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# Learning Limerick

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ENTERPRISE

INDIVIDUAL

COMMUNITY

FAMILY

UNIVERSAL

*Learning Limerick presents*

## Limerick Lifelong Learning Festival

# 2025

Monday April 7<sup>th</sup> - Sunday April 13<sup>th</sup>

# Limerick Lifelong Learning Festival

love learning



IN-PERSON, ONLINE AND HYBRID EVENTS



For more information

[www.limerick.ie/lovelearning](http://www.limerick.ie/lovelearning)

All events are **FREE**



## MAYOR'S FOREWORD

I am delighted to launch the programme for the 15<sup>th</sup> annual Limerick Lifelong Learning Festival. This year's festival will be held from 7<sup>th</sup> – 13<sup>th</sup> April and marks a celebration of lifelong learning and promotes learning in Limerick through a wide variety of creative, enjoyable and informative events. We are thrilled to offer a week full of free and fantastic learning events spread across the vibrant neighbourhoods of Limerick city and county. The theme of the festival this year is 'Literacies for Life' 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 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 and neighbourhoods the length and breadth of Limerick city and county and of course further afield. I anticipate strong participation from our local communities 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 am delighted to support Learning Limerick's membership of the UNESCO Global Network of Learning Cities (GNLC) and the Irish Network of Learning Cities (INLC), and its key events, such as Irish Learning Cities Day held each September. Last September 2024 this included the six Mayors of the member cities of the Irish Network recording a short collaborative video speaking about the benefits of the network. Limerick City and County Council values its membership of the Irish Network of UNESCO Learning Cities and has actively participated in the Shared Island initiative with the Irish Network.

I wish you the all the very best for the Lifelong Learning Festival 2025. I have no doubt it will be another great success, guiding curious minds on their perpetual journey of discovery.

**JOHN MORAN**  
MAYOR OF LIMERICK



## INTRODUCTION

The Limerick Lifelong Learning Festival will take place from Monday 7<sup>th</sup> to Sunday 13<sup>th</sup> April and is now in its 15<sup>th</sup> iteration. This year our festival theme is 'Literacies for Life' and we would like to extend an invite to sample some of the exciting and interesting events that are being presented throughout Limerick City and County during festival week. The theme of literacy is very timely and celebrates all the literacies that we need to embrace throughout our lives, including digital, financial, health, environmental literacies etc.

The success of previous festivals is testament to the interest for learning by 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 120 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, there certainly is something for everyone to choose from.

This year, we are delighted to officially launch the festival programme in Newcastle West Library on 21<sup>st</sup> March. There is also a key interactive seminar event as part of the festival week, titled 'All Literacies Change Lives', being held in UL Access Campus on April 10<sup>th</sup>. This event is a collaboration between Learning Limerick, the Adult Literacy for Life (ALL) Office and Limerick and Clare Education and Training Board.

We hope that these events, as well as all the other 120 festival events, will be enjoyed by all who attend, and we look forward to sharing our passion for lifelong learning together.

At this time of year, we are also reflecting on the work of Learning Limerick over the last year and the importance of connection and our membership of regional, national and international fora promoting lifelong learning. We are very proud of our membership of the UNESCO's Global Network of Learning Cities (GNLC) and the Irish Network of Learning Cities (INLC) and value the sharing of best practice ideas and supporting other cities as we all continue our good work

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



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# All Literacies Change Lives Seminar

Join us for inspiring speakers on all types of literacies. You can explore more at our Networking Café session during the event.



Thursday 10th April 2025



9.30am - 12.30pm



UL Access Campus, LEDP



Register via: Eventbrite



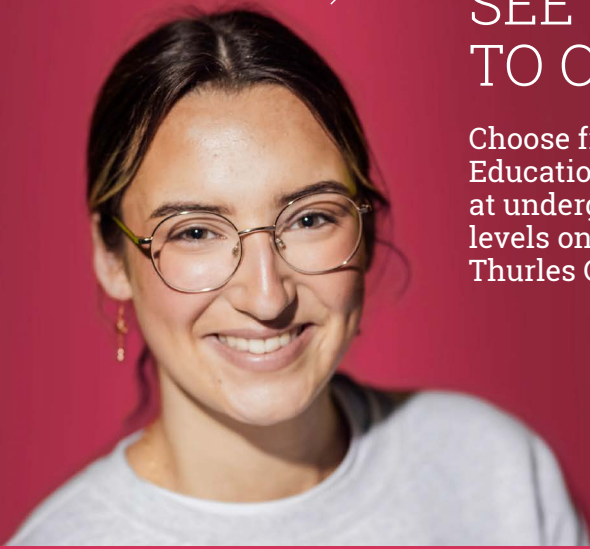
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# unesco

Member  
Global Network of  
Learning Cities

## UNESCO Global Network of Learning Cities (GNLC)

The sixth International UNESCO Learning Cities Conference was held in Jubail, Saudi Arabia from 3rd – 5th December; a conference that we followed online. In preparation for this conference, UNESCO facilitated an online webinar meeting for the European and North American Network of Learning Cities on October 9th 2024. Yvonne Lane, Learning Limerick Coordinator, presented on the work and achievements of the Irish Network of Learning Cities at this webinar.

A group from Learning Limerick met with Katja Roemer from the UNESCO Institute of Lifelong Learning in Cork last year. This was part of a shared island event hosted by Cork Learning City; and our Limerick Mental Health Association representative Ian Hackett presented on their 'Buddy Bench' project at this international seminar.

We look forward to continuing our collaborations and active membership of the UNESCO Global Network of Learning Cities.



## Networking Meetings

The LLL Festival Organising Committee held two networking meetings in recent months. Last October 2024, we hosted a 'Wellness Learning Journey' at Moyross Community Enterprise Centre Ltd with guest speaker psychotherapist Caroline Crotty. This event was hosted by Learning Limerick in collaboration with Limerick Mental Health Association as part of Limerick Mental Health Week.



In January 2025, we held an Information and Networking meeting in Castletroy Park Hotel. At this meeting we further explored our theme of literacy for the festival this year, and heard from speakers and had interactive workshop discussions, fostering collaborations between our event hosts.





