watch House Cross Shopping Centre, Kileely Road, Limerick V94 NH51

In mid-April 1919, Limerick trade unions and workers protested the imposition of martial law in the city by calling a general strike and establishing a 'Soviet' to manage the city's affairs, even issuing its own currency. This exhibition tells its story. Running Tuesday 16th to Saturday 27th April, all welcome.

Contact; watchhousecrosslibrary@limerick.ie 061-557726



Unity Wreath Activities for Parents and Toddlers

Time: 10.00am – 11.30am 16th – 19th April

Venue: Tuesday 16th Ballylanders Day Care Centre, Wednesday 17th Hospital FRC, Thursday 18th Caherconlish Millenium Centre, Friday 19th Kilmallock Pastoral Centre. Unity Wreath - This wreath symbolizes cultural unity - you can make it with or without the dove in the centre. You can have one child make this on their own or have a group of children or family members all contribute a few handprints to make one big wreath. It is to enhance their skills of identifying different nationalities and their cultures. Unity dove craft. The main target audience is parents/ guardians and their babies/ toddlers. Hosted by Hospital Family Resource Centre Parent and Toddler Groups.

Contact: Mary McGrath mmcgrath@hospitalfrc.com 061-383884



Free Health Information Sessions

Time: 1.00pm – 2.00pm Monday 15th – Friday 19th April.

Venue: Monday 15th – City Library. Tuesday 16th – Watch House Cross Library, Wednesday 17th – Dooradoyle Library, Thursday 18th – Newcastle West Library, Friday 19th – Kilmallock Library. Healthy Ireland Local Government is organising lunchtime health information sessions in your Local Library focusing on Lifestyle Medicine – topics include information on sleep, nutrition, exercise, stress etc. Each session includes health information and time for Questions and Answers. These information sessions are organised in partnership with Limerick Libraries and Age Friendly. 1-2 pm daily with lunch bags provided. The main target audience is all population and a focus on reaching Sláintecare Healthy Community population.

Contact: Tanya Carey tanya.carey@limerick.ie and Olivia O'Brien olivia.obrien@limerick.ie
Booking via Eventbrite.



Community Art Hive

Time: Launch on the 16th, 2.00pm. Opening hours from Wednesday, 17th to Thursday 18th April, 11.00am – 4.00pm.

Venue: No. 19 Community Gallery in collaboration with the Treaty Brewery on St Nicholas St, Limerick City. Refreshments will be provided on the day of the launch Bringing Limerick Community Art learners together to celebrate their talents by exhibiting their works locally. The aim of this project is to showcase and celebrate the creative skills Limerick learners have to offer. Of interest particularly to Community learners based in Limerick City. Family and friends connected to the learners, tutors, community partners and community providers. Event hosted by Limerick Community Education Network (LCEN).

Contact: Ellen Walsh Kerley, ellen@lcn.ie - 087 7642659
Patrick Fitzgerald, patrick@lcn.ie - 087 7569853



Explore Europe in '24

Time: 4:30pm - 8:00pm, Monday 15th – Friday 19th April.

Venue: Online Event - <https://limerickyouthservice.com/got-a-question/>

Explore Europe and learn about the many opportunities to travel, study, work and volunteer across this amazing continent in 2024. You can take your first step by speaking with a Youth Information Officer via <http://www.limerickyouthservice.com>. The main target audience is for young people and parents, general audience. Running 15/4/24 to 19/4/24 4:30pm – 8.00pm. Hosted by Limerick Youth Service.

Contact: Dermot Troy dermott@limerickyouthservice.org 061-412444



Northside FRC Learner Art Exhibition at Watch House Cross Library

Time: Launch on Tuesday 16th 5.30pm - 7.30pm Running until Tuesday 23rd.

Venue: Watch House Cross Library 061 557726 watchhousecrosslibrary@limerick.ie

Parking available Accessible premises Opening Hours Monday: Closed Tuesday: 10am - 8pm Wednesday: 10am - 5pm Thursday: 10am - 8pm Friday: 10am - 5pm Saturday: 10am - 5pm Learners from the Art and Craft classes at Northside FRC will be presenting some of their work created during the year at Watch House Cross Library. The opening event will take place on Tuesday 16th April at 5.30pm to 7.30pm. Tea and coffee will be provided at the launch. The main target audience is learners and families of Northside FRC and the wider Northside area.

Contact: Elaine Farah 061 326623 elainefarah@northsidefrc.ie



Taster Courses at Colleges of FET, Cappamore and Kilmallock Campuses

Venue: College of Further Education and Training, Cappamore Campus, Dromsally, Cappamore, County Limerick, V94 TH2T and College of Further Education and Training Kilmallock Town Campus Railway Road, Kilmallock, County Limerick, V35 XW71

Throughout Lifelong Learning Week we will be running different tasters and demonstrations of various courses on offer in our campuses; over 15th April - 21st of April. For the general public.

Contact: Ciaran O'Donnell ciaran.odonnell@lcn.ie 086 0128451



MONDAY 15th April 2023

Learning Limerick
Together for a brighter future



MONDAY 15th April 2023

Learning Limerick
Together for a brighter future



Painting Showcase

Time: 9.00am – 4.00pm

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An Art Exhibition featuring diverse paintings by more than 60 Visual Art Learners. The pieces span across various genres, including Still Life, Abstract, Landscape, and Portraits. This exhibition highlights the creativity and innovation of these art learners, showcasing the skills and confidence they have developed throughout their course. For the general public.

Contact: Jayne Foley Jayne.foley@lcteb.ie



Exploring My World in Play

Time: 9.30am - 11.00am

Venue: St. Johns Pavilion, Mulgrave Street, Limerick.

As part of Limerick's Lifelong Learning Festival we are delighted to host "Exploring my World in Play". A sensory and interactive session based on the book "Walking through the Jungle". Registration essential. Event is for group parents and children (under 3 years) babies & toddlers welcome. Event brought to you by ABC Start Right Programme, Paul Partnership.

Contact: Michelle O'Doherty modoherty@paulpartnership.ie 061 419388.

Registration essential. (Closed group)



Nearly Zero Energy Building (NZEB) Fundamental Awareness

Time: 9.00am- 4.00pm

Venue: College of Further Education and Training, Green Innovation Campus, Roxboro, Limerick.V9403H9.

The course is free. It is delivered at our Green Innovation Campus, Roxboro, Limerick. On this 1-day programme, you will discover the principles and practices of Nearly Zero Energy Building (NZEB). You will explore NZEB principles, building physics, fabric and services, renewable energy, photovoltaics, smart metering and more. On completing this fully funded programme, you will be awarded Nearly Zero Energy Building (NZEB) Fundamental Awareness (City & Guilds Assured) accreditation. The course is open to the public. It will be of interest to homeowners, first time buyers and people working in the construction industry. The aim of this course is to provide participants with the knowledge in the general principles and practices of Nearly Zero Energy Building (NZEB). The course capacity is 14 participants. Applicants will be required to attend the Green Innovation Campus at 8.45am on the day of the course.

Contact: Padraig O'Sullivan, Recruitment Officer 061- Officer 061-487985 padraig.osullivan@lcteb.ie



Free Tour of Limerick Museum

Time: 11.00am

Venue: Limerick Museum is located in The Old Franciscan Friary, Henry Street, Limerick, beside Dunnes Stores.

Opened in 1916, Limerick Museum is one of the oldest and largest local authority museums in the country with a diverse collection consisting of some 65,000 objects. The story of the city and county is presented through a rich collection of artefacts, from Stone Age axes to medieval coins, to the civic sword of Queen Elizabeth I to a large collection of Limerick lace and silver. The more unusual items include Ireton's Cat, a mummified cat found on Nicholas Street in the 1890's; a fragment of the largest meteorite that ever fell in Ireland in 1813; and a 1940s diving suit. The tour will last forty-five minutes. All welcome. (Maximum number is 40)

Contact: Dr Matthew Potter museum@limerick.ie 061-557740



Limerick Lace Making Demonstration

Time: 11.00am – 12.30pm

Venue: Limerick Museum, The Old Franciscan Friary, Henry Street, Limerick, V94 C7W1

Members of Friends of Lace Limerick will be present at the Limerick Museum, demonstrating their craft and talking to the visitors about lacemaking in the 21st century. The Limerick Museum has an extensive collection of Limerick lace, but only a small part is on display, due to the lack of space. Friends of Lace will also display a few contemporary pieces from their own collections. The main target audience is visitors of the museum and people with an interest in lace and lace making.

Contact: Gabriela Avram gabriela.avram@gmail.com 086 0242478



Introduction to The Decider Emotion Regulation and Distress Tolerance Skills for Parents of Teenagers

Time: 11:00am - 12:00pm

Venue: Online - This workshop will take place via zoom with those interested asked to contact staff person below (Eventbrite invite to be set up).

Parents/guardians are invited to learn more about the Decider Life Skills mental health programme for young people. This workshop will give an introduction to Decider Skills programme with a focus on how parents can support teenagers with distress tolerance and emotion regulation using this evidence-based approach. The main target audience is parents/guardians. Max 15 people. Hosted by Limerick Youth Service.

Contact: Leona O'Callaghan leona.ocallaghan@limerickyouthservice.org

Tel: 061-412444/087-9051930



Poetry and Music Immersion

Time: 11.00am – 1.00pm

Venue: Limerick Social Services Council, Upper Henry Street, Limerick City, V94 2W14

This is an invitation to relax to the sounds of music and poetry. Sharing poems from ancient and modern-day poets, witness what happens inside yourself as you allow a waterfall of music and spoken word to fall over you like rain. The main target audience is any person interested in taking time to relax with the sounds of music and poetry. Join Limerick and Clare Education and Training Board tutor Lucia Guerin for this event.

Contact: joanne.ryan@lssc.ie / 061-314111



For more information www.limerick.ie/lovelearning





Recordings about Life in Garryowen

Time: 11.00am – 1.00pm

Venue: Garryowen Community Development Project CLG, 23 John's Street, Limerick, V94 WR58

Join us as we launch a number of recordings about memories from growing up in Garryowen.

These recordings were made by learners taking part in a Community Education course with

tutor Arlene White. Join us for a cuppa and a listen to some of these lovely memories. The main

target audience is persons with an interest in Local History.

Contact: info@garryowencdp.com



Free Health Information Sessions

Time: 1.00pm – 2.00pm

Venue: City Library, Michael Street, Limerick.

Healthy Ireland Local Government is organising lunchtime health information sessions in your

Local Library focusing on Lifestyle Medicine – topics include information on sleep, nutrition,

exercise, stress etc. Each session includes health information and time for Questions and

Answers. These information sessions are organised in partnership with Limerick Libraries and

Age Friendly. 1-2 pm daily in the various libraries with lunch bags provided. The main target

audience: All population and a focus on reaching Sláintecare Healthy Community population.

Contact: Tanya Carey tanya.carey@limerick.ie and Olivia O'Brien olivia.obrien@limerick.ie

Booking via Eventbrite.



Basics in Lean Six Sigma

Time: 1.00pm – 2.00pm

Venue: Online event on Microsoft Teams

An overview of the principles of Lean Six Sigma – how to improve sectoral performance by

eliminating the waste of resources & process/ product defects. The main Audience target is

Industry professionals interested in working more efficiently. Recording presented by Dr. Patrick

Walsh Senior Lecturer TUS Midwest. Hosted by Department of Flexible Learning, TUS Midwest.

Contact: Deborah Kett, flexible.midwest@tus.ie for more info & additional tickets.

<https://www.eventbrite.ie/e/basics-in-lean-six-sigma-tickets-839967083157>



Explore Europe in '24

Time: 4:30pm - 8:00pm

Venue: Online Event - <https://limerickyouthservice.com/got-a-question/>

Explore Europe and learn about the many opportunities to travel, study, work and volunteer

across this amazing continent in 2024. You can take your first step by speaking with a Youth

Information Officer via <http://www.limerickyouthservice.com>. The main target audience is for

young people and parents, general audience. Running Monday – Friday 4.30pm – 8.00pm.

Hosted by Limerick Youth Service.

Contact: Dermot Troy dermott@limerickyouthservice.org 061-412444



Cybersecurity for Small Business

Time: 6.00pm

Venue: Griffith College, Limerick Campus and Online via Zoom.

Cybersecurity is a key concern for businesses. Hackers are continually using new and innovative

techniques to infiltrate networks, steal data from servers and to disrupt the operations of

business This workshop will introduce the audience to the key cybersecurity threats that

currently exist and how you can best protect against them. The main target audience is for small

business and those interested in undertaking courses in Cybersecurity.

Contact: Brendan.Fogarty@griffith.ie, To Register contact: Sarah Kelly Sarah.Kelly@griffith.ie



Explore and Learn a New Language in 2024: Language Taster - Chinese

Time: 6.00pm – 7.00pm

Venue: Online Event with Xiaxia. Join us for this language taster session. Are you interested in

learning a new language and discovering a new culture, but you are unsure whether language

learning is for you? This session is held online. Check our calendar of events to get all the

details or visit www.ul.ie/artsoc/mlal/programmes/language-outreach-programmes.

Contact: Catherine Jeanneau, Language Outreach Program, University of Limerick.

Email: Catherine.Jeanneau@ul.ie

Visit www.ul.ie/artsoc/mlal/programmes/language-outreach-programmes for further info

To register for one or several sessions, fill in this form: <https://forms.office.com/e/JxCxN6SAxA>



Information Session followed by Q&A on UL's Maths for STEM Programme

Time: 7.00pm

Venue: Online event via MS Teams, Meeting ID: 384 269 218 156, Passcode: uaRmkB

<https://www.ul.ie/student-affairs/mature-students-office/maths-for-stem-certificate>

The main target audience is anyone who needs to improve their maths skills in order to apply

for a Science, Technology, Engineering or Maths (STEM) programme in University of Limerick.

Hosted by Mature Student Office, University of Limerick.

Contact: Shirley Ryan, Email Mso@ul.ie



Explore and Learn a New Language in 2024: Language Taster - Arabic

Time: 7.00pm – 8.00pm

Venue: Online Event with Sarah. Join us for this language taster session. Are you interested in

learning a new language and discovering a new culture, but you are unsure whether language

learning is for you? This session is held online. Check our calendar of events to get all the

details or [Click here to attend the ARABIC session](#)

Contact: Catherine Jeanneau, Language Outreach Program, University of Limerick.

Email: Catherine.Jeanneau@ul.ie [Click here to attend the ARABIC session](#)

Visit www.ul.ie/artsoc/mlal/programmes/language-outreach-programmes for further info

To register for one or several sessions, fill in this form:

<https://forms.office.com/e/JxCxN6SAxA>

TUESDAY 16th April 2024

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Together for a brighter future



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Contact: Jayne Foley Jayne.foley@lcbetb.ie



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Time: 9.00am - 4.00pm

Venue: College of Further Education and Training, Green Innovation Campus, Roxboro, Limerick.V9403H9. The course is free. It is delivered at our Green Innovation Campus, Roxboro, Limerick. On this 1-day programme, you will discover the principles and practices of Nearly Zero Energy Building (NZEB). You will explore NZEB principles, building physics, fabric and services, renewable energy, photovoltaics, smart metering and more. On completing this fully funded programme, you will be awarded Nearly Zero Energy Building (NZEB) Fundamental Awareness (City & Guilds Assured) accreditation. The course is open to the public. It will be of interest to homeowners, first time buyers and people working in the construction industry. The aim of this course is to provide participants with the knowledge in the general principles and practices of Nearly Zero Energy Building (NZEB). The course capacity is 14 participants. Applicants will be required to attend the Green Innovation Campus at 8.45am on the day of the course.

Contact: Padraig O'Sullivan, Recruitment Officer 061-487985 padraig.osullivan@lcbetb.ie



Safety and the City – Workshop

Time: 9:30am 12:30pm, Duration: - 3 hours

Venue: Women's Collective Ireland - Limerick Office 28 John Street, Limerick City, V94 K5N5 WCI - Limerick is a community partner for the project Safety and the City and is hosting a workshop for women to imagine the future of public safety in Limerick. Your involvement is crucial in shaping our understanding and contributing to safer and more equitable outcomes in Limerick City. Participation in this workshop will give you the opportunity to have your voice heard in research for public safety. This workshop is recorded and stored under strict GDPR guidelines and is approved by the UL ethical committee. This workshop is run in collaboration with researchers Dr. Emma Dolan and Dr. Kelly Morrissey, whose project won a research grant at UL's and LCCC's Citizen Assembly in May 2023. The main target audience is women and non-binary people, aged 18y+. We ask that people register through limerick@womenscollective.ie, light refreshments will be offered, and we ask people to let us know if there are special dietary requirements. No more than 15 people.

Contact: Women's Collective Ireland - Limerick limerick@womenscollective.ie 061-574282 | 087-3283746



Dog Grooming Demo

Time: 9.30am to 11am

Venue: College of FET, Croom Campus, High St, Croom, Co Limerick, V35 W727

Come and learn some dog grooming techniques demonstrated by Animal Care and Animal Science learners and teacher Louise. Suitable for those interested in animal grooming or in joining Animal Care course at Croom Campus. Please phone Croom Campus to book a place. Event brought to you by College of Further Education and Training (FET), Croom Campus.

Contact: Bridget O'Sullivan Applycroom@lcbetb.ie 061 540211



Sensory Play for Parents & Toddlers

Time: 9.45am - 11.15am (1.5hours)

Venue: Maigue River Room (ground floor), Croom Family Resource Centre, Croom Mills, Church Road, Croom, Co. Limerick V35 E306

Croom FRC's Child Play Therapist, Marita, will lead a workshop of sensory play for toddlers (1-3 years) and their parent / caregivers. Join the Croom Parent & Toddler Group in the Maigue River Room, Croom Mills, for sensory play ideas and activities. You will also get an opportunity to discover the fun of Croom FRC's Parent and Toddler group that meets every Tuesday here in Croom FRC. The main target audience is parents / caregivers and children (1-3 years).

Contact: Caroline Considine, 085-2568579, caroline@croomfrc.com



Limerick Soviet Exhibition

Time: 10.00am – 8.00pm

Venue: Watch House Cross Community Library, Watch House Cross Shopping Centre, Kileely Road, Limerick V94 NH51

In mid-April 1919, Limerick trade unions and workers protested the imposition of martial law in the city by calling a general strike and establishing a 'Soviet' to manage the city's affairs, even issuing its own currency. This exhibition tells its story. Running all week, all welcome.

Contact; watchhousecrosslibrary@limerick.ie 061-557726



Snapshot of National Learning Network

Time: 10.00am – 1.00pm

Venue: National Learning Network. Raheen Business Park, Limerick. V94 YNX3

Plan your future with a tour of National Learning Network, see our Raheen Campus, get an overview of our free full-time courses, meet our staff and students. 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 before going on to further education or employment. Refreshments provided.

Contact: Katherine Maher, limerick@nlm.ie, 061 229777 or 0873454408

For more information www.limerick.ie/lovelearning





Start Your Own Business - Business Ideas Generation Workshop

Time: 10am – 4.00pm

Venue: Ballyhoura Development CLG , Coote Hall, Kilmallock, Co. Limerick V35 C993

This one-day workshop will support you to identify innovative business opportunities, how to assess the opportunity and turn it into a viable business as well as developing a better understanding of what is involved in starting a business. The workshop will look at the steps involved in: Starting a business Key issues to think of before starting a business Set up and operational costs How to prepare a simple business plan Attendees will leave with a better understanding of what is involved in starting a business and tools to assess the viability of a business idea, including the problem it solves and will people pay for it. Attendees will also be supported to look at market research and testing of the business idea. The main target audience include individuals that would like to explore the idea of being self-employed or at the very early stages of Business Start-Up.

Contact: Carrie O'Donoghue codonoghue@ballyhoura.org 063 20555.

Register at <https://www.ballyhouradevelopment.com/Event/business-ideas-generation>



Mindful Meander

Time: 10.00am - 12.30pm (2.5 hours)

Venue: The venue will take place in the Southill Family Resource Centre. Within this area, the route of our walk will commence throughout the Southill community. This route has been strategically planned, to ensure all participants have a positive and beneficial experience with an abundance of knowledge about mindfulness and maintaining their mental health. This walk will finish at the Men's Shed (Resource Centre) Limerick Mental Health Association and the Southill Family Resource Centre will be linking in together to provide a relaxing urban orienteering walk, centred around the theme of promoting positive mental health and reducing stigma in the community. The event will begin at 10am, meeting at the South-hill Family Resource Centre. During the walk there will be historical facts and questions including some small puzzles that partakers can solve, in order to make the walk as interactive as possible while also be learning new skills in a fun way. After the walk, partakers will go to the men's shed to have tea, coffee and sandwiches where we can chat. There will be a short presentation while attendants enjoy their refreshments. This talk will involve information about promoting positive mental health, to teach individuals about the fundamentals of mental health, in aims to reduce stigma surrounding it. This event will end at 12:30pm. Our main target audience would be LMHA service users and individuals within the Limerick community. Mental health is something that everyone can relate to, which will give participants an opportunity to express themselves in a safe gathering with a pleasant environment. Due to this event involving a short walk, it is suitable for all ages. However, if some participants find this walk too long, the route allows for individuals to take a break, slow down or finish earlier where participants can walk back to the resource centre.

Contact: Ian Hackett ian@limerickmentalhealth.ie 087 320 2211



Overcoming the Fear of Networking and How to Go About It

Time: 10.00am to 11/11.30am

Venue: Board Room, Engine Collaboration Centre, Cecil Street, Limerick.

In a research study networking has come up as being the one thing that terrifies people more than anything else. At best many of us are reluctant to get out there and get to events where we don't know anyone, especially those of us who are introverts. Yet we can all network and get more confident at doing it, and it's essential for developing many businesses. Frank will explore what's behind our natural fear and will share strategies for getting started or getting better at networking. He will share how we plan in advance, how we conduct ourselves at the event (we're not there to sell!), and what follow-up will make it all worthwhile. The main target audience is for people who want to learn techniques for making it easier to network with others. Hosted by Local Enterprise Office, Limerick.

Contact: LEO Limerick localenterprise@limerick.ie 061 557499



Unity Wreath Activities for Parents and Toddlers.

Time: 10.00am – 11.30am

Venue: Ballylanders Day Care Centre, Ballylanders, Co Limerick.

Unity Wreath This wreath symbolizes cultural unity - you can make it with or without the dove in the centre. You can have one child make this on their own or have a group of children or family members all contribute a few handprints to make one big wreath. It is to enhance their skills of identifying different nationalities and their cultures. unity dove craft. The main target audience is parents/ guardians and their babies/ toddlers. Hosted by Hospital Family Resource Centre Parent and Toddler Groups.

Contact: Mary McGrath mmcgrath@hospitalfrc.com 061383884



Your Choice Your VOTE

Time: 11.00am – 1.00pm

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

Let us help you learn how to enjoy the freedom of VOTING in Ireland. Come and learn how to register, vote and think about issues that are important to you to vote on. The main target audience is anyone interested in registering to vote in Ireland including young people, migrant community, traveller community. Hosted by West Limerick Resources.

Contact: Adrienne O'Connell aconnell@wlr.ie 087-2773294



Stress Busting for Busy People

Time: 11.00am – 12.00pm

Venue: The Learning Hub, College of Further Education and Training (FET), Mulgrave St Campus, Limerick

Relaxation to help you learn grow and explore in 2024 Relaxing is the key to successful learning growing and exploring. In this session participants will learn simple, practical tools to reduce stress and increase relaxation. The main target audience includes the College of FET student body, prospective students and general public. Event brought to you by Limerick and Clare Education and Training Board, Active inclusion Support Service.

Contact: Fionnuala Daffy, fionnuala.daffy@lcebt.ie, 086 0843164





Proactive Mental Health Techniques

Time: 11.00am – 12.000pm

Venue: Education Suite, King John's Castle

This interactive workshop will give people the opportunity to engage in creative ways related to thought processes. These techniques will enable you to respond positively to life's challenges using the Decider Skills. This approach is underpinned by Cognitive Behavioural Therapy (CBT) and Dialectical Behavioural Therapy principles (DBT). The workshop will be presented in a fun, accessible and creative way delivered by staff and students of the Focus programme. All welcome. Hosted by National Learning Network, Focus Programme.

Contact: Donna McGovern donna.mcGovern@nlm.ie 061- 305272 087 - 9157066



An Introduction to Financial Resilience Training

Time: 11:00am - 12:30pm, 1.5 hours

Venue: Online Zoom event <https://us06web.zoom.us/j/89710425512?pwd=3kjlTfBLo048rTlt2Zeb13nk9EV5ct.1> Meeting ID: 897 1042 5512 Passcode: 650511

TASC, sponsored by Aviva Ireland, work with charities and communities to help support and build the financial resilience of people in Ireland. This training helps communities, charities and individuals experiencing increased financial difficulty build their long-term financial resilience and get the most out of their income. The training gives people the space and tools to think about their finances, challenges and goals, in a non-judgmental and supportive environment and covers different topics including money and emotions, budgeting and saving, utility bills, energy use, online shopping and fraud, and looks at what financial supports are available. The programme includes a lot of hands-on activities and group learning to help people and communities struggling with the current cost-of-living and energy crisis. We deliver a 6-hour training to charity staff and community groups. This 1.5-hour introductory training will introduce topics and tools the help people increase their Financial Resilience. Each participant will receive a toolkit and resource pack once the training is complete. The Introduction to Financial Resilience consists of a 1.5-hour session covering topics such as: • Budgeting and saving • Managing debt • Utility costs • Energy use and the cost of living • Online tools and services • Available financial supports. The current cost of living crisis is something that affects us all. Financial Resilience Training is suitable for all audiences but will be particularly useful for those on low incomes.