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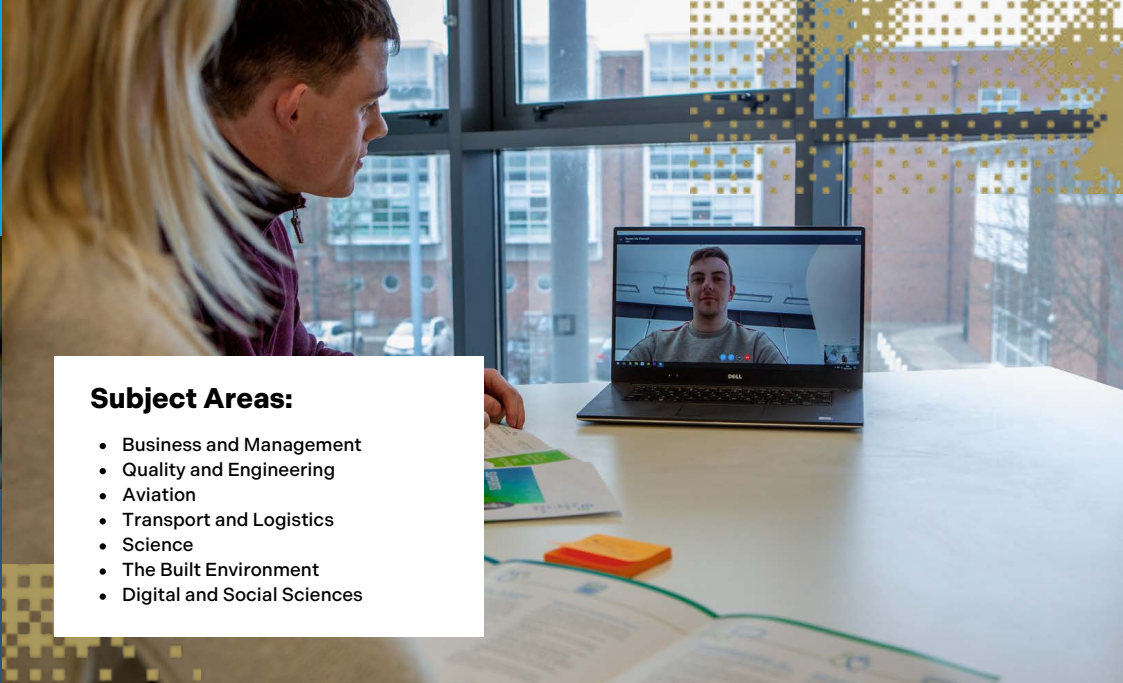
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- Digital and Social Sciences

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### Contact Us

Limerick Office General Queries  
(Midwest Campus)  
Email: [flexible.midwest@tus.ie](mailto:flexible.midwest@tus.ie)  
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WORK &  
ENTERPRISE

W&E

### – WORK and ENTERPRISE

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

INDIVIDUAL

I

### 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.*



## Education and Training: Your Next Step

**Time:** 7th April – 11th April (Mon to Fri) Live online 4:00 PM – 8:00 PM

**Venue:** This event is an online event with the Youth Information Officers available via [limerickyouthservice.com/got-a-question](http://limerickyouthservice.com/got-a-question)



Young people who would like to learn more about the many alternative education and training opportunities available can speak with a Youth Information Officer. The team are online daily and can be accessed via [limerickyouthservice.com](http://limerickyouthservice.com) or through social media. For young people, parents/guardians, teachers, youth workers.

**Contact:** Dermot Troy [dermott@limerickyouthservice.org](mailto:dermott@limerickyouthservice.org) 061-412444/083-1726898



## Limerick Soviet Exhibition

**Time:** 8th April - 12th April (Tues to Sat)

**Venue:** Watch House Cross Community Library, Watch House Cross Shopping Centre, Moyross, 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:** Watch House Cross Community Library [watchhousecrosslibrary@limerick.ie](mailto:watchhousecrosslibrary@limerick.ie) 061-557726



## Northside FRC Learner Exhibition

**Time:** 8th April - 12th April (Tues to Sat)

**Venue:** Watch House Cross Library, Kileely Rd, Limerick, V94 NH51.

A showcase of artworks created by the Painting and Craft classes of Northside FRC. This exhibition will hang throughout the week. Parking available.

**Contact:** Elaine Farah [elainefarah@northsidefrc.ie](mailto:elainefarah@northsidefrc.ie) 061 326623



## Multicultural Ceilí

**Time:** 9:30 AM – 12:00 PM

**Venue:** Tait Community Kitchen, Lord Edward Street, Limerick, V9423T8.



Each week, people from all over the world gather at the Conversation Club in the Tait community kitchen to do different activities, practice English and have fun in a relaxed, friendly and welcoming environment. This Monday morning, we are going to do things a bit differently. We welcome you to come along and join us in our Multicultural Céili event where you can participate in some Irish dancing as well as experiencing dancing from other countries. We look forward to seeing you there! For adults who would like to meet and speak to people from different cultures. Light refreshments provided. Hosted by PAUL Partnership SICAP Programme.  
**Contact:** Veronica McNamara-Bon [vmcnamarabon@paulpartnership.ie](mailto:vmcnamarabon@paulpartnership.ie) 087 912 5892.  
Booking Essential



## Walk & Talk

**Time:** 10 AM – 11.30 AM

**Venue:** Northside of city

Join us for an outdoor walk where we will meet locally in the community to improve our overall health and wellbeing. All welcome. Hosted by Northside Family Resource Centre.

**Contact:** Rosie Donelan Northside FRC 061-326623 [rosiedonelan@northsidefrc.ie](mailto:rosiedonelan@northsidefrc.ie)



## “Meet on the Street” Part-time, Upskilling Options for September 2025



**Time:** 10:00 AM – 2:00 PM

**Venue:** TUS Moylish Campus, Moylish, Limerick.

Drop by to our Flexible Learning stand on ‘the Street’ in the Moylish Campus for a coffee and chat about exciting part-time learning options coming up in September 2025. Meet the friendly Flexible Learning team who will walk you through the variety of part-time programmes on offer, support available and amazing funded options. Programmes such as: Business, Hospitality and Humanities. Engineering, Built Environment and Informatics. Sciences, Health and Technology and Limerick School of Art and Design. In person, open walk-in event. All Welcome. Of interest to anyone with an interest in upskilling or studying part-time.

**Contact:** Veronica Walsh [Flexible.midwest@tus.ie](mailto:Flexible.midwest@tus.ie) 061-293802





## “Do You Know What You’re Eating?”

**Time:** 1:00 PM – 2:00 PM

**Venue:** Limerick City Library, Barrow House, Michael St, Limerick, V94 RF63.

Explore the impact of nutrition on physical and mental health. Learn how to make informed dietary choices and change habits for the better that energise and support overall well-being by integrating Lifestyle Medicine and Positive Psychology coaching. Understand the Impact of Nutrition; Learn how nutrition directly affects overall health and well-being, including its connection to illness, mental clarity, and resilience to stress. Open to the General Population. Max. 25 people. Hosted by Healthy Limerick, Limerick City and County Council.

**Contact:** Healthy Limerick [healthy.limerick@limerick.ie](mailto:healthy.limerick@limerick.ie) 061 557142



## Sound Walk

**Time:** 2:00 PM – 3:00 PM

**Venue:** Starting at St. Saviour's Community Hall, Parkview Court, Lord Edward Street, Limerick, V94 N564 (opposite the Boherbuoy Band Hall).

Starting at St. Saviour's Community Hall, join us for a Sound Walk through the People's Park. A Sound Walk is a participatory listening walk that focusses on the sounds in the environment. In partnership with St Saviour's Adult Education Group, join with Simon Jennings, Limerick City and County Council for this experience. Please meet at St Saviour's Community Hall at 2.00 PM. Please note maximum of 20 participants for this event, please book via the contact email below. For adults interested in the local environment. Join us for a cuppa and a chat after the event in St. Saviour's Community Hall.

**Contact:** Paul Purcell [paul.purcell@limerick.ie](mailto:paul.purcell@limerick.ie) 086-0338156



## Introduction to Wet Felting

**Time:** 2:00 PM – 4:00 PM

**Venue:** College of FET Mulgrave Street Campus, Mulgrave Street, Limerick.

This is an Introduction to Wet Felting Workshop. You will be introduced to the technique of wet felting using merino wool and silk fibres. Hot soapy water is used to create a small, felted item such as a pot stand or a felted vessel to take home. This is an in-person event with a demonstration, and everything is provided. For adults but children may attend accompanied by a parent or Guardian at all times as the process involves hot water. Please reserve a place. Max of 10 attendees.