Contact: Conor Henry, chenry@tasc.ie / 0857209822



Self-Care Workshop

Time: 11.00am – 1.00pm

Venue: The Hunt Museum, Rutland St, Limerick

Join Shine - Supporting & educating individuals, family members & communities impacted by mental illness & stigma for a Self-care Workshop. Self-care is a key ingredient for healthy relationship with ourselves & others. It is not only a gift to ourselves but also to all the people who matter in our lives. Why? Because we are worth it. The main target audience is for people who are interested in mental health & wellbeing.

Contact: Amanda Clifford celtichandsdesign@yahoo.ie 086 8954592



Paint a Picture

Time: 11.00am – 1.00pm

Venue: Our Lady of Lourdes Community Centre, Greenfields Cross, Childers Road, Limerick City, V94 KX9V.

Join art tutor with the Limerick and Clare Education and Training Board, Paul Quane, to create a small painting in the surroundings of the art exhibition running in Our Lady of Lourdes Community Centre. This event is for any person interested in creating a painting.

Contact: paul.purcell@lcteb.ie or 086-0338156



Line Dancing - Taster Session

Time: 11.00am – 12.00pm

Venue: Respond, Ballygrennan Close, Moyross V94NNX4

Line dancing is fun, it's easy to learn, doesn't need a partner and suits all ages. Take the first step at a one-hour Line Dancing session for beginners. The main target audience, persons willing to try a new activity and learn a new skill. Join Limerick and Clare Education and Training Board tutor Sharon O'Brien for this line dancing event. Enjoy a cup of tea/coffee after the event.

Contact: paul.purcell@lcteb.ie



How Your Baby Sees Their World

Time: 11.30am

Venue: HSE City Breastfeeding Support Group @Tait Building, Lord Edward Street, Limerick.

The festival theme "Learn, Grow, Explore in 2024" presents a wonderful opportunity to think about how your baby sees the world! This interactive baby and parent workshop will explore: How babies' brains develop, how babies let us know they are ready to play and explore, how loving care helps your baby grow, how your baby communicates their emotions and getting to know your baby's unique personality. The main target audience is for parents attending the Breastfeeding Support Group – Registration essential. Hosted by ABC Start Right, PAUL Partnership.

Contact: Helen Ryan hryan@paulpartnership.ie 087 353 6796.

Registration essential. (Closed group)



Healthy Snacks & Advice Based on the Principles of the Food Pyramid

Time: 12.00pm – 1.00pm

Venue: Tait kitchen on Lord Edward Street, V94 23T8

Healthy snacks and advice based on the principles of the food pyramid. The Food Pyramid is a guide to everyday food choices for adults, teenagers, and children aged five and over. The Food Pyramid shows how much of what you eat overall should come from each shelf to achieve a healthy, balanced diet. Come to our Limerick Food Partnership healthy snack taster session and learn practical advice and tips on the Food Pyramid. Samples of tasters: fruit, brown bread, smoothies, salad dressing. Hosted by Limerick Food Partnership, PAUL Partnership in collaboration with Slaintecare Healthy Communities.

Contact: Clare Flynn cflynn@paulpartnership.ie

Catherine Caball at ccaball@paulpartnership.ie



TUESDAY 16th April 2024

Learning Limerick
Together for a brighter future



2024
Monday April 15th - Sunday April 21st
Limerick Lifelong
Learning Festival
love learning

TUESDAY 16th April 2024

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First Aid for Pets- an Introduction

Time: 12.30pm – 1.30pm

Venue: College of FET, Croom Campus, High St, Croom, Co Limerick V35 W727

Led by veterinary nurse and teacher Susan, learners will demonstrate first aid for pets and clinical assessment of pets. The session will include an introduction to animal biology and laboratory analysis by teacher Sarah. Learners will showcase projects in Animal Science and Animal Care. Tour of Campus included. This event is of interest to LC, LCA, TY learners, mature learners with an interest in Animal Care or Animal Science. Refreshments provided, free parking on site. Event brought to you by College of Further Education and Training (FET), Croom Campus.

Contact: Bridget O'Sullivan applycroom@lcefb.ie 061 540211



Get Appy with the Library

Time: 1.00pm – 2.00pm

Venue: Limerick City Library, Michael Street, Limerick.

Get the most out of your library membership by attending our drop-in information session on how to use and get the most out of our suite of amazing free library applications for your phone or tablet, such as Borrow Box and Libby. Explore a world of free access to eBooks, eAudiobooks, magazines and much more! All welcome. Maximum number of people is 30. Hosted by Limerick City Library.

Contact: citylibrary@limerick.ie 061-557510



Open Day - Drop in

Time: 1:00pm - 4:00pm.

Venue: WCI - Limerick Office 28 John Street, Limerick City, V94 K5N5

WCI - Limerick offers you to stop by at our offices between 1.00pm and 4.00pm for a tea and chats, meet the team and find out more about our work. Learn about the courses we offer, the events we run and how to get involved in women's empowerment. The main target audience is for the general public, 18y+

Contact: Women's Collective Ireland - Limerick limerick@womenscollective.ie 061-574282 | 087-3283746



Thinking Strategically about Your Digital Marketing

Time: 1.00pm – 2.00pm

Venue: Online Microsoft Teams event.

In today's fast-paced & ever-changing business environment, there are greater pressures on companies to keep up with the latest trends when it comes to digital marketing. Taking the time to consider your strategic approach towards your online business activity is now more important than ever! This event is of interest to SMEs interested in getting the most from their online presence & utilising digital marketing as a business tool. Recording presented by Owen Dunne – TUS Website Administrator. Hosted by Department of Flexible Learning, TUS Midwest.

Contact: Deborah Kett, flexible.midwest@tus.ie for further info & more tickets, <https://www.eventbrite.ie/e/thinking-strategically-about-your-digital-marketing-tickets-840041957107>



Free Health Information Sessions

Time: 1.00pm – 2.00pm

Venue: Watch House Cross Library, Wath House Cross, Moyross, Limerick.

Healthy Ireland Local Government is organising lunchtime health information sessions in your Local Library focusing on Lifestyle Medicine – topics include information on sleep, nutrition, exercise, stress etc. Each session includes health information and time for Questions and Answers. These information sessions are organised in partnership with Limerick Libraries and Age Friendly. 1-2 pm daily Monday 15th – Friday 19th April in the various libraries. with lunch bags provided. The main target audience: All population and a focus on reaching Sláintecare Healthy Community population.

Contact: Tanya Carey tanya.carey@limerick.ie and Olivia O'Brien olivia.obrien@limerick.ie
Booking via Eventbrite.



St Mary's Cathedral Recital Series: "A Woman's Love and Life" Concert

Time: 1.15pm for 45mins

Venue: Saint Mary's Cathedral, Bridge St, Limerick, V94 E068

Saint Mary's Cathedral holds free lunchtime concerts/recitals during the year. On 16th April, Soprano Tríona Walsh, and Dr Yonit Kosovske, Piano, present a recital of nine songs exploring themes of 'A Woman's Love and Life'. In 1830, Adelbert von Chamisso published a cycle of nine poems which he named 'Frauen-Liebe und Leben' (A Woman's Love and Life). These poems inspired masters of German Lied to interpret the poems in musical settings, the most famous of which were those of Robert Schumann. This recital re-imagines von Chamisso's subject matter, exploring themes of the complications of love, the domesticity of life, and motherhood, through the voices of women composers, poets, and writers. Tríona was awarded an Agility Award by Arts Council Ireland in 2023, providing her with the opportunity to explore, in collaboration with Dr Kosovske, the song repertoire of women composers from Barbara Strozzi (1619-1677) through to African American composer, Margaret Bonds, American composers Amy Beach and Ellen Mandel, London born Rebecca Clarke and our very own Limerick composer, Fiona Linnane. The recital is free and all welcome. Disability parking and access available. Toilet available. Seated event.

Contact: Dr Catherine Smith cathedrallimericksecretary@gmail.com (061) 310 293 (Cathedral office)



Community Art Hive – Official Launch

Time: 2.00pm

Venue: No. 19 Community Gallery in collaboration with the Treaty Brewery on St Nicholas St, Limerick City. Refreshments provided.

Bringing Limerick Community Art learners together to celebrate their talents by exhibiting their works locally. The aim of this project is to showcase and celebrate the creative skills Limerick learners have to offer. Of interest particularly to Community learners based in Limerick City, tutors, community partners, family and friends connected to the learners and Community providers. Hosted by Limerick Community Education Network (LCEN).

Contact: Ellen Walsh Kerley, ellen@lcen.ie - 087 7642659
Patrick Fitzgerald, patrick@lcen.ie - 087 7569853



Complementary Currencies and Mutual Credit Systems – Driving Community Resilience





Complementary Currencies and Mutual Credit Systems – Driving Community Resilience through Local Trading Systems.

Time: 2.00pm – 3.30pm

Venue: The Urban Co-op, Eastway Business Park, Limerick V94N7D3.

Trading using complementary currencies and access to interest free mutual credit boosts a local economy and adds significant benefits to communities. Money makes the world go around, they say. We now have an opportunity to have a better and fairer money system. The Urban Co-op is delighted to host a conversation about a New Irish Complementary Currency called PayLocal. Open to all. Come learn how co-operatives can drive this ground up movement,

www.paylocal.ie.

Contact: Anne Maher, md@theurbanco-op.ie Phone: 061 294 289



Creativity for Wellbeing

Time: 2.00pm - 4.00pm

Venue: Online event, register via Eventbrite <https://www.eventbrite.ie/e/free-workshop-creativity-for-wellbeing-limerick-11f-2024-registration-830127673217?aff=oddtcreator>

In this online workshop as part of Limerick Lifelong Learning Festival 2024, we will discuss how creativity supports our wellbeing and mental health. We will explore what the term “creativity” means and the wide range of creative activities available. Gain an understanding of the important role creativity has in enhancing our sense of wellbeing and improving our mental health. Identify the potential barriers to creativity and explore ways in which we can build in creativity to our daily lives. Start a creativity planner to help us get started, whether it's learning something new or revisiting an old hobby. The main target audience is 18+. Hosted by Mid West ARIES.

Contact: Cillian Keane - Tel 085 – 8589546 | Email: Cillian.Keane@hse.ie Margaret Keane - Tel 086 – 287 3526 | Email: margaret.keane9@hse.ie To book our online workshops and webinars, see <https://midwestaries.eventbrite.ie>



Ukrainian Youth Information

Time: 3.00pm -5:00pm

Venue: Youth Information Office, Community Training Centre, Limerick Youth Service, Lr. Glentworth St, Limerick V94 YF95

Limerick Youth Service is inviting members of the Ukrainian Community to learn more about the many youth clubs, education, training and volunteering opportunities with the youth organisation. Native Ukrainian speakers will be on site to answer all your questions. The main target audience is young people and adults.

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



Explore Europe in '24

Time: 4:30pm - 8:00pm

Venue: Online Event - <https://limerickyouthservice.com/got-a-question/>

Explore Europe and learn about the many opportunities to travel, study, work and volunteer across this amazing continent in 2024. You can take your first step by speaking with a Youth Information Officer via <http://www.limerickyouthservice.com>. The main target audience is for young people and parents, general audience. Running Monday 15th – Friday 19th April 4.30pm – 8.00pm. Hosted by Limerick Youth Service.

Contact: Dermot Troy dermott@limerickyouthservice.org 061-412444



Road Safety for Cyclists Young and Younger

Time: 5.00pm – 6.00pm

Venue: University of Limerick City Centre Campus. The UL Innovation Centre, Sarsfield Street Limerick

An Garda Síochána have agreed to give a session to children on the rules of the road for cyclists and road safety for children. This is an open event for all children and families cycling to school or elsewhere. There will be treats for the children and some safety equipment. The main target audience is children and families who cycle or who are considering cycling to school and other destinations. Hosted by Limerick Cycle Bus in partnership with an Garda Síochána.

Contact: Martina Shanahan, collins.martina@gmail.com



A Taste of Higher Education

Time: 5.30pm – 7.00pm

Venue: Room 1B07 Technological University of the Shannon (TUS) Midwest, Moylish Park, Moylish, Limerick, V94 EC5T

Always wanted to go to university but didn't know where to start. Taster lectures will be hosted by the lecturing team on the TUS Cert. in Transition to Higher Education to showcase university study in an informal & enjoyable manner. The main target audience is anyone considering higher education/ out of education for a long time. Tea/coffee/light refreshments provided. Hosted by Access Office, TUS Midwest.

Contact: Anna Murphy access.midwest@tus.ie

Register on Eventbrite <https://www.eventbrite.com/e/a-taste-of-higher-education-tickets-838587657257?aff=oddtcreator>



Opening Night: Northside FRC Learner Art Exhibition at Watch House Cross Library

Time: 5.30pm - 7.30pm (Running until Tuesday 23rd).

Venue: Watch House Cross Library 061 557726 watchhousecrosslibrary@limerick.ie

Parking available Accessible premises Learners from the Art and Craft classes at Northside FRC will be presenting some of their work created during the year at Watch House Cross Library. Tea and coffee will be provided. The main target audience is learners and families of Northside FRC and the wider Northside area.

Contact: Elaine Farah 061 326623 elainefarah@northsidefrc.ie



Explore and Learn a New Language in 2024: Language Taster - Japanese

Time: 6.00pm – 7.00pm
Venue: Online Event.

Join us for this language taster session. Are you interested in learning a new language and discovering a new culture, but you are unsure whether language learning is for you? This session is held online. Check our calendar of events to get all the details.

Contact: Catherine Jeanneau, Language Outreach Program, University of Limerick.

Email: Catherine.Jeanneau@ul.ie

Visit www.ul.ie/artsoc/mlal/programmes/language-outreach-programmes for further info

To register for one or several sessions, fill in this form: <https://forms.office.com/e/JxCxN6SAxA>



Discover Europe

Time: 6:30pm - 7:30pm

Venue: Limerick Youth Service, 5 Lr. Glentworth St, Limerick V94 YF95

Learn more about the many opportunities for teenagers and twentysomethings to explore Europe. Hosted by Limerick Youth Service, this workshop will include information about volunteering, studying, travelling and working throughout Europe with programmes such as the European, Solidarity Corps, Discover EU and more. The main target audience is young people (18-30yrs)

Contact: Dermot Troy dermott@limerickyouthservice.org 061-412444



Irish-language Culture in Thomond in the Eighteenth and Early Nineteenth Centuries

Time: 6.00pm. 1 hour, plus extra time for discussion and questions.

Venue: The People's Museum at no. 2 Pery Square.

Public lecture to be delivered by Professor Meidhbhín Ní Úrdail (UCD). The event is being organised by the Limerick Centre for Early Modern Studies (CEMS) in association with the Limerick Civic Trust. For university students, teachers, academics, other professionals and anyone with an interest in Irish-language culture from the period before 1820.

Contact: Alistair Malcolm alistair.malcolm@ul.ie 089 213 2913



Social Media Challenges for Parents with Dr Maureen Griffin B.A. M.A. PhD Forensic Psychologist

Time: 6.30pm – 8.00pm (1.5hrs)

Venue: Coláiste Chiaráin, Skagh, Croom, Co Limerick V35 XN29

Maureen has visited over 700 schools (primary & post primary) across Ireland speaking with students, staff, Board of Management members and parents regarding issues around social media, cyber-bullying and internet and mobile phone safety. The main target audience includes parents, caregivers, teachers and students. This event is hosted by Croom Family Resource Centre with Coláiste Chiaráin.

Contact: Caroline Considine, 085 2568579, caroline@croomfrc.com



Explore and Learn a New Language in 2024: Language Taster - Spanish

Time: 7.00pm – 8.00pm

Venue: Online Event with Angel.

Join us for this language taster session. Are you interested in learning a new language and discovering a new culture, but you are unsure whether language learning is for you? This session is held online. Check our calendar of events to get all the details.

Contact: Catherine Jeanneau, Language Outreach Program, University of Limerick.

Email: Catherine.Jeanneau@ul.ie

Visit www.ul.ie/artsoc/mlal/programmes/language-outreach-programmes for further info

To register for one or several sessions, fill in this form: <https://forms.office.com/e/JxCxN6SAxA>



“You Tread on my Dreams”: Love and Longing in the poetry of W. B. Yeats with Dr. John McDonagh

Time: 7.00pm 50 minutes

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

W. B. Yeats is Ireland's greatest poet and his poems have become staple features of Irish cultural life. This talk will explore his complex personal relationships as well as his role as a public figure in the new Irish state. The main target audience is community, adults.

Contact: Dr John McDonagh, john.mcdonagh@mic.ul.ie 061 204383





Dilemmas-Opportunities-Pathways: FREE CAREER WEBINAR SERIES FOR ADULTS

Time: 7.00pm – 8.00pm

Venue: Online event on Microsoft Teams

A FREE Career Webinar Series designed to inspire you and provide information and support to help you realise your education or career goals. Launching as part of the Lifelong Learning Festival, the series is one hour a week over four weeks, 7-8pm. **Register for the whole series or the webinars of specific interest.** Tuesday 16th April - Are you at a crossroads in your career, job or education? Take stock of where you are at and find your direction towards a fulfilling career or education pathway Tuesday 23rd April - Where are the jobs? Find out about in-demand and emerging jobs in 2024, how to find 'hidden' jobs and new work opportunities Tuesday 30th April - Pathways for Adults in Further Education and Training. Part-time and full-time courses in FET to reskill, upskill or get a qualification (many of which are free /state funded) Tuesday 7th May - Achieving your goals - How to keep motivated and on track FREE follow-on one to one guidance counselling available to participants. Of interest to any adult, over 16, not in full-time education who is at a crossroads in their education, employment or career. Join us from the comfort of your home for these practical and informal sessions. Hosted by the Information Recruitment and Guidance Support Service, Limerick and Clare Education and Training Board.

Contact: Register in advance by emailing Martin Ryan, Guidance Information Officer at martin.e.ryan@lcteb.ie Telephone: 061 578127; or on <http://www.fetchcourses.ie> using Course Code 444328 in the Find a Course Field. Register for all four webinars or the ones of specific interest. Links and joining instructions will be emailed to participants in advance. If you need any support on how to access MS Teams for the webinars, contact Martin.



Painting Showcase

Time: 9.00am – 4.00pm

Venue: College of FET, Kilmallock Road Campus, Kilmallock Road, Limerick.

An Art Exhibition featuring diverse paintings by more than 60 Visual Art Learners. The pieces span across various genres, including Still Life, Abstract, Landscape, and Portraits. This exhibition highlights the creativity and innovation of these art learners, showcasing the skills and confidence they have developed throughout their course. For the general public.

Contact: Jayne Foley Jayne.foley@lcteb.ie



Introduction to Creative Media

Time: 9.00am - 2.45pm

Venue: The Department of Creative Media, College of FET, Mulgrave Street, Limerick (Formerly LCFE) V94P232.

The Dept of Creative Media aims to deliver professional industry training courses in TV and Film; Music and Sound Engineering; Photography; Animation, Game Design and Multimedia; Broadcast Journalism; Radio and Podcasting; and Acting for Stage, Screen and Digital Media. This one-day event will give participants a hands-on basic introduction to our creative media subjects. We will aim to have the experience engaging, educational and most importantly a lot of fun. This event is aimed at any age cohort from 17 years of age upwards. Lunch provided.

Contact: Eoin McCarthy, eoin.mccarthy@lcteb.ie 086-0824321. **Registration essential.**



Unity Wreath Activities for Parents and Toddlers

Time: 10.00am – 11.30am

Venue: Hospital FRC, Hospital, Co. Limerick.

Unity Wreath This wreath symbolizes cultural unity - you can make it with or without the dove in the centre. You can have one child make this on their own or have a group of children or family members all contribute a few handprints to make one big wreath. It is to enhance their skills of identifying different nationalities and their cultures. unity dove craft. The main target audience is parents/ guardians and their babies/ toddlers. Hosted by Hospital Family Resource Centre Parent and Toddler Groups.

Contact: Mary McGrath mmcgrath@hospitalfrc.com 061383884



Northside FRC Learner Art Exhibition at Watch House Cross Library

Time: 10.00am – 5.00pm Running till Tuesday 23rd

Venue: Watch House Cross Library 061 557726 watchhousecrosslibrary@limerick.ie

Parking available Accessible premises.

Learners from the Art and Craft classes at Northside FRC will be presenting some of their work created during the year at Watch House Cross Library. The main target audience is learners and families of Northside FRC and the wider Northside area.

Contact: Elaine Farah 061 326623 elainefarah@northsidefrc.ie



Limerick Soviet Exhibition

Time: 10.00am – 5.00pm

Venue: Watch House Cross Community Library, Watch House Cross Shopping Centre, Kileely Road, Limerick V94 NH51

In mid-April 1919, Limerick trade unions and workers protested the imposition of martial law in the city by calling a general strike and establishing a 'Soviet' to manage the city's affairs, even issuing its own currency. This exhibition tells its story. Running all week, all welcome.

Contact; watchhousecrosslibrary@limerick.ie 061-557726



Open Day - West Limerick Colleges of Further Education and Training, Abbeyfeale and Newcastle West Campus

Time: 10.00am - 1.00pm

Venue: College of Further Education and Training, Abbeyfeale campus, Mountmahon, Abbeyfeale, Co. Limerick. V94 CF10A

College Open Day to showcase all the activities taking place at our West Limerick campuses in Abbeyfeale and Newcastle West. Events will include 1. Information stands on the various Further Education Training Programmes based in West Limerick, such as courses relating to Digital Skills, Business, Childcare, Art, Craft and Design, English for Speakers of Other Languages, Irish Sign Language, Woodcraft, Cooking skills, Healthcare, Stone Carving, Horticulture and many more. 2. Demonstration sessions of the Art & Craft, Health & Beauty, Woodcraft, Stone Carving and Cookery courses. 3. Introduction to the new Learning Hub and tour of the Abbeyfeale campus. Everyone is invited, local community in West Limerick, community groups, early school leavers, disadvantaged groups, unemployed individuals, all welcome. No max number. Refreshments provided. Event brought to you by the Colleges of FET, Abbeyfeale and Newcastle West campus.

Contact: Ciarán Fox E-mail: ciaran.fox@lcteb.ie Mob. No. 0861279496; Name: Jamie Kelly E-mail: jamie.kelly@lcteb.ie Mob No. 0868529079



Journaling for Wellbeing

Time: 10.30am – 1.00pm

Venue: Foynes Library, Main Street, Foynes, Co. Limerick V94 F674. Register on Eventbrite <https://www.eventbrite.ie/e/face-to-face-workshop-journaling-for-wellbeing-limerick-llf-2024-registration-796037980027?aff=oddtcreator>. In this face-to-face workshop as part of Limerick Lifelong Learning Festival 2024, we will discuss how journaling supports our wellbeing and mental health. We will discover different ways to journal so you can find what works best for you. Learn tips and techniques to get you started and keep you motivated. Begin a journaling planner with prompts to help you tell your story. Main target audience +18 years old. Hosted by Mid West ARIES

Contact: Cillian Keane - Tel: 085 – 8589546 | Email: Cillian.Keane@hse.ie
Margaret Keane - Tel: 086 – 287 3526 | Email: margaret.keane9@hse.ie

To book our online and in person workshops and webinars: <https://midwestaries.eventbrite.ie>



Making Friends with your Brain Workshop Part 2

Time: 10 30am - 12.30pm

Venue: The Hunt Museum, Rutland St, Limerick

Main target audience is anyone who is interested in wellbeing & mental health. Event hosted by A.B.C. for Mental Health. You do not need to have done Part 1 to attend this event.

Contact: Amanda Clifford celtichandsdesign@yahoo.ie 086 8954592



Horses for Courses

Time: 10.30am to 12.30pm

Venue: College of FET, Croom Campus, High St, Croom, Co Limerick V35 W727

Sample our suite of equine courses on offer at Croom Campus. We invite you to participate in a hands-on taster and student led demonstrations of all aspects of equine care. It will be both an insightful and informative equine experience including a tour of our campus. The main target audience is Leaving Certificate, Leaving Certificate Applied, Transition Year learners and mature learners. Refreshments provided. Free parking. Event brought to you by College of Further Education and Training (FET), Croom Campus.

Contact: Bridget O'Sullivan applycroom@lcteb.ie 061 540211



What are the SDGs?

Time: 10:30am – 12:00pm

Venue: Kilmallock Library, Kilmallock, Co. Limerick.

Find out more about the Sustainable Development Goals (SDGs), in an interesting and interactive way, and about where they came from and how they are interdependent and closely linked. Find out more about the simple, practical actions which you and your community can undertake to contribute to achieving the Sustainable Development Goals. There will also be an opportunity to discuss and devise actions which you, as an individual, community group or business, can undertake to contribute towards the SDGs and the targets within them. This workshop will be facilitated by Ballyhoura Development, one of the 2023/24 Sustainable Development Goal (SDG) Champion Organisations appointed by the Department of Environment, Climate and Communications. The Sustainable Development Goals (SDGs) - also known as the Global Goals - are a global call to action and aim to "end poverty, protect the planet and ensure prosperity" now and into the future. The SDGs were adopted in 2015 by all 193 United Nations Member states, and they set targets for a range of improvements in areas such as health and wellbeing, education, equality, the environment, sustainable economic growth, peace and global partnership. Light refreshments will be served at the event.

Contact: Jill Pitcher Farrell – Development Officer 061 387040. jpitcherfarrell@ballyhoura.org



Community Art Hive – Exhibition

Time: 11.00am – 4.00am

Venue: No. 19 Community Gallery in collaboration with the Treaty Brewery on St Nicholas St, Limerick City.

Bringing Limerick Community Art learners together to celebrate their talents by exhibiting their works locally. The aim of this project is to showcase and celebrate the creative skills Limerick learners have to offer. Of interest particularly to community learners based in Limerick City, family and friends connected to the learners, tutors, community partners and community providers. Hosted by Limerick Community Education Network (LCEN).