**Contact:** Margaret Dwane [margaret.dwane@limerick.ie](mailto:margaret.dwane@limerick.ie) 061 414344. Registration essential.





## Education and Training: Your Next Step

**Time:** Live online, support available 4:00 PM – 8:00 PM

**Venue:** This event is an online event with the Youth Information Officers available via [limerickyouthservice.com/got-a-question](http://limerickyouthservice.com/got-a-question)

Young people who would like to learn more about the many alternative education and training opportunities available can speak with a Youth Information Officer. The team are online daily and can be accessed via [limerickyouthservice.com](http://limerickyouthservice.com) or through social media. For young people, parents/guardians, teachers, youth workers.

**Contact:** Dermot Troy [dermott@limerickyouthservice.org](mailto:dermott@limerickyouthservice.org) 061-412444/083-1726898



## Language Tasters: Discover a new language in 2025 - French

**Time:** 6:00 PM – 7:00 PM

**Venue:** Online

Are you interested in learning a new language and discovering a new culture, but you are not sure whether language learning is for you? Then join us for a language taster session. We are offering you the chance to attend an introductory session in: French with Adele. For members of the public and all those interested in learning a new language and discovering a new culture. Hosted by University of Limerick School of Modern Languages and Applied Linguistics, Language Outreach Programme (LOP).

**Contact:** Catherine Jeanneau, Language Outreach Programme [Catherine.Jeanneau@ul.ie](mailto:Catherine.Jeanneau@ul.ie)  
Visit for further information <https://www.ul.ie/artsoc/mlal/programmes/evening-language-courses> To register for one or several sessions, fill up this form: <https://forms.office.com/e/2pBd7wCEgZ>



## The 'No Show' - Film Screening & Post Discussion

**Time:** 6:00 PM – 9:00 PM

**Venue:** Technological University of the Shannon - Moylish Campus - Millennium Theatre

\*The No Show\* is a film inspired by working-class men known not to turn up. It's an attempt to create an opportunity to enter the experience of this common occurring absence by men like those featured in the film such as 'Paddy', and explore their internal world, the story behind what's being shown. His own sense of absence. Who didn't show up for him? To understand him, we need to meet his father; to understand his Da, we need to know his grandfather.

Over two years, Catherine O'Halloran and Grace Dyas worked with young men in Limerick City Build to devise a trauma-informed contemporary art film that tells the origin story of trauma experienced by working-class families by going back six generations to the Famine. The film has a tour laid out for the coming year and will feature on the first night of the Lifelong Learning Festival in the Millennium Theatre.

**Contact:** Tickets available via Eventbrite - <https://www.eventbrite.co.uk/e/the-no-show-film-screening-post-discussion-tickets-1254458040769?aff=oddtcreator>





## Book Launch at Limerick Lifelong Learning Festival

**Time:** 7 PM (Online)

**Venue:** Online (Microsoft Teams) MS Teams link - MS Teams - here



Launch of "Social Care Practice Placement: An Essential Guide" at Limerick Lifelong Learning Festival. Join author Aoife Prendergast from the Technological University of the Shannon (TUS) for the online launch of her new book, "Social Care Practice Placement: An Essential Guide," as part of the Limerick Lifelong Learning Festival. The book is a comprehensive resource designed for social care students, placement supervisors/educators, and lecturers involved in practice placements. This invaluable guide covers every stage of the placement journey, from initial preparation to maximizing learning from practical experience. The book addresses key student concerns and challenges, providing essential information on navigating the complexities of placements. It clearly illustrates how to develop evidence of learning using practical tools like case examples, checklists, and guides to track progress and achieve proficiency standards. The guide also explores the power of placement supervision as a learning tool for achieving goals, building professional confidence, and ensuring a rich placement experience. Of interest to students, Social Care Workers, Allied Health Professionals, Educators and Placement Professionals.

**Contact:** Aoife Prendergast [aoife.prendergast@tus.ie](mailto:aoife.prendergast@tus.ie) 087 6123768



## Language Tasters: Discover a new language in 2025 – Chinese

**Time:** 7:00 PM – 8:00 PM

**Venue:** Online

Are you interested in learning a new language and discovering a new culture, but you are not sure whether language learning is for you? Then join us for a language taster session. We are offering you the chance to attend an introductory session in: Chinese with Xiaxia. For members of the public and all those interested in learning a new language and discovering a new culture. Hosted by University of Limerick School of Modern Languages and Applied Linguistics, Language Outreach Programme (LOP).

**Contact:** Catherine Jeanneau, Language Outreach Programme [Catherine.Jeanneau@ul.ie](mailto:Catherine.Jeanneau@ul.ie)

Visit for further information [www.ul.ie/artsoc/mlal/programmes/evening-language-courses](http://www.ul.ie/artsoc/mlal/programmes/evening-language-courses) To register for one or several sessions, fill up this form: <https://forms.office.com/e/2pBd7wCEgZ>





## Geodome Open Day – Family Learning Event in Planting for Health Literacy

**Time:** 9:00 AM – 10:30 AM

**Venue:** St John the Baptist Boys' National School, Pennywell, Garryowen, Limerick.

An open day community event to celebrate the installation of the Geodome at St John the Baptist National School. Core skills trainer at Limerick and Clare Education and Training Board Kathy MacAndrew Wallace will facilitate a demonstration on making your own pot plants using newspapers and loo roll inserts to sow pumpkin and sunflower seeds for community members to take home. At this event community members will gain new literacy in the best techniques for sowing a variety of seeds using module trays, root trays. This will be a fun family event and open to the wider Garryowen community of school children, parents and grandparents. This will be an in-person community event with tea and biscuits. Open to school children; parents; grandparents; home school liaison officers; members of the Garryowen Women's Shed; the Youth Service; The St Johns Men's Shed.

**Contact:** Martina Shanahan [mshanahan@paulpartnership.ie](mailto:mshanahan@paulpartnership.ie) 087-1704552.



## Zumba

**Time:** 9.30 AM to 11:00 AM

**Venue:** West-End Youth Centre, Childers Road, Limerick

Join Limerick and Clare Education and Training Board tutor Angel Catala Sempere to learn Zumba at your own pace, with great music to go with the steps for an enjoyable experience. For anyone from young to older people, male or female.

**Contact:** Denise Hannan [Denise.hannan@ololcsg.ie](mailto:Denise.hannan@ololcsg.ie) 061-228596



## Limerick Soviet Exhibition

**Time:** 10:00 AM - 8:00 PM

**Venue:** Watch House Cross Community Library, Watch House Cross Shopping Centre, Moyross, 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:** Watch House Cross Community Library [watchhousecrosslibrary@limerick.ie](mailto:watchhousecrosslibrary@limerick.ie) 061 557726



## Snapshot of National Learning Network

**Time:** 10:00 AM – 1:00 PM

**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](mailto:Limerick@nlm.ie) 061 229777 or 0873454408





## Stories of Us

**Time:** 10:30 AM – 11:15 AM

**Venue:** Sunbeam Room, Top Floor, Croom Family Resource Centre, Church Road, Croom, Co Limerick, V35E306.

In this workshop, we'll introduce parents to a selection of engaging books that teach children about diversity and inclusion. Through reading short excerpts from a variety of titles, we'll highlight how stories can open kids' minds to different cultures, experiences, and perspectives. Parents will leave with a better understanding of how literature can be a powerful tool in helping children embrace diversity and foster empathy. For parents and caregivers of children aged 3 – 10.