Contact: Ellen Walsh Kerley, ellen@lcen.ie - 087 7642659

Patrick Fitzgerald, patrick@lcen.ie - 087 7569853



Childcare Employment & Careers Expo

Time: 11.00am – 1.00pm

Venue: Southcourt Hotel, Raheen, V94 E77X

Come and meet prospective employers. Drop by any time between 11am and 1pm. Find out about employment opportunities and options for working in Childcare, including Childminding in your own home. Find out about training/internship opportunities and hear from those working in the sector. Bring your CV. No booking required. The main target audience for this event is for those who may be interested in working in childcare and want to find out more.

Tea/coffee and pastries provided. Event hosted by Limerick Childcare Committee in partnership with Employers Relations Unit, Department of Social Protection.

Contact: Marie McElhinney, info@limerickchildcare.ie, 061 600918 (no booking required)



Find Your Voice

Time: 11.00am – 1.00pm

Venue: Limerick Social Services Council, Child & Family Centre, Southside Education Campus, Galvone, Limerick City, V94 725D

This workshop explores movement, breath and vocal practices to help you embody your voice and express yourself more freely. With a focus on fun and exploration, these tools and practices will empower you to discover your true voice, build self-confidence, non-judgement listening, beyond self-criticism and self-judgement. No singing experience is necessary, just a playful curiosity to explore your voice. The main target audience is persons interested in attending a wellbeing event. Join Limerick and Clare Education and Training Board tutor Lucia Guerin for this event.

Contact: joanne.ryan@lssc.ie / 061-314111



Pulling Back the Curtain on our Most Commonly Used but Generally Unknown Information Sources

Time: 11am-12pm (1-hour online presentation)

Venue: The event will take place on MS Teams and will be recorded.

Meeting ID: 353 840 960 088 Passcode: unXFM8

Would you like to learn more about where to source information and how to source it? Limerick Citizens Information Centre will deliver an online presentation that will focus on the most popular questions we get asked and the tools we use to answer them such as: Social Welfare Housing, Employment Law, State Pensions and more..... The main target audience is the general public and people whose job includes information provision.

Contact: Tracey Reddy, tracey.reddy@citinfo.ie, 087 2713327



Community Singing - Open Workshop

Time: 11.00 am – 1.00 pm.

Venue: Women's Collective Ireland (WCI) - Limerick Office 28 John Street, Limerick City, V94 K5N5. WCI - Limerick invites you to an open workshop on community singing, run by a placement student from the Irish World Academy of Music and Dance at UL. This workshop focuses on women creating community music and singing. You do not need to have any prior singing or musical experience to attend. The main target audience is women and non-binary people, aged 18y+. We ask that people register through limerick@womenscollective.ie Tea/Coffee provided. Max number 15 people.

Contact: Women's Collective Ireland - Limerick limerick@womenscollective.ie 061-574282 087-3283746



Chair Yoga for All with Limerick Sports Partnership

Time: 11.00am – 1.00pm

Venue: Hospital Family Resource Centre, Knockainey Road, Hospital, Co. Limerick V35 RP26 In partnership with the Step Forward Disability Group a gentle introduction to yoga for all, suitable for those with limited mobility.

Contact: Martha @ 087 2813341. mpotter@hospitalfrcc.com



Measurements in Industry & Everyday Life

Time: 11:15am - 12:15pm

Venue: Online Event

We capture a lot of measurements during our daily lives, for example, the distance we walk or run, the time it takes us to travel home from school, the number of goals we have scored in a match. Similarly, anyone that works in industry will also collect measurements to ensure that their products are fit for purpose and as their customers ordered. In this session, we will take a look at measurements and how they are used in industry and daily life to help us to track and manage progress. The main target audience is secondary schools for subjects in Maths/ Engineering/ Science/ Woodwork/ Tech Graph etc. Recording presented by Gráinne Heneghan – Lecturer in Engineering, TUS Midlands. Hosted by Department of Flexible Learning, TUS Midwest.

Contact: Deborah Kett, flexible.midwest@tus.ie for more info & additional tickets.

<https://www.eventbrite.co.uk/x/measurements-in-industry-everyday-life-tickets-840093922537>



Physiotherapy Assistant and Pre-Nursing Showcase

Time: 11.30am - 12.30pm

Venue: College of FET, Croom Campus, High St, Croom, Co Limerick V35 W27

A hands-on taster of physiotherapy assistant practice led by Dara and pre-nursing studies led by Claire in the skills assessment room, showcasing healthcare courses at Croom Campus. Meet with learners and view the Campus. Suitable for Leaving Certificate, Leaving Certificate Applied, Transition Year learners and mature learners. Refreshments available. Free parking on site. Tour of campus available. Event brought to you by College of Further Education and Training (FET), Croom Campus.

Contact: Bridget O'Sullivan applycroom@lcteb.ie 061 540211



Free Health Information Sessions

Time: 1.00pm - 2.00pm

Venue: Dooradoyle Library, Dooradoyle, Limerick.

Healthy Ireland Local Government is organising lunchtime health information sessions in your Local Library focusing on Lifestyle Medicine – topics include information on sleep, nutrition, exercise, stress etc. Each session includes health information and time for Questions and Answers. These information sessions are organised in partnership with Limerick Libraries and Age Friendly. 1-2 pm daily Monday 15th – Friday 19 April, in the various libraries, with lunch bags provided. The main target audience: All population and a focus on reaching Sláintecare Healthy Community population.

Contact: Tanya Carey tanya.carey@limerick.ie and Olivia O'Brien olivia.obrien@limerick.ie
Booking via Eventbrite.



The Mainstreaming of Extreme Ideas: A Talk by Aoife Gallagher

Time: 1.00pm - 2.00pm

Venue: Limerick City Library, Barrow House, Michael Street, Limerick.

Countries across the world are grappling with the rising popularity of extreme ideas that were once confined to the fringes of society. Aided by the algorithms of social media platforms that push divisive content into people's feeds, wild conspiracy theories, hateful smear campaigns and dangerous falsehoods have grabbed people's attention and led to increasing levels of violence and vitriol offline. In Ireland, librarians, teachers, doctors, journalists, politicians and many others have been targeted with vile abuse and harassment, while anti-immigrant sentiment has fuelled dozens of arson attacks and a riot on the streets of our capital. As far-right political parties gain power across the world, and as Ireland prepares for local, European and general elections, this talk will explain where these movements have come from, how they have gained popularity through the weaponisation of real issues, and what we can do to push back. Aoife Gallagher is a senior analyst at the Institute for Strategic Dialogue where she researches the online ecosystem where conspiracy theories, misinformation and far-right extremism spread. She is the author of the book Web of Lies: The Lure and Danger of Conspiracy Theories. Open to the General Public. Of interest to those interested in understanding the growth of extremism in Irish society. Max attendance is 30 people. Hosted by Limerick City Library.

Contact: citylibrary@limerick.ie 061-557510



The People's Dance

Time: 1.00pm - 3.00pm

Venue: Dance Limerick, 1 John's Square, Limerick, V94 E6H2

Come dance with us in Limerick! We invite you to share in our afternoon of social dance. Social dance is a leisurely social activity that can encompass exercise, enjoyment, responding to music and social inclusion. We will include a range of social dances from Irish, Indian and African traditions amongst others. We welcome participants from community groups. Music will be provided by staff and students from the Irish World Academy. Dances will be shared in a relaxed and inclusive environment. No previous experience required. This is the second of two participatory events to continue the Irish World Academy's 30-year celebrations. The event is co-hosted by the Irish World Academy and UL Engage in partnership with the Limerick Lifelong Learning Festival.

Contact: Orfhlaith.NiBhriain, Orfhlaith.NiBhriain@ul.ie



Open Choir Rehearsal

Time: 1.00pm to 2.30pm (1.5hrs)

Venue: Room G38 Mary Immaculate College, South Circular Road, Limerick.

This event is an opportunity for those who have always wished to sing in a choir to participate in one of MIC Community Choir's lunchtime rehearsals. Singers who are members of other choral groups are also welcome to participate. The event will feature relaxation and warm-up exercises, exercises to develop musicianship, and will introduce participants to the experience of singing in parts with others. Come, join us and have some fun! Open to anyone who likes to sing! Refreshments will be provided after the rehearsal. Event hosted by Mary Immaculate College Community Choir.

Contact: Paul Collins Paul.Collins@mic.ul.ie 086 823 4464



Unlocking Potential: Mastering your Learning Pathway

Time: 1.00pm - 2.15pm

Venue: University of Limerick, City Centre Campus, Sarsfield Street, Limerick. V94 DW21

A learning pathway allows you to build skills, knowledge and accreditations progressively, in your own time. This in-person masterclass co-hosted by Graduate and Professional Studies at UL and Limerick Chamber Skillset, explains the pathways open to part-time adult learners in UL. The choice to return to study and unlock career and personal growth can seem daunting, but we are here to support you. Whether you're a seasoned professional seeking to enhance your skill set or a newcomer embarking on your career path, this event promises to offer invaluable insights, practical advice, and inspiration to navigate your way forward and excel both professionally and personally. Of interest to members of the general public who are interested in progressing their professional and/or personal development.

Contact: Helen Brown, helen.brown@ul.ie

Register at <https://www.ul.ie/gps/events/mastering-your-learning-pathway>



Paint and Write (in Irish) a Post Card to Someone You Know

Time: 2.30pm – 4.30pm

Venue: St. Saviours Community Centre, Parkview Court, Lord Edward St, Limerick. V94 N564
Come along and create a post card that will be posted to someone you know. Limerick and Clare Education and Training Board tutor Ber Bourke will support you to paint an image whilst tutor Pól O'Fhlatharta will support you to write your message in Irish. The main target audience is for anyone interested in a short creative activity using art and the Irish language.
Contact: Annette Egan, 087-2946168.



Explore a Rathkeale Youth Space

Time: 3:30pm -6:00pm

Venue: Limerick Youth Service, Rathkeale Youth Space, Abbey Court, Rathkeale, Limerick V94 K6K7.

Limerick Youth Service is inviting young people to learn more about the many opportunities available at Rathkeale Youth Space. Young people, volunteers and staff will share experiences of their time at the youth space. Among the many activities are pool, art, wellbeing, outdoor area, youth leadership programmes, music and more. The main target audience is young people.
Contact: Lisa Quirke lisaq@limerickyouthservice.org Tel: 061-408123/087-3294304



Explore Europe in '24

Time: 4:30pm - 8:00pm

Venue: Online Event - <https://limerickyouthservice.com/got-a-question/>

Explore Europe and learn about the many opportunities to travel, study, work and volunteer across this amazing continent in 2024. You can take your first step by speaking with a Youth Information Officer via <http://www.limerickyouthservice.com>. The main target audience is for young people and parents, general audience. Running Monday 15th – Friday 19th April 4.30pm – 8.00pm. Hosted by Limerick Youth Service.

Contact: Dermot Troy dermott@limerickyouthservice.org 061-412444



Step into a Northside Youth Café

Time: 3:30pm - 5:00pm

Venue: Footsteps Youth Café, Limerick Youth Service, Northside Youth Space, Ballynanty Beg, Limerick V94 TPP3

Limerick Youth Service is inviting young people (1st-3rd Years) to learn about the Footsteps Youth Café. Music, games, Xbox, pool, boardgames, youth work programmes and lots more await you at Footsteps Youth Café. The main target audience is young people (Junior Cert Cycle: 1st-3rd Years)

Contact: Stacey Lyons stacey1@limerickyouthservice.org 061-412444/083-8546757



Know Your Status

Time: 5.00pm – 7.00pm

Venue: GOSHH, 18 Davis Street, Limerick. V94 K377

As part of Limerick Lifelong Learning Festival 2024, GOSHH will be facilitating late evening testing; bearing in mind that not everyone is available to access our services from 9.30am – 4.30pm Monday to Thursday due to work or other commitments. Personal Support Workers will be available in GOSHH to test for HIV, Hepatitis C and Syphilis during this time and to answer any questions you may have in relation to HIV, Hepatitis C, Syphilis. We here at GOSHH strive to raise awareness of HIV.

Contact: Martina McKnight, psworker@goshh.ie, knownow@goshh.ie, and 061-314354.



Bridges of Limerick and Future Bridges, while Bridging Generations

Time: 4.00pm – 5.00pm

Venue: CRAFT Maker Space, Newman Hall, Mary Immaculate College, V94 26N4

Dr Paul O'Brien together with the CRAFT Maker Space team are inviting multiple generations (grandparent and grandchild; aunt and niece, any combination from two different generations in fact!) to get together and join us for this novel workshop to celebrate Lifelong Learning in Limerick. Come along and learn about the renowned bridges of Limerick and then have a chance to design and make your own bridge with your young engineer. Suitable for adults and children aged 5 and up. For more information or to book please contact the CRAFT Maker Space at craftermaker@mic.ul.ie. The main target audience is adults and children.

Contact: Dr. Eleanor Walsh, eleanor.walsh@mic.ul.ie, 061 205108



Explore and Learn a New Language in 2024: Language Taster - French

Time: 6.00pm – 7.00pm

Venue: Online Event with Eva and Judit.

Join us for this language taster session. Are you interested in learning a new language and discovering a new culture, but you are unsure whether language learning is for you? This session is held online. Check our calendar of events to get all the details.