**Contact:** Caroline Considine [caroline@croomfrc.com](mailto:caroline@croomfrc.com) 085 2568579



## Sing, Clap, Read!

**Time:** 10.30 AM – 11.30 AM

**Venue:** Northside Family Resource Centre, Clonconnane Road, Ballynanty, Limerick.

Join our Parent and Toddler group for a special edition of Sing, Clap, Read! where we will sing along to songs and rhymes and read together. For parents and their children aged 0-4.

**Contact:** Rosie Donelan Northside FRC 061-326623 [rosiedonelan@northsidefrc.ie](mailto:rosiedonelan@northsidefrc.ie)



## Free Tour of Limerick Museum

**Time:** 11:00 AM

**Venue:** Limerick Museum, Henry Street, (next door to Dunnes Stores).

Opened in 1916, Limerick Museum is one of the oldest and largest local authority museums in the country. It tells the story of Limerick through its diverse collection consisting of some 65,000 objects from Stone Age axes and the civic sword of Queen Elizabeth I to a large collection of Limerick lace and silver. General public, tourists, history and heritage enthusiasts welcome. Maximum number 50. (Limerick Museum is open to the public Monday to Friday 10.00am to 5.00pm; Saturday 10.00am-1.00pm and 2.00pm to 5.00pm. Admission is FREE.)

**Contact:** Dr Matthew Potter, Curator Limerick Museum [museum@limerick.ie](mailto:museum@limerick.ie) 061-557740



## CV Ignition: Launch your Career

**Time:** 11.00 AM

**Venue:** Online on MS Teams

Join our dynamic online workshop, "CV Ignition: Launch Your Career," and learn the essential strategies to craft a compelling CV that gets noticed. This interactive session will equip you with the tools and techniques to highlight your skills, experience, and potential, transforming your CV from ordinary to outstanding. For individuals seeking assistance with their CV & job search. Hosted by TUS Careers and Employability.

**Contact:** Peter O'Reilly Work Placement Co-ordinator, TUS [Peter.oreilly@tus.ie](mailto:Peter.oreilly@tus.ie)



## Coffee Morning – Sharing Literacy Resources

**Time:** 11 AM – 12 PM

**Venue:** Southill Family Resource Centre, 268 Avondale Court, Limerick.

Join us for a coffee morning at Southill Family Resource Centre where we will share up-to-date information and resources on literacy supports. Get to meet over a cuppa and network with community partners and celebrate the Limerick Lifelong Learning Festival.

**Contact:** [Jimmy@southillfrc.com](mailto:Jimmy@southillfrc.com) 061-440250





## Art Literacy

**Time:** 11:00 AM – 1:00 PM

**Venue:** Hunt Museum, Rutland Street, Limerick.

This will be an introduction to the art works in the Captain's room and then a slow art workshop to encapsulate the learners understanding of the artworks that they choose as inspiration using collage as their medium. This is a fun, interactive workshop to encourage being present and mindful. This is open to all community learners who would like to participate. Hosted by the Limerick Community Education Network (LCEN) with the Hunt Museum. Refreshments on the day and plenty of chats and fun.

**Contact:** Ellen Walsh Kerley, [ellen@lcen.ie](mailto:ellen@lcen.ie) 087-7642659.



## A Taste of Higher Education

**Time:** 11:00 AM – 12:00 PM

**Venue:** TUS Moylish Campus, Moylish Park, Limerick. V94 EC5T. Room 3B02.

Always wanted to go to university but didn't know where to start? Taster lectures will be hosted by lecturing staff from the TUS Certificate in Transition to Higher Education programme to showcase university study in an informal and enjoyable manner. Information and support will be provided for anyone who wishes to explore studying at TUS. Information on the Certificate in Transition to Higher Education programme is available Transition to Higher Education (Certificate, L6, 20 ECTS) - TUS This event is open to all and may be of particular interest to anyone who has been out of education for a long time and may be considering entering TUS as a mature student. Event hosted by TUS Flexible Learning and TUS Access Service.

**Contact:** [Anna.Murphy@tus.ie](mailto:Anna.Murphy@tus.ie) Places are limited, and booking is required, email Anna Murphy to book.



## Job Quest - Unlock your Future

**Time:** 11:00 AM – 12:30 PM

**Venue:** EmployAbility Limerick, 5 Mallow Street, Limerick, V94 FE8H

Drop in for a chat and take part in our mini workshops—quick, focused sessions (max. 10 minutes per person) designed to help you on your job-seeking journey. Tea and coffee provided! Quick-Fire Mock Interviews – Need help preparing for interviews? Unsure how to answer tricky questions? Get expert tips to boost your confidence and interview skills. CV Clinic – Receive personalized CV advice to make yours stand out. Meet Local Employers – Gain valuable insights from 2–3 employers on-site, ready to share their expertise. Guidance from EmployAbility Job Coaches – Get practical tips to enhance your job search and career prospects. Of interest to anyone seeking advice and support in their job search, including those with a disability or health condition who are considering returning to work; and interested in finding out more about Employability services. Don't miss this opportunity to take the next step in your career!

**Contact:** Catherine Doyle [admin@employabilitylimerick.ie](mailto:admin@employabilitylimerick.ie) 061 493095



## Thinking of becoming Self Employed – What are your options?

**Time:** 11:00 AM – 12:30 PM

**Venue:** LAES Unit 4, Tait Business Centre, Dominic Street, Limerick.

A workshop on uncovering the issues related to becoming self-employed. How do you determine the viability of your idea? Topics covered: - Practical steps to take for a successful outcome, Implications for your benefits if you are on a payment from the Department of Social Protection, Implications for Revenue Commissioners etc. Of interest to anyone thinking of becoming self-employed. Hosted by PAUL Partnership Enterprise Service.

**Contact:** Nuala Rennison: [nrennison@paulpartnership.ie](mailto:nrennison@paulpartnership.ie) Ann Marie Gleeson: [amgleeson@paulpartnership.ie](mailto:amgleeson@paulpartnership.ie) Tel: 061 419388.





## Creative Writing Workshop

**Time:** 11:00 AM – 12:30 PM

**Venue:** Learning Hub, College of FET, Mulgrave Street Campus, Limerick.

An introduction to writing creative pieces, featuring writing exercises, group discussion, and collaboration. For Adult Students and General Public (18+).

**Contact:** Maeve Shanahan-McCormack [maeve.shanahan@lcbt.ie](mailto:maeve.shanahan@lcbt.ie) Nial Hehir [nial.hehir@lcbt.ie](mailto:nial.hehir@lcbt.ie)



## Mindfulness Skills for Your Mental Health and Wellbeing

**Time:** 11:00 AM – 1:00 PM

**Venue:** The Hunt Museum, Rutland Street, Limerick.

Mindfulness helps us to develop our awareness of our internal experience, moment to moment; to enhance our relationships with ourselves, others & with the environment, to take better care of our mental & physical health, including finding ways to work with low mood, anxiety & depression. The practice of mindfulness is something that everyone can benefit from. Being able to consider a situation & your own thoughts before acting is a powerful skill. Hosted by Shine with Amanda Clifford facilitating.