Contact: Catherine Jeanneau, Language Outreach Program, University of Limerick.

Email: Catherine.Jeanneau@ul.ie

Visit www.ul.ie/artsoc/mlal/programmes/language-outreach-programmes for further info
To register for one or several sessions, fill in this form: <https://forms.office.com/e/JxCxN6SAXA>



Painting Showcase

Time: 9.00am – 4.00pm

Venue: College of FET, Kilmallock Road Campus, Kilmallock Road, Limerick.

An Art Exhibition featuring diverse paintings by more than 60 Visual Art Learners. The pieces span across various genres, including Still Life, Abstract, Landscape, and Portraits. This exhibition highlights the creativity and innovation of these art learners, showcasing the skills and confidence they have developed throughout their course. For the general public.

Contact: Jayne Foley Jayne.foley@lcteb.ie



Official Launch of our Dedicated Learning Hubs

Time: 9.30am – 11.00am

Venue: College of Further Education and Training, Kilmallock Town Campus, Railway Road, Kilmallock, County Limerick, V35 XW71

The official opening of our dedicated Learning Hub will take place in the College of Further Education and Training, Kilmallock Town Campus. These learning hubs provide a dedicated safe space for learners which is both welcoming and inspiring as they progress on their learning pathway. The main target audience is the general public and learners. Refreshments will be provided.

Contact: Ciaran O'Donnell ciaran.odonnell@lcteb.ie 086 1040759



Unity Wreath Activities for Parents and Toddlers

Time: 10.00am – 11.30am

Venue: Caherconlish Millenium Centre, Caherconlish, Co. Limerick.

Unity Wreath This wreath symbolizes cultural unity - you can make it with or without the dove in the centre. You can have one child make this on their own or have a group of children or family members all contribute a few handprints to make one big wreath. It is to enhance their skills of identifying different nationalities and their cultures. unity dove craft. The main target audience is parents/ guardians and their babies/ toddlers. Hosted by Hospital Family Resource Centre Parent and Toddler Groups.

Contact: Mary McGrath mmcgrath@hospitalfrc.com 061383884



Limerick Soviet Exhibition

Time: 10.00am – 8.00pm

Venue: Watch House Cross Community Library, Watch House Cross Shopping Centre, Kileely Road, Limerick V94 NH51

In mid-April 1919, Limerick trade unions and workers protested the imposition of martial law in the city by calling a general strike and establishing a 'Soviet' to manage the city's affairs, even issuing its own currency. This exhibition tells its story. Running all week, all welcome.

Contact: watchhousecrosslibrary@limerick.ie 061-557726



Explore Education Pathways for Teenagers

Time: 10:00am - 2:00pm

Venue: Limerick Youth Service Lr. Glentworth St, Limerick V94 YF95

Learn more about the alternative further education and training opportunities for young people with Limerick Youth Service at its Community Training Centre. As part of this interactive event, learners and staff will share experience from their journey to LYS and future plans. Guests can also spend time in the famous LYS restaurant and enjoy some tasty treats. The main target audience is for young people, parents/guardians, teachers, career guidance councillors, and people who work with young people.

Contact: Graham Quantrell grahamquantrell@limerickyouthservice.org 061-412444



Northside FRC Learner Art Exhibition at Watch House Cross Library

Time: 10.00am – 8.00pm Running till Tuesday 23rd

Venue: Watch House Cross Library 061 557726 watchhousecrosslibrary@limerick.ie Library

Parking available Accessible premises

Learners from the Art and Craft classes at Northside FRC will be presenting some of their work created during the year at Watch House Cross Library. The main target audience is learners and families of Northside FRC and the wider Northside area.

Contact: Elaine Farah 061 326623 elainefarah@northsidefrc.ie



Spring Summer Flowers & Wreaths

Time: 10.00am – 12.00pm

Venue: Hospital FRC, Knockainey Road, Hospital, Co. Limerick. V35 RP26.

Spring summer flowers for beginners. The main target audience is open to all women in the area and visitors. Hosted by Hospital Family Resource Centre

Contact: Mary McGrath mmcgrath@hospitalfrc.com 061383884



Introduction to Ceramics

Time: 11.00am – 1.00pm 2hr session.

Venue: College of Further Education and Training, Mulgrave St, Limerick. Ceramics room G27

Walk in the main gate and its one of the prefab buildings on the left-hand side. Come and experience clay in a calm and relaxed atmosphere at LCFE. Aoife will guide you through the pinch pot process of making a vessel while allowing you to explore your creative side. This taster class is a great way to test your interest in ceramics and see if you would like to explore it further. All materials are provided but you might like to bring an apron. All abilities are welcome to the ceramic's taster class. Ages from 16 plus please.

Contact: Aoife Slattery aoife.slattery@lcteb.ie 086-1571122.



THURSDAY 18th April 2024

Learning Limerick
Together for a brighter future



2024
Monday April 15th - Sunday April 21st
Limerick Lifelong Learning Festival
love learning

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Free Tour of Limerick Museum

Time: 11.00am

Venue: Limerick Museum is located in The Old Franciscan Friary, Henry Street, Limerick, beside Dunnes Stores.

Opened in 1916, Limerick Museum is one of the oldest and largest local authority museums in the country with a diverse collection consisting of some 65,000 objects. The story of the city and county is presented through a rich collection of artefacts, from Stone Age axes to medieval coins, to the civic sword of Queen Elizabeth I to a large collection of Limerick lace and silver. The more unusual items include Ireton's Cat, a mummified cat found on Nicholas Street in the 1890's; a fragment of the largest meteorite that ever fell in Ireland in 1813; and a 1940s diving suit. The tour will last forty-five minutes. All welcome.

Contact: Dr Matthew Potter museum@limerick.ie 061-557740



Limerick Lace Making Demonstration

Time: 11.00am – 12.30pm

Venue: Limerick Museum. The Old Franciscan Friary, Henry Street, Limerick, V94 C7W1

Members of Friends of Lace Limerick will be present at the Limerick Museum, demonstrating their craft and talking to the visitors about lacemaking in the 21st century. The Limerick Museum has an extensive collection of Limerick lace, but only a small part is on display, due to the lack of space. Friends of Lace will also display a few contemporary pieces from their own collections. Main target audience is visitors of the museum and people with an interest in lace and lace making.

Contact: Gabriela Avram gabriela.avram@gmail.com 086 0242478



Community Art Hive – Exhibition

Time: 11.00am – 4.00pm.

Venue: No. 19 Community Gallery in collaboration with the Treaty Brewery on St Nicholas St, Limerick City.

Bringing Limerick Community Art learners together to celebrate their talents by exhibiting their works locally. The aim of this project is to showcase and celebrate the creative skills Limerick learners have to offer. Of interest particularly to community learners based in Limerick City, family and friends connected to the learners, community partners, tutor and Community providers. Hosted by Limerick Community Education Network (LCEN).

Contact: Ellen Walsh Kerley, ellen@lcen.ie - 087 7642659 Patrick Fitzgerald, patrick@lcen.ie - 087 7569853



Introduction to Mary Immaculate College for Mature Students

Time: 11.00am – 12.30pm

Venue: G10 in the Foundation Building of Mary Immaculate College, South Circular Road, Limerick. V94 4D85.

Join us for an information session on the pathways and supports available to mature students. This session will have information on the Teacher Education Access Programme (TEAP) and the Pre-University Programme (PUP). It will detail resources - academic, financial and other - that are available to mature students and there will also be an opportunity to speak with current mature students attending the college. Light refreshments will be available. **Booking essential through Eventbrite.** The main target audience is mature students from the surrounding areas. The max number is 50 attendees, and we will be providing light refreshments on the day.

Contact: Rob O'Halloran rob.ohalloran@mic.ul.ie 061 774 727



Lifelong Learning Festival Celebration – Creativity for Wellbeing

Time: 11.30am – 2.00pm (Drop in during these times)

Venue: Abundant Life Centre, Henry Street.V94 525K

Join us at our celebration for Limerick Lifelong Learning Festival 2024 in the Abundant Life Centre; for an event to mark Learn, Grow, Explore in 2024; with a theme for our flagship event called 'Creativity for Wellbeing'. This event invites you to sample short interactive learning experiences in the areas of creativity and wellness. Activities will include painting, line dancing, singing, the 'worry exchange', crafts and much more! Event hosted by Learning Limerick Steering Group and organised by the Limerick Lifelong Learning Festival Organising Committee. All welcome.

Contact: Yvonne Lane, ylane@paulpartnership.ie



Official Launch of Our Dedicated Learning Hubs

Time: 12.00pm – 1.30pm

Venue: College of Further Education and Training, Cappamore Campus, Dromsally, Cappamore, County Limerick, V94 TH2T

The official opening of our dedicated Learning Hub will take at the College of Further Education and Training, Cappamore Campus. These learner hubs provide a dedicated safe space for learners which is both welcoming and inspiring as they progress on their learning pathway. The main target audience is the general public and learners. Refreshments will be provided.

Contact: Ciaran O'Donnell ciaran.odonnell@lcteb.ie 086 1040759

For more information www.limerick.ie/lovelearning



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Free Health Information Sessions

Time: 1.00pm – 2.00pm

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

Healthy Ireland Local Government is organising lunchtime health information sessions in your Local Library focusing on Lifestyle Medicine – topics include information on sleep, nutrition, exercise, stress etc. Each session includes health information and time for Questions and Answers. These information sessions are organised in partnership with Limerick Libraries and Age Friendly. 1-2 pm daily Monday 15th – Friday 19th April in the various libraries, with lunch bags provided. The main target audience: All population and a focus on reaching Sláintecare Healthy Community population.

Contact: Tanya Carey tanya.carey@limerick.ie and Olivia O'Brien olivia.obrien@limerick.ie
Booking via Eventbrite.



College of FET Sports Department - Strength and Conditioning Workshop

Time: 1.00pm

Venue: College of FET, Kilmallock Rd Campus, Kilmallock Road. Room F08

Learn the basic in a strength and Conditioning class and meet the college of FET Sports Team in our brand-new state of the art facility. The main target audience is anyone of any fitness levels.

Contact: Ronan Foyle Ronan.foyle@lcteb.ie 083-0389181



“Ar Chlé agus ar Fóraoil!” An Cumann Lúthchleas Gael; Frásaí Gaeilge sna Meáin (Left & wide! The GAA; Irish phrases in the Media)

Time: 1.10 pm, 50 minutes

Venue: Room G10, Foundation Building, Mary Immaculate College

Deis í seo cúpla focal agus frása a chloistear go minic ar GAA BEO a fhoghlaim. Bí linn don spraoi agus don spórt gan amhras. (An opportunity to learn a few words and phrases that are commonly heard on GAA BEO). Come along for the fun - and for the sport, of course! The main target audience is the community, adults. Hosted by Roinn na Gaeilge, Mary Immaculate College.

Contact: Eleanor Walsh, Eleanor.walsh@mic.ul.ie 061-205108; Sile NiChoincheannain snichoincheannain@mic.ul.ie



Creative Mindfulness for Children

Time: 2.00pm – 3.00pm (1hr)

Venue: Watch House Cross Library Watch House Cross Shopping Centre, Moyross, Limerick.

Join us for a session of Creative Mindfulness for children (aged +4 years). This workshop will introduce mindfulness in a child-friendly way. Children will learn how to remain calm and relaxed, to focus and to pay attention to their thoughts and feelings. This mini workshop will focus on our feelings and how to calm our 'busy minds'. The main target audience is children over the age of 4 years of age. All materials that children will need will be provided. Parents are encouraged to wait where refreshments will be provided. Hosted by Northside Family Resource Centre.

Contact: Kelly Moynihan Kellymoynihan@northsidefrc.ie 061-326623. **Booking is essential.**



Researching Your Family History Online

Time: 2.00pm – 4.00pm

Venue: Watch House Cross Community Library Watch House Shopping Centre Kileely Road V94 NH51

With a focus on Limerick, this workshop will take you through the available online resources for Irish genealogical research, including census returns, civil and ecclesiastical records, burial records, land records, registers of electors, trades' directories, and local newspapers. All welcome. Hosted by Watch House Cross Community Library.

Contact: **Booking is essential**, email watchhousecrosslibrary@limerick.ie 061-557726



Step into a Youth Café in '24

Time: 3.30pm – 5.00pm

Venue: Northside Youth Space, Limerick Youth Service, Ballynanty Beg, Limerick V94 TPP3

Limerick Youth Service is inviting young people (TYs - 6th Years) to explore Steps Youth Café. Music, games, Xbox, pool, boardgames, youth work programmes and lots more await you at the Northside Youth Space. The main target audience is young people (TY & Leaving Certificate syllabus)

Contact: Stacey Lyons stacey@limerickyouthservice.org 061-412444/083-8546757



Understanding Intelligence

Time: 4.00pm – 5.00pm

Venue: University of Limerick, City Centre Campus, Sarsfield Street, Limerick. V94 DW21

This talk describes the different types of intelligence across the whole of nature. It will help you understand and develop your own intelligence and provide you with the tools and techniques to help interact with artificial intelligence (AI). General audience, all are welcome. Hosted by University of Limerick School of Medicine.