**Contact:** Amanda Clifford [celtichandsdesign@yahoo.ie](mailto:celtichandsdesign@yahoo.ie) 086 8954592



## Ed Tech in Higher Education

**Time:** 11:00 AM (Online)

**Venue:** Online Session <https://shorturl.at/r6iFX>

**Meeting ID:** 387 243 506 449

**Passcode:** pF9uC3sj

Overview of TUS/Flexible Teaching and Learning capabilities through Ed Tech, Best practice examples, and the future of Ed Tech in HE. Overview of TUS/Flexible Teaching and Learning through Ed Tech. Technological University of the Shannon (TUS) and the Flexible Learning has embraced flexible teaching and learning models powered by educational technology (Ed Tech). This session will look at how we have gone about this since Covid, the challenges facing us currently (AI) and what tomorrow may look like from an Ed Tech point of view. Of interest to Educators, Administrators, Instructional Designers, IT and developers. Event hosted by TUS Flexible Learning.

**Contact:** Brendan Dolan [Brendan.dolan@tus.ie](mailto:Brendan.dolan@tus.ie) 061293802



## Craft Workshop

**Time:** 12:00 AM - 3:00 PM

**Venue:** Moyross Community Hub, Moyross, Limerick.

You are welcome to join us for a craft workshop where you can take part crafts such as Jewellery Making and Needle felting. Some craft items from Community Education learners will also be on display. Join Limerick and Clare Education and Training Board tutors Caron Tierney, Colleen Collins and Martina Tuite for this workshop. Hosted by Moyross Adult Education Group.

**Contact:** Tony Ryan [moyaded@gmail.com](mailto:moyaded@gmail.com) 087-3379437





## Ukrainian for Beginners

**Time:** 12:30 AM -1:30 PM

**Venue:** Limerick Youth Service, 5 Lr. Glentworth St, Limerick, V94 28C4.

Young people with Limerick Youth Service's Community Training Centre will host a Ukrainian Class for beginners with a focus on greetings in Ukrainian. (Pre-Booking Essential).

**Contact:** Dermot Troy [dermott@limerickyouthservice.org](mailto:dermott@limerickyouthservice.org) 061-412444/083-1726898



## "Do You Know What You're Eating?"

**Time:** 12:30 PM – 1:30 PM

**Venue:** Kilmallock Library, Áras Mainchín Seoighe, Kilmallock, Co. Limerick, V35 HC98.

Explore the impact of nutrition on physical and mental health. Learn how to make informed dietary choices and change habits for the better that energise and support overall well-being by integrating Lifestyle Medicine and Positive Psychology coaching. Understand the Impact of Nutrition: Learn how nutrition directly affects overall health and well-being, including its connection to illness, mental clarity, and resilience to stress. Open to the General Population. Max. 35 places. Hosted by Healthy Limerick, Limerick City and County Council.

**Contact:** Healthy Ireland [healthy.limerick@limerick.ie](mailto:healthy.limerick@limerick.ie) 061 557142



## Countering Disinformation

**Time:** 1:00 PM – 2:00 PM

**Venue:** Activity Room, 1st Floor, Limerick City Library, Barrow House, Michael Street, Limerick.

Europe Direct Limerick presents a free talk by expert Anthony Angelini which will focus on "Countering Disinformation through the teaching of Digital Media Literacy". It will look at the attention-based infrastructure of social media and how this need for engagement encourages the spreading of extreme, hyper-partisan content. The various tools that can be used to identify disinformation will be discussed: e.g. Developing Critical Thinking Skills, Fact-Checking, analysing content for manipulation (deepfake, AI generated), identifying bot accounts.

**Contact:** [citylibrary@limerick.ie](mailto:citylibrary@limerick.ie) (061) 557 510



## Open Choir Rehearsal

**Time:** 1.00 PM to 2.30 PM

**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. Open to anyone who likes to sing!

**Contact:** Paul Collins [Paul.Collins@mic.ul.ie](mailto:Paul.Collins@mic.ul.ie) 086 823 4464



## Free Lunchtime Concert

**Time:** 1:15 PM – 2:00 PM

**Venue:** Saint Mary's Cathedral, V94 E068

A free Lunchtime Concert will take place at Saint Mary's Cathedral, V94 E068, with Catherine O'Carroll (soprano). All welcome!

**Contact:** Evelyn [cathedrallimericksecretary@gmail.com](mailto:cathedrallimericksecretary@gmail.com) 061310293





## English Conversation Club Taster Session – Kilmallock Library

**Time:** 1:30 PM-4:00 PM

**Venue:** Kilmallock Library, Millmount Kilmallock, Ireland, V35HC98, Limerick

Join the English Conversation Club in Kilmallock! Meet new people, practice spoken English, or volunteer to support others in a friendly setting. Learn more about the club, meet current members, and explore opportunities to get involved. For people looking to improve their spoken English and volunteers willing to support them. Hosted by Ballyhoura CLG.

**Contact:** Karyna Airapetova [kairapetova@ballyhoura.org](mailto:kairapetova@ballyhoura.org) 0862007956



## Hi-Digital – Improving your Online Skills

**Time:** 2:00 PM – 3:00 PM (1hr)

**Venue:** Northside Family Resource Centre, Clonconnane Road, Ballynanty, V94APX8.

Providing basic support and training to people in using their smartphones, computers, and tablets. Learn to send texts, book holidays, access and send emails, etc. Of interest to older individuals who may struggle with using apps and devices.

**Contact:** Martyna Bieniek [martynabieniek@northsidefrc.ie](mailto:martynabieniek@northsidefrc.ie) 061 326623. Please ring ahead to book a place.



## Gambling and Gaming Awareness: How to Avoid Possible Problems

**Time:** 2:00 PM – 3:00 PM

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

Gambling and gaming are common activities amongst all age groups in Ireland and can be a source of enjoyment and fun. For some people, they can lead to financial and health problems for the person and their family/significant others. In this session, based on the most up-to-date research, we will look at the most recent Irish data, how to self-screen for possible problems, and tools to reduce gambling-related harm, including digital means of protection. We will finish up with signposting to local and national support services. We need to reduce the stigma around looking for help! For any interested members of the public, students, parents etc.

Hosted by University of Limerick – Healthy UL.

[www.ul.ie/healthy-ul/wellbeing-resources/addiction/substance-use-and-gambling-support-service](http://www.ul.ie/healthy-ul/wellbeing-resources/addiction/substance-use-and-gambling-support-service)

**Contact:** Feel free to book a place, but it is not at all necessary with [sugs@ul.ie](mailto:sugs@ul.ie)

(Names/email addresses will not be shared with anybody.)





## Ukrainian Youth Information

**Time:** 3:00 PM – 5:00 PM

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

Members of the Ukrainian Community who would like to know more about literacy supports for young people are invited to attend this drop-in Information Session at Limerick Youth Service with Youth Information Officers on site to provide support and information. A Ukrainian speaker will be on site to answer your queries. Of interest to Ukrainian families, parents/guardians.

**Contact:** Dermot Troy [dermott@limerickyouthservice.org](mailto:dermott@limerickyouthservice.org) 061-412444/083-1726898



## Ceramics – Taster Class

**Time:** 3:00 PM – 5:00 PM

**Venue:** College of FET, Mulgrave St, Limerick. In the Ceramics room G27. Go through the main gate of the College of FET, Mulgrave St and the classroom G27 is on the left. The classroom is not in the main building.

This hands-on ceramics workshop give you the chance to explore clay in a friendly and relaxed atmosphere. Aoife will guide you through creating a vessel using the coiling technique. Suitable for any ability over 16 years. All materials are provided for you, but you might like to bring an apron.

**Contact:** Aoife Slattery [aofe.slattery@lcteb.ie](mailto:aofe.slattery@lcteb.ie) 086 1571122



## Education and Training: Your Next Step

**Time:** Live online, support available 4:00 PM – 8:00 PM

**Venue:** This event is an online event with the Youth Information Officers available via [limerickyouthservice.com/got-a-question](http://limerickyouthservice.com/got-a-question)

Young people who would like to learn more about the many alternative education and training opportunities available can speak with a Youth Information Officer. The team are online daily and can be accessed via [limerickyouthservice.com](http://limerickyouthservice.com) or through social media. For young people, parents/guardians, teachers, youth workers.

**Contact:** Dermot Troy [dermott@limerickyouthservice.org](mailto:dermott@limerickyouthservice.org) 061-412444/083-1726898



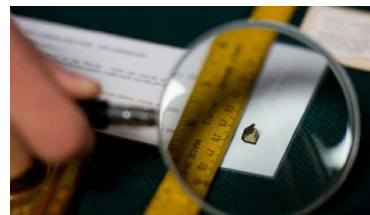
## Northside FRC Learner Exhibition Launch

**Time:** 5:30 PM – 7:30 PM

**Venue:** Watch House Cross Library, Kileely Rd, Limerick, V94 NH51.

A showcase of artworks created by the Painting and Craft classes of Northside FRC. Opening event will take place at 5.30pm and the exhibition will hang throughout the week. Learners and their families and members of the local communities welcome. Light refreshments provided. Parking available.

**Contact:** Elaine Farah [elainefarah@northsidefrc.ie](mailto:elainefarah@northsidefrc.ie) 061 326623





## Language Tasters: Discover a new language in 2025 – Spanish

**Time:** 6:00 PM -7:00 PM

**Venue:** Online

Are you interested in learning a new language and discovering a new culture, but you are not sure whether language learning is for you? Then join us for a language taster session. We are offering you the chance to attend an introductory session in: Spanish with Angel. For members of the public and all those interested in learning a new language and discovering a new culture. Hosted by University of Limerick School of Modern Languages and Applied Linguistics, Language Outreach Programme (LOP).

**Contact:** Catherine Jeanneau, Language Outreach Programme [Catherine.Jeanneau@ul.ie](mailto:Catherine.Jeanneau@ul.ie)

Visit for further information [www.ul.ie/artsoc/mlal/programmes/evening-language-courses](http://www.ul.ie/artsoc/mlal/programmes/evening-language-courses) To register for one or several sessions, fill up this form: [forms.office.com/e/2pBd7wCEgZ](https://forms.office.com/e/2pBd7wCEgZ)



## Language Tasters: Discover a new language in 2025 – Arabic

**Time:** 7:00 PM – 8:00 PM

**Venue:** Online

Are you interested in learning a new language and discovering a new culture, but you are not sure whether language learning is for you? Then join us for a language taster session. We are offering you the chance to attend an introductory session in: Arabic with Hadjer and Roumaissa. For members of the public and all those interested in learning a new language and discovering a new culture. Hosted by University of Limerick School of Modern Languages and Applied Linguistics, Language Outreach Programme (LOP).

**Contact:** Catherine Jeanneau, Language Outreach Programme [Catherine.Jeanneau@ul.ie](mailto:Catherine.Jeanneau@ul.ie)

Visit for further information [www.ul.ie/artsoc/mlal/programmes/evening-language-courses](http://www.ul.ie/artsoc/mlal/programmes/evening-language-courses) To register for one or several sessions, fill up this form: [forms.office.com/e/2pBd7wCEgZ](https://forms.office.com/e/2pBd7wCEgZ)



## Share your Impact Story - Ballyhoura Social Enterprise Showcase

**Time:** 7:00 PM – 9:00 PM

**Venue:** Ballyhoura Development Office, Coote Hall, Kilmallock, Co. Limerick, V35 C993  
Understanding & Using your Social Enterprise Data to Share Your Impact Story.

Information and examples of how numeric data, case studies, surveys and testimonies give valuable information to help social enterprises assess and communicate their benefits to their communities, funders and volunteers. Showcasing many education, enterprise, environment, social and health benefits of our local social enterprises. Chat and learn opportunities. For social enterprises and general public within the Ballyhoura or greater Limerick area who would like to know more about the many benefits social enterprises make as well as learning about impact measuring systems. Showcase will include stands from local social enterprises, short story videos and sample tools to get started on your impact assessment journey.

**Contact:** Clare Jordan [cjordan@ballyhoura.org](mailto:cjordan@ballyhoura.org) 063-20555



### Financial Literacy Mentoring for Business Owners and Start-ups

**Time:** 9:00 AM - 5:00 PM (Individual slots to be allocated)

**Venue:** Online (max 7 participants)

1 Hour online session on a 1-2-1 basis, with a Financial Mentor who will answer questions and give guidance to those who have recently set up a business or are thinking of setting one up, who may have difficulty understanding business financials, such as tax and bookkeeping. Max 7 participants for the 1-2-1 slots. Website - <http://www.localenterprise.ie/limerick> Hosted by Local Enterprise Office, Limerick.

**Contact:** Mike O'Byrne - [mike.obyrne@limerick.ie](mailto:mike.obyrne@limerick.ie)



### Creative Media Taster Day

**Time:** 9:15 AM – 2:15 PM

**Venue:** College of FET, Mulgrave Street, Limerick.

Located at our Mulgrave Street Campus, Limerick, The Department 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 and Acting for Stage, Screen and Digital Media. The Taster Day will offer participants insight into the various media disciplines within the Department. This event is of interest to Part-time Adult learners, Youthreach Learners, Full-time Adult Learners, Eligible Migrants/direct provision learners. Max Number 12. Light refreshments provided.

**Contact:** Carmel Prendergast [carmel.prendergast@limerick.ie](mailto:carmel.prendergast@limerick.ie) 061 403908. Booking via FETCH form at Come Learn Creative Media Taster Day Lifelong Learning Festival <https://www.fetchcourses.ie/course/finder?sfwc-courseid=474758>



### Limerick Soviet Exhibition

**Time:** 10:00 AM - 5:00 PM

**Venue:** Watch House Cross Community Library, Watch House Cross Shopping Centre, Moyross, 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:** Watch House Cross Community Library [watchhousecrosslibrary@limerick.ie](mailto:watchhousecrosslibrary@limerick.ie) 061 557726



### Northside FRC Learner Exhibition

**Time:** 10:00 AM - 5:00 PM

**Venue:** Watch House Cross Library, Kileely Rd, Limerick, V94 NH51.

A showcase of artworks created by the Painting and Craft classes of Northside FRC. This exhibition will hang throughout the week. Parking available.

**Contact:** Elaine Farah [elainefarah@northsidefrc.ie](mailto:elainefarah@northsidefrc.ie) 061 326623



## Engaged Research in the Community – Getting Started

**Time:** 10:00 AM – 11:30 AM (1.5hrs)

**Venue:** University of Limerick City Campus, Sarsfield Street, Limerick.

Engaged research involves participation and collaboration, it involves researching with communities as equal partners. In this interactive workshop the essentials of engaged research are explored. Participants will consider the principles and values of engaged research and will learn about the key methods used in this type of research. Participants will also hear from community members who have taken part in engaged research projects. For community members and organisations interested in undertaking research in their communities. Tea & Coffee provided. Hosted by UL Engage, CWELL.

**Contact:** Eileen Hoffer [eileen.hoffer@ul.ie](mailto:eileen.hoffer@ul.ie) 086 0313202



## With Love Limerick

**Time:** 10:00 AM – 12:00 PM

**Venue:** Mary Immaculate College, G08, South Circular Road, Limerick, V94 VN26.

With Love Limerick is an invitation to play with words and to write. In this collaborative workshop, you will be guided through a series of creative writing prompts and exercises to release the writer in you; it is an opportunity to discover new ways of expressing your ideas and experiences in a supportive creative space. No experience in creative writing is necessary. Places are limited. Please bring a pen and paper with you on the day.

**Contact:** Eventbrite link - <https://www.eventbrite.ie/e/with-love-limerick-tickets-1245881267409?aff=oddtcreator>

Dr Josephine Brady Course Coordinator of Structured PhD/ MEd in Literacy Education  
085 8702647 <http://www.mic.ul.ie> [josephine.brady@mic.ul.ie](mailto:josephine.brady@mic.ul.ie)



## Men's Group Open Day

**Time:** 10:00 AM – 12:00 PM

**Venue:** Northside Family Resource Centre, Clonconnane Rd, Ballynanty, V94 APX8.

A chance to come and meet our Men's Group, get to know the members, and take part in activities. For men in the local area looking to get involved with social activities, outings, and peer support.

**Contact:** Martyna Bieniek [martynabieniek@northsidefrc.ie](mailto:martynabieniek@northsidefrc.ie) 061 326623. Please ring in advance to register attendance.



## "I don't know what they are on about" Making sense of political nonsense!

**Time:** 10:00 AM – 12:30 PM (2.5hrs)

**Venue:** The Absolute Hotel, Sir Harrys Mall, Limerick. V94 WP52

This event will create a welcoming space for women to learn more about how our local council and political systems work, in easy and accessible language. The event will include experts in the field and plenty of time for audience interaction and questions and answers. This is your chance to ask who? how? what? and why? about Irish politics. This event is open to all women over 18 years of age. Light refreshments will be provided. Hosted by Women's Collective Ireland – Limerick.

**Contact:** Contact the Women's Collective Ireland - Limerick team at [limerick@womenscollective.ie](mailto:limerick@womenscollective.ie) or on 087-3283746. Places are limited and must be booked in advance.







## Coffee and Chats

**Time:** 10 AM

**Venue:** Coláiste Nano Nagle, 20 Sexton Street, Limerick.

Joining Limerick and Clare Education and Training Board tutor Maeve Cosgrave, we will learn to have a brief conversation in Irish, Spanish, English and Bengali during our coffee morning. For all learners interested in a cuppa and chat in either their own language or to learn a new one.

**Contact:** Maeve Cosgrave/Mary Kavanagh [maeve.cosgrave@lcefb.ie](mailto:maeve.cosgrave@lcefb.ie) 086 8458939



## Conversation Club

**Time:** 10 AM – 12 PM

**Venue:** Northside Family Resource Centre, Cloncannone Road, Ballynanty, Limerick, V94 APX8

A relaxed and fun space to practice speaking English through conversations. This group is open to all on the northside of Limerick, particularly those whose English is not their first language. For those who want to practice their speaking of the English language. Refreshments provided on the day. Please contact Melissa if interested in attending this event. Hosted by Northside Conversation Club.

**Contact:** Melissa Barrett [melissabarrett@northsidefrc.ie](mailto:melissabarrett@northsidefrc.ie) 061 326623



## Education and Training for Young People

**Time:** 10:00 AM – 2:00 PM

**Venue:** LYS Community Training Centre, 5 Lr. Glentworth St, Limerick, V94 YF95.

Limerick Youth Service are inviting young people, parents/guardians & those who work with young people to an Exploration Day at its Community Training Centre. Learners will share their educational experience while you can learn about the alternative education & training courses at LYS. General audience.

**Contact:** Graham Quantrell [grahamquantrell@limerickyouthservice.org](mailto:grahamquantrell@limerickyouthservice.org) 061-412444/086-8062192



## Age with Independence at Home

**Time:** 10:30 AM – 12:00 PM

**Venue:** Hospital FRC, Knockainey Road, Hospital, Co. Limerick.

Age Friendly Ireland Healthy Homes team will be on site to give information on a free service covering topics on housing, health, finance, community, technology and climate/energy. The Healthy Age Friendly Homes Programme aims to support older people to live in their own home with dignity and independence, for as long as possible. The programme's ambition is to enable everyone to live longer healthier lives by keeping care close to home and expanding the range of health and social care services in the community. For people aged 65+ or their family's. Event is free and light refreshments will be provided.

**Contact:** Martha Potter [mpotter@hospitalfrc.com](mailto:mpotter@hospitalfrc.com) 087 2813342





## VR and Generative AI in Higher Education- Virtual Speech Demo

**Time:** 11:00 AM

**Venue:** Moylish Campus, V94 EC5T, Room 3B03.

Join us for an interactive VR experience at the Lifelong Learning Festival, where we'll explore how AI-powered virtual reality can transform the way we learn and develop professional skills. In this hands-on session, you'll step into Virtual Speech, a cutting-edge VR training tool designed to enhance public speaking, interview techniques, leadership skills, and more. Experience real-time AI feedback on your communication, body language, and confidence - just like in a real-world setting. Of interest to Educators, Administrators, Instructional Designers, IT and Developers.

**Contact:** Brendan Dolan [Brendan.dolan@tus.ie](mailto:Brendan.dolan@tus.ie) 061293802



## Mood Food

**Time:** 11:00 AM – 12:00 PM

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

Have you ever thought or noticed a change in your mood if you choose one type of food over another such as chocolate over a piece of fruit? This workshop hosted by National Learning Network – Focus Programme will look at the connection between the food we choose and how this affects our mood. This session will demonstrate how to include mood food into our daily lives. Open to everyone.

**Contact:** Yvonne Deegan [Yvonne.deegan@nl.nie](mailto:Yvonne.deegan@nl.nie) 087 9157066



## Introduction to Mary Immaculate College for Mature Students

**Time:** 11:00 AM – 12:30 PM (1.5hrs)

**Venue:** G10 - Mary Immaculate College, South Circular Road, Limerick. V94VN26

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. The main target audience is mature students from the surrounding areas. Of interest to people aged over 23 come September 2025 who are interested in pursuing a third level degree in Mary Immaculate College.