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

For more information www.limerick.ie/lovelearning





Explore Europe in '24

Time: 4:30pm - 8:00pm

Venue: Online Event - <https://limerickyouthservice.com/got-a-question/>

Explore Europe and learn about the many opportunities to travel, study, work and volunteer across this amazing continent in 2024. You can take your first step by speaking with a Youth Information Officer via <http://www.limerickyouthservice.com>. The main target audience is for young people and parents, general audience. Running Monday 15th – Friday 19th April, 4.30pm – 8.00pm. Hosted by Limerick Youth Service.

Contact: Dermot Troy dermott@limerickyouthservice.org 061-412444



Artificial Intelligence – Friend or Foe

Time: 6.00pm

Venue: Griffith College Limerick Campus and Online via Zoom.

Artificial Intelligence or AI creates new opportunities for those who can harness its potential. However, there are many downsides associated with AI with serious concerns of the possibility it can and will 'go rogue'. The main target audience is for anyone interested in learning more about AI. **Contact:** Brendan.Fogarty@griffith.ie, To Register **contact:** Sarah Kelly Sarah.Kelly@griffith.ie



Breathing for Stress Release

Time: 6.00pm – 7.00pm

Venue: Limerick City Library, Barrow House, Michael Street, Limerick.

This is a workshop and practice from Breathe Better Yoga to teach the community how they can use breathing techniques for stress release and anxiety release. Slow breathwork/breathing techniques will be taught that will relax the whole body. Breathing techniques for improved cardiovascular health will also be taught, a problem many of the community suffer with after contracting covid-19. Breathwork has many benefits and can improve physical and mental health, reduces stress and anxiety significantly and improves focus, concentration and work productivity. This workshop will help the community to create by breathing habits for overall wellbeing and health. The main target audience is for everyone in the community. Breathwork has a wide audience. It benefits all of our society. older people, people with chronic illnesses, young people, office workers, athletes, corporates, and many more. Hot cacao will be included, which has a lot of health benefits and is often used for mindfulness.

Contact: Kelly Larkin Angley breathebetteryoga@gmail.com 0871161312 Breathe Better Yoga Owner Certified Breathwork instructor and Yoga teacher.



Explore and Learn a New Language in 2024: Language Taster - Italian

Time: 6.00pm – 7.00pm

Venue: Online event with Patrizia

Join us for this language taster session. Are you interested in learning a new language and discovering a new culture, but you are unsure whether language learning is for you? This session is held online. Check our calendar of events to get all the details

Contact: Catherine Jeanneau, Language Outreach Program, University of Limerick.

Email: Catherine.Jeanneau@ul.ie

Visit www.ul.ie/artsoc/mlal/programmes/language-outreach-programmes for further info

To register for one or several sessions, fill in this form: <https://forms.office.com/e/JxCxN6SAXa>



Everyday Culture: Impacting on Communications & Decision Making

Time: 6:30pm – 7:30pm

Venue: Millenium Theatre, TUS Campus, Moylish, Limerick

From how we style our hair to the food on our table, culture is constantly shaping us and being shaped by us in return. This talk aims to introduce you to the concept of culture & ways that it may shape daily activities, such as how we communicate and how we make decisions. Open to all with an interest in viewing life through different lenses. Presented by PhD researcher & part-time TUS lecturer Aisling Burke. Hosted by Department of Flexible Learning, TUS Midwest.

Contact: Deborah Kett, flexible.midwest@tus.ie for further info & more tickets. Register on Eventbrite: <https://www.eventbrite.ie/e/everyday-culture-impacting-on-communications-decision-making-tickets-840032468727>



Revisiting the 'Limerick Pogrom' of 1904

Time: 6.30pm – 7.30pm

Venue: Watch House Cross Community Library Watch House Cross Shopping Centre Kileely Road V94 NH51

Local History Talk: Dr Seán Gannon examines the events that followed two antisemitic sermons by a Redemptorist priest in January 1904, and considers how this relatively minor episode came to be remembered in Irish Jewish and non-Jewish memory as a Russian-style pogrom which all but destroyed Limerick's Jewish community. All welcome. No booking required. Hosted by Watch House Cross Community Library

Contact: watchhousecrosslibrary@limerick.ie 061-557726



Explore and Learn a New Language in 2024: Language Taster - German

Time: 7.00pm – 8.00pm

Venue: Online Event with Alberta. Join us for this language taster session. Are you interested in learning a new language and discovering a new culture, but you are unsure whether language learning is for you? This session is held online. Check our calendar of events to get all the details.

Contact: Catherine Jeanneau, Language Outreach Program, University of Limerick.

Email: Catherine.Jeanneau@ul.ie

Visit www.ul.ie/artsoc/mlal/programmes/language-outreach-programmes for further info

To register for one or several sessions, fill in this form:

<https://forms.office.com/e/JxCxN6SAXa>



Painting Showcase

Time: 9.00am – 4.00pm

Venue: College of FET, Kilmallock Road Campus, Kilmallock Road, Limerick.

An Art Exhibition featuring diverse paintings by more than 60 Visual Art Learners. The pieces span across various genres, including Still Life, Abstract, Landscape, and Portraits. This exhibition highlights the creativity and innovation of these art learners, showcasing the skills and confidence they have developed throughout their course. For the general public.

Contact: Jayne Foley Jayne.foley@lcebtb.ie



Unity Wreath Activities for Parents and Toddlers

Time: 10.00am – 11.30am

Venue: Kilmallock Pastoral Centre, Kilmallock, Co. Limerick.

Unity Wreath This wreath symbolizes cultural unity - you can make it with or without the dove in the centre. You can have one child make this on their own or have a group of children or family members all contribute a few handprints to make one big wreath. It is to enhance their skills of identifying different nationalities and their cultures. unity dove craft. The main target audience is parents/ guardians and their babies/ toddlers. Hosted by Hospital Family Resource Centre Parent and Toddler Groups.

Contact: Mary McGrath mmcgrath@hospitalfrc.com 061383884



Northside FRC Learner Art Exhibition at Watch House Cross Library

Time: 10.00am – 5.00pm Running till Tuesday 23rd

Venue: Watch House Cross Library 061 557726 watchhousecrosslibrary@limerick.ie Facebook - Watch House Cross Community Library Parking available. Accessible premises

Learners from the Art and Craft classes at Northside FRC will be presenting some of their work created during the year at Watch House Cross Library. The main target audience is learners and families of Northside FRC and the wider Northside area.

Contact: Elaine Farah 061 326623 elainefarah@northsidefrc.ie



Limerick Soviet Exhibition

Time: 10.00am – 5.00pm

Venue: Watch House Cross Community Library, Watch House Cross Shopping Centre, Kileely Road, Limerick V94 NH51

In mid-April 1919, Limerick trade unions and workers protested the imposition of martial law in the city by calling a general strike and establishing a 'Soviet' to manage the city's affairs, even issuing its own currency. This exhibition tells its story. Running all week, all welcome.

Contact: watchhousecrosslibrary@limerick.ie 061-557726



Open Mic for Creative Writing Learners

Time: 10.00am – 12.00pm

Venue: UL Access Campus, Unit J, LEDP, Roxboro Road, Limerick. V94 A2N6

Come along and hear from Community Education creative writing learners reading from their work. Who knows, you might start your own journey with creative Writing at this event. Join Limerick and Clare Education and Training Board tutors Eileen Nevin, Niamh Bowen and Sheila Quealey for this event. Enjoy a cup of tea/coffee after this event.

Contact: Paul Purcell, 086-0338156



Coffee Morning / Open House @ College of FET, O'Connell Ave Campus.

Time: 10.00am – 12.00pm

Venue: College of FET, O'Connell Avenue Campus, Limerick V94W651

Come and explore the College of Further Education and Training (FET), O'Connell Avenue Campus. See Classes in action Have a cup of Coffee and a chat with the staff. The main target audience is new learners, learners returning to education; interested in reskilling/ upskilling. Event brought to you by Limerick and Clare Education and Training Board.

Contact: Paul Purcell Paul.purcell@lcebtb.ie 061-445757



Stress Busting for Busy People

Time: 11.00am – 12.00pm 50-minute session

Venue: Learner Hub, College of FET, O'Connell Avenue Campus, Limerick.

Learn simple, practical tips to relax and restore to help you learn, grow and explore. The main target audience is O'Connell Avenue Campus current learners and prospective learners, and the general public. There will be a cup of tea after the event in the canteen. Event brought to you by Limerick and Clare Education and Training Board Active Inclusion Support Service.

Contact: Fionnuala Daffy, fionnuala.daffy@lcteb.ie Register on Eventbrite for this event.



Open day at The Bicycle Engineering Academy

Time: 11.00am – 3.00pm

Venue: Bicycle Engineering Academy Ballycummin Raheen Co. Limerick V94NYPO.

At the Bicycle Engineering Academy open day, visitors will get to tour our state-of-the-art facility and view demonstrations in the bicycle workshop and bicycle frame building fabrication shop. Visitors will learn all about our courses and how to apply. The main target audience is learners from 16 years of age upwards who have an interest or want to get involved in Engineering, the Bicycle Industry or starting your own business. There is no max number for this event. We will be providing tea, coffee and treats.

Contact: Kevin Stuart Trainor Bicycle Engineering Academy beacentremanager@gmail.com
085 748 4166



Operation Mullett: Young People and Money Laundering with Financial Crimes Expert Jackie Murphy

Time: 11.00am – 12.00pm

Venue: Technological University of the Shannon Moylish Campus Main Building Lecture Theatre TBA.

This talk begins with a salutary tale about a group of school children in Kerry who allowed their bank accounts to be used to launder money for criminal gangs. Gardaí say 32 prosecutions have arisen in Kerry from Operation Mullett, which uncovered the laundering of over €1 million in the county. Gardaí initially had no idea of the scale of the problem which involved young people handing over bank details on the promise that they would get a proportion of the money for acting as 'mules' for criminal gangs. Financial crimes expert Jackie Murphy will talk about how this situation arose, the dangers of agreeing to launder money and how people can protect themselves from getting involved in crime. The talk will cover: 1. What is 'Financial Crime' 2. Examples of where students could get pulled into any such activities. 3. 'Money mule' scams. 4. Effect of 'criminal conviction' or even a "Garda Caution" on your future should you need Garda Clearance for your career. 5. Q&A Jackie Murphy, MSc, FCI, BA, QFA, CF CPP, CDPO, CDPP, Dip. Cyber Security, Dip. FinTech. Adjunct is a lecturer in the Certified Financial Crime Practitioner at master's level at UCD. She is the Head of Compliance & Head of Financial Crime with a wealth management firm in Dublin. The main target audience is young people, young adults, third level students, parents, and members of the public. Hosted by BSc in Applied Psychology programme at TUS, Moylish

Contact: Jennifer Moran Stritch jennifer.stritch@tus.ie



How to Spot Fake News - Navigating the Mis and Disinformation Torrent

Time: 11.00am – 12.00pm

Venue: Glucksman Library, University of Limerick, Limerick, V94T9PY,

Distinguishing fact from fiction, knowing what online sources to trust and spotting a FAKE are essential skills we all need, when we do research or go about our daily lives. Join library staff from the University of Limerick for this lively, interactive and engaging seminar where your facilitators will guide you through the intricacies of mis (and dis) information and empower you to discern trustworthy online sources. Come along to this seminar to hear about and discuss topics such as the dynamics of mis and disinformation in the digital age, The spread of false information online, Ways in which you can critically analyse the information you encounter online, How to fact check and verify information, and How to identify reliable, credible sources for accurate information. Librarians Micheál O hAodha, Peter Reilly, Ailish Larkin and Michelle Breen, and Digital Learning Specialist Mags Phelan from the Glucksman Library at the University of Limerick work in the area of information management and critical evaluation and present this seminar to help you navigate the complexities of the digital information landscape. All are welcome.

Contact: The Glucksman Library if you have enquiries about the event. libinfo@ul.ie Register here for this free event <https://ul.libcal.com/event/4184493>



CV Skills

Time: 11:30am – 12:30pm

Venue: Online Event

Your CV is your 1st chance to make a great impression – make sure your CV is up to scratch. The main target audience is that the event is open to those looking to improve & streamline their CV. Presented by Rose Collins, TUS Midwest Careers & Employability. Hosted by Departments of Flexible Learning and Careers and Employability, TUS Midwest.

Contact: Deborah Kett, flexible.midwest@tus.ie for more info & additional tickets.

<https://www.eventbrite.ie/e/cv-preparation-tickets-840100843237>



From Crayons to Canvas

Time: 1.00pm – 3.00pm (2hrs)

Venue: St Mary's Adult Education Centre, Island Road, Limerick - V94 DH98

From Crayons to Canvas is an art show which aims to show the creativity of different generations around St. Mary's Parish. From preschool to retirement, we will showcase the benefits of starting and staying artistic throughout people's lives. We will be hoping to have people from the parish drop in and see the centre. The main target audience is for the parents of the children in the school compound to people walking in from the city to potentially look at our classes. We will have light refreshments available on the day.