**Contact:** Rob O'Halloran [rob.ohalloran@mic.ul.ie](mailto:rob.ohalloran@mic.ul.ie) The max number is 50 attendees. Booking essential through Eventbrite - <https://www.eventbrite.ie/e/introduction-to-mary-immaculate-college-for-mature-students-tickets-1245949110329?aff=oddtcreator>



## Making Friends with Your Brain Workshop

**Time:** 11:00 AM – 1.00 PM

**Venue:** The Hunt Museum, Rutland St, Limerick.

Join A.B.C. for Mental Health's Amanda Clifford & Ann McDwyer for an experience of creativity & movement. As we let go & enjoy being creative, it opens a space to experience being playful. Remember what it is to have fun in a safe environment. Everyone is welcome.

**Contact:** Amanda Clifford [celtichandsdesign@yahoo.ie](mailto:celtichandsdesign@yahoo.ie) 086 8954592



## Celebration of Achievement

**Time:** 11:00 AM – 1.00 PM

**Venue:** Please confirm with [leesha.foley@lcebt.ie](mailto:leesha.foley@lcebt.ie) or [simon.ratcliffe@lcebt.ie](mailto:simon.ratcliffe@lcebt.ie)

Join our team here in the College of FET, Kilmallock Town Campus for a special celebration to recognise the achievements our QQI level 1-3 learners. We wish to acknowledge their hard work and dedication. We look forward to celebrating this event with you. Light refreshments will be served.

**Contact:** Leesha Foley [leesha.foley@lcebt.ie](mailto:leesha.foley@lcebt.ie) 086 0422317 063 20246



## Singing For Lung Health Classes

**Time:** 11.15 AM to 12.30 PM

**Venue:** Moyross Community Centre (Wheelchair friendly), Moyross, Limerick.

Do you have COPD or know someone who does? Come and learn how to use your breath and voice through singing to help self-manage symptoms of COPD and chronic lung disease. Classes are interactive, fun and informative and include breath work, gentle exercise and singing. We will also have tea/coffee and a chat. In aid of Limerick's Lifelong Learning Festival, we are having a one-day event to welcome newcomers. Here you will meet the fabulous facilitator Ciara and get a chance to experience what the weekly classes are like. Refreshments will also be provided. Hosted by PAUL Partnership Social Prescribing Service.

**Contact:** Kayleigh Mullane, PAUL Partnership, 0879820352; [kmullane@paulpartnership.ie](mailto:kmullane@paulpartnership.ie)



## Designing Accessible and Inclusive Promotional materials

**Time:** 11.30 AM to 1.00 PM

**Venue:** The Brass and Reed Band Hall, No. 2 Garryowen Road, Garryowen, Limerick. V94YW26  
In today's age, it's crucial to prioritize accessibility when designing promotional materials including social media posts, videos, and posters. In this workshop we will cover design principles focused on 'Accessible information for all'. We will explore how to ensure that the message of your promotional material reaches your audience in a way that is impactful and easy to understand for all. Hosted by PAUL Partnership SICAP Programme.

**Contact:** Mariola Jurewicz Jurgas [mjurgas@paulpartnership.ie](mailto:mjurgas@paulpartnership.ie) 087 4952484





## Tour of Moylish Campus Library

**Time:** 12:00 PM – 12:45 PM

**Venue:** TUS, Moylish Campus Library, Moylish Park, Limerick, V94 EC5T.

Tour of Moylish campus library, giving participants an overview of library services and resources in a university library, including TUS library's information literacy sessions for students and the positive impact for lifelong learning. For all audiences particularly anyone considering returning to education in a university setting.

**Contact:** To book a place please email [Library.midwest@tus.ie](mailto:Library.midwest@tus.ie) Subject: Limerick Lifelong Learning Festival Moylish Library Event.



## Thriving After 55 – Strategies for a Resilient and Positive Life<sup>9</sup>

**Time:** 12:00 PM – 1:00 PM

**Venue:** Adare Library, Main Street, Adare, Co. Limerick, V94 HNHO.

Embracing Positive Ageing: Discover how positive psychology principles can empower individuals over 55 to redefine ageing, embrace new possibilities, and enhance life satisfaction through meaningful connections and experiences. General Population and over 55's welcome. Max. 25 places. Hosted by Healthy Limerick, Limerick City and County Council.

**Contact:** Healthy Ireland [healthy.limerick@limerick.ie](mailto:healthy.limerick@limerick.ie) 061 557142



## Gundermann – Work, Life and Music in the GDPR and his Legacy in Ireland

**Time:** 1:00 PM – 1:45 PM

**Venue:** G08, Mary Immaculate College, South Circular Road, Limerick.

An introduction to Andreas Dresen's GUNDERMANN film and to Dave Robb's translation of Gerhard Gundermann's songs. Lunch will be provided - thanks to the Dean of Arts Prof. Bill Leahy. There will be a screening of the film in the Belltable on 15 April at 2pm followed by a Q&A with renowned German filmmaker Andreas Dresen, and a concert at 8pm with songs by Gundermann in English by Dave Robb and his Belfast band. The event is sponsored by the German Academic Exchange Service, the Centre for Irish German Studies, and MIC's Centre for Transnational Studies. Students, staff, and the wider public welcome.

**Contact:** Christiane Schönfeld [christiane.schonfeld@mic.ul.ie](mailto:christiane.schonfeld@mic.ul.ie)



## Generative Artificial Intelligence (GenAI): Why should I C.A.R.E.?

**Time:** 1:00 PM – 2:00 PM

**Venue:** Limerick City Library, Barrow House, Michael St. Limerick

Curious about Generative Artificial Intelligence (GenAI) and its potential impact on our lives? Join staff from the University of Limerick's Glucksman Library, Academic Integrity Unit and Centre for Transformative Learning for an engaging and interactive workshop. Learn what GenAI is and isn't and explore some popular tools and how they are being applied in fields like education and creativity. Plus, we'll discuss the ethical issues around GenAI and guide you on responsible usage with our C.A.R.E. principles. We hope you can join this important session to learn about this rapidly evolving technology. Open to members of the public and students. MAX capacity 25. Hosted by University of Limerick – Glucksman Library, Academic Integrity Unit and Centre for Transformative Learning (CTL).

**Contact:** Michelle Breen [Michelle.Breen@ul.ie](mailto:Michelle.Breen@ul.ie) 061 233625

To book a place: <https://ul.libcal.com/event/4351281>





## Literacy to Mastery: The Journey of Continuous Learning

**Time:** 1:00 PM – 2:15 PM

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

Unlock the key to staying relevant, competitive, and ahead of the curve. Learning shouldn't be an afterthought in your career, it is a continuous journey that begins with foundational knowledge and leads to greater expertise. The benefits – enhanced competitiveness and career innovation – are too significant to ignore. Whether you're a professional looking to enhance your skill set or a newcomer embarking on your career path, this event offers invaluable insights, practical advice, and inspiration to embrace the journey of continuous learning. Invest in your growth, sharpen your skills, and stay ahead in your career! Of interest to learning and development professionals, HR specialists and members of the public who are interested in progressing their professional and/or personal development. Hosted by Graduate and Professional Studies, University of Limerick and Limerick Chamber Skillnet.

**Contact:** Register here <https://www.ul.ie/gps/events/literacy-to-mastery-the-journey-of-continuous-learning>



## Introduction to Script Writing

**Time:** 1:00 PM – 2:30 PM

**Venue:** T2 | College of FET, Mulgrave St Campus., Limerick.

This script-writing class, perfect for beginners looking to explore the art of storytelling for film, TV, or theatre. This session will cover fundamental script-writing theory, including story structure, character development, and key elements of a compelling