Contact: David Duffy - Sorcha Wharton - Arran Hamilton stmarysadedworker@gmail.com
061-313993 0856004075



Free Health Information Sessions

Time: 1.00pm – 2.00pm

Venue: Kilmallock Library, Kilmallock, Co. Limerick.

Healthy Ireland Local Government is organising lunchtime health information sessions in your Local Library focusing on Lifestyle Medicine – topics include information on sleep, nutrition, exercise, stress etc. Each session includes health information and time for Questions and Answers. These information sessions are organised in partnership with Limerick Libraries and Age Friendly. 1-2 pm daily Monday 15th – Friday 19th April in the various libraries, with lunch bags provided. The main target audience: All population and a focus on reaching Sláintecare Healthy Community population.

Contact: Tanya Carey tanya.carey@limerick.ie and Olivia O'Brien olivia.obrien@limerick.ie
Booking via Eventbrite.



Historical Walking Tour of Limerick City

Time: 1pm. Walking tour will last approx. 90mins.

Venue: Meeting at Limerick City Library, Michael Street, Limerick.

Local historian and author Sharon Slater will bring you on a fascinating walking tour of the city. **Booking is essential as numbers are limited.** Open to the general public. Hosted by Limerick City Library.

Contact: citylibrary@limerick.ie 061-557510



Find Your Voice

Time: 2.00pm-4.00pm

Venue: College of Further Education and Training, O'Connell Avenue Campus, O'Connell Avenue, Limerick City, V94 W651.

This workshop explores movement, breath and vocal practices to help you embody your voice and express yourself more freely. With a focus on fun and exploration, these tools and practices will empower you to discover your true voice, build self-confidence, non-judgement listening, beyond self-criticism and self-judgement. No singing experience is necessary, just a playful curiosity to explore your voice. The main target audience is any person who wants to take part in a relaxing event. Join Limerick and Clare Education and Training Board tutor Lucia Guerin for this event.

Contact: paulpurcell@lcteb.ie / 086-0338156



Limerick City Build - An Exhibition of Becoming, The Makings from Men on the Margins.

Time: 4.00pm -6.00pm

Venue: Clare Street Campus of Further Education & Training Upper Clare Street Limerick V94D211

The forthcoming event is an exhibition held in The New Clare Street Campus; it is poised to illuminate the extensive array of creative endeavours undertaken by young men participating in diverse programs offered at the campus. This exhibition will encompass a variety of formats, including visual displays, film screenings, and live demonstrations of project work, stage designs, and the outputs of social ventures developed onsite. Furthermore, the event will feature a structured dialogue led by individuals who have navigated the challenges of the prison system. This conversation will delve into their journey towards rehabilitation and healing within the LCB community, examining the obstacles encountered by individuals with histories of trauma and adversity in their pursuit of further education. Additionally, the discussion will highlight the advantages of integrating trauma-informed practices within educational frameworks, underscoring their significance in fostering personal growth and transformation. Open to the public. Refreshments provided.

Contact: Catherine O'Halloran info@limerickcitybuild.ie 0838827455



Explore a Youth Café in '24

Time: 4.00pm – 8.00pm

Venue: Lava Javas Youth Café, 5 Lr. Glentworth St, Limerick V94 YF95

Limerick Youth Service is inviting teenagers (14-19yrs) learn more about Lava Javas Youth Café in '24 Live music, fee coffee, Xbox, pool, boardgames, awareness campaigns, IYMAs, youth work programmes and lots more. There is something for every teenager with Lava Javas Youth Café. For young people.

Contact: Emily Panter emily.panter@limerickyouthservice.org Tel: 061-412444



Explore Europe in '24

Time: 4:30pm - 8:00pm

Venue: Online Event - <https://limerickyouthservice.com/got-a-question/>

Explore Europe and learn about the many opportunities to travel, study, work and volunteer across this amazing continent in 2024. You can take your first step by speaking with a Youth Information Officer via <http://www.limerickyouthservice.com>. For young people, parents, general audience. Running Monay 15h – Friday 19th April, 4.30pm – 8.00pm.

Contact: Dermot Troy dermott@limerickyouthservice.org 061-412444



Workshop on Personal Development – Where to Start

Time: 5.00pm – 7.00pm

Venue: 8 Cecil Street, V94 RY17

This workshop is an exploratory experience that helps bring the focus onto living more of your life for yourself, on identifying ways to make your own needs and wants just as important as everybody else's. This workshop teaches you how to get started, helping you map out the best way to develop yourself in the areas most important to you. The main target audience anyone looking to be the happiest and best version of themselves. Ceara Markham, Resolve Counselling, will be hosting this event. Max 15 people. Refreshments provided.

Contact: Resolve Counselling, 0857408918 info@resolvecounsellingcentre.ie



Fire Welding

Time: 7.00pm – 9.00pm

Venue: College of Further Education and Training, Cappamore Campus, Dromsally, Cappamore, County Limerick, V94 TH2T

Fire welding, also known as forge welding, goes back some 3000 years and has been a staple of traditional blacksmithing for centuries. It is a process that joins two pieces of metal by heating them to a set threshold and then hammering or pressing them together to create one piece. Our master blacksmith will demonstrate this ancient art in our modern forge in an event that will be educational as well as eye catching. The main target audience is for the general public.

Contact: Ciaran O'Donnell Ciaran.odonnell@lcteb.ie 086 1040759



Northside FRC Learner Art Exhibition at Watch House Cross Library

Time: 10.00am – 5.00pm Running till Tuesday 23rd

Venue: Watch House Cross Library 061 557726 watchhousecrosslibrary@limerick.ie Facebook - Watch House Cross Community Library Parking available. Accessible premises

Learners from the Art and Craft classes at Northside FRC will be presenting some of their work created during the year at Watch House Cross Library. The main target audience is learners and families of Northside FRC and the wider Northside area.

Contact: Elaine Farah 061 326623 elainefarah@northsidefrc.ie



Incorporating Mindfulness Practices in Your Every Day

Time: 11.00am – 12.00pm

Venue: University of Limerick, City Centre Campus, Sarsfield Street, Limerick. V94 DW21

Mindfulness is something everyone practices on a daily basis, possibly without even being aware of it. I would like to share a little bit of background to mindfulness and some tricks and tools you can use in your every day to help your mental health. For all members of the general public looking to understand more about mindfulness or improve what skills they already have. Hosted by University of Limerick School of Medicine

Contact: Alex Hodgers Email Alex.Hodgers@ul.ie



Limerick Soviet Exhibition

Time: 10.00am – 5.00pm

Venue: Watch House Cross Community Library, Watch House Cross Shopping Centre, Kileely Road, Limerick V94 NH51

In mid-April 1919, Limerick trade unions and workers protested the imposition of martial law in the city by calling a general strike and establishing a 'Soviet' to manage the city's affairs, even issuing its own currency. This exhibition tells its story. Running all week, all welcome.

Contact: watchhousecrosslibrary@limerick.ie 061-557726



Blaiseadh den Ghaeilge: Rang do Thosnaitheoiri/ A Taste of Irish: A Class for Beginners

Time: 6.00pm – 7.30pm

Venue: This is an in-person event, this will take place in Marshall House, Raheen, Limerick, V94 HAC4

A chairde, learn Irish in an encouraging and welcoming environment. Leave with the knowledge and resources to progress with your journey. Comhluadar Luimnigh will facilitate a beginner's Irish course. This course is aimed at adults who are complete beginners, or those who want to return to the language after primary/secondary school education. Everyone is welcome, there will be light refreshments on the evening. Bigi linn! The main target audience is adult beginner learners of Irish. Max number of 25 people.

Contact: Ava Nic Searraigh, foireanncl@gmail.com, 089 4106637



Saturday Morning Club in King's Island

Time: 10.00pm-12.00pm

Venue: King's Island Community Centre, Verdant Place, King's Island, Limerick
Limerick Youth Service are inviting young people to explore the fun and games with our King's Island Youth Club. There are games, music and plenty of action and surprises with the youth work team. The main target audience is teenagers. Hosted by Limerick Youth Service.

Contact: Ger Curtin ger.curtin@limerickyouthservice.org Tel: 087-2330179





The Shared Island Programme has been supported by the Irish Government Department of the Taoiseach and the Department of Housing, Planning, Local Government and Heritage and the Irish Network of Learning Cities (INLC) and has the main goal of supporting opportunities for cross-city learning exchanges between the members of the INLC.

The first of the learning exchange events was hosted by Cork Learning City in November 2022; the second by Belfast Learning City in March 2023; and the third by us in Limerick in May 2023. Our event included Learning Limerick hosting a seminar and a number of site visits. There was a final Learning Exchange for the year hosted by Derry Learning City in October 2023.



Online Launch of Lifelong Learning Videos

Time: 2.00pm – 3.30pm

Venue: Online - Learning Limerick Social Media Platforms

Follow Learning Limerick's Social Media Platforms (X - @limklearnfest, Instagram limericklifefestival, Facebook @Limerick Lifelong Learning Festival) and it's YouTube channel to watch a selection of short lifelong learning video clips that will be shown throughout the afternoon. These short videos will showcase Learning Limerick's involvement in the festival, in the UNESCO Global Network of Learning Cities, the Irish Network of Learning Cities, and its Learning Ambassadors Programme. Enjoy the flavour of what the group has been up to in recent times! Event hosted by Learning Limerick Steering Group.

Contact: Yvonne Lane, Lifelong Learning Facilitator, ylane@paulpartnership.ie



Other key INLC initiatives during 2023 included: -

- Irish Learning Cities Days held on 28th September 2023, promoting all 6 Learning Cities in Ireland - Limerick, Cork, Belfast, Dublin, Derry Strabane and Waterford. An online call with the six Mayors of the cities was held on that day, for the mayors to reaffirm their commitment to the Irish Network.
- Learning Limerick Coordinator Yvonne Lane presented at the tenth anniversary of the UNESCO Global Network of Learning Cities at a webinar in November - titled Sub-regional and national networks: Advancing the GLNC Approach (Global Network of Learning Cities).



LIMERICK LIFELONG LEARNING FESTIVAL ORGANISING COMMITTEE 2024

Learning Limerick Steering Group – Member Networks and Representatives

| | |
|---|------------------------|
| Limerick and Clare Education and Training Board | Eimear Brophy, (Chair) |
| Limerick City and County Council | Catherine Bowes-Kelly |
| PAUL Partnership | Michelle Hannan |
| West Limerick Resources | Adrienne O'Connell |
| Ballyhoura Development | Carrie O'Donoghue |
| Mary Immaculate College | Eleanor Walsh |
| University of Limerick | Sarah Brady |
| Technological University of the Shannon | Orlaith Borthwick |
| Limerick Childcare Committee | Anne Delaney |
| National Learning Network | Margaret Murphy |
| Limerick Community Education Network | Jim Prior |
| Learning Ambassadors Sub-group | Chinazo John Nnaya |
| Youth Work Limerick | Cora Foley |
| Mid West Regional Skills Forum | Joe Leddin |
| Limerick Chamber Skillnet | Michael MacCurtin |
| Department of Social Protection | Colette Whelan |
| Limerick Mental Health Association | Ian Hackett |
| Limerick Local Enterprise Office | Pending |

Lifelong Learning Festival Celebration Creativity for Wellbeing

**Thursday 18th April 2024,
11.30am – 2.00pm (Drop in during these times)
The Life Centre, Henry Street.V94 525K**

Join us at our celebration for Limerick Lifelong Learning Festival 2024 in the Abundant Life Centre; for an event to mark Learn, Grow, Explore in 2024; with a theme for our flagship event called 'Creativity for Wellbeing'. This event invites you to sample short interactive learning experiences in the areas of creativity and wellness. Activities will include painting, line dancing, singing, the 'worry exchange', crafts and much more! Event hosted by Learning Limerick Steering Group and organised by the Limerick Lifelong Learning Festival Organising Committee. All welcome.

Contact: Yvonne Lane, ylane@paulpartnership.ie

Organising Committee for Limerick Lifelong Learning Festival 2024

| Name | Organisation/Network |
|-------------------------|---|
| Patrick Fitzgerald | Limerick Community Education Network (LCEN) - Chairperson |
| Martina Shanahan | PAUL Partnership |
| Mariola Jurewicz-Jurgas | PAUL Partnership |
| Deborah Liston | PAUL Partnership |
| Adrienne O'Connell | West Limerick Resources |
| Carrie O'Donoghue | Ballyhoura Development |
| Helen Brown | University of Limerick |
| Eleanor Walsh | Mary Immaculate College |
| Brid Hennessy | Mary Immaculate College |
| Deborah Kett | Technological University of the Shannon Midwest |
| Margaret Murphy | National Learning Network – Vocational Training |
| Jim Prior | Limerick Community Education Network |
| Brenda Frawley | Limerick City and County Council - Libraries |
| Yvonne Lane | Festival Coordinator - Learning Limerick |



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Learning Limerick

Together for a brighter future

2024

Monday April 15th - Sunday April 21st

Limerick Lifelong Learning Festival

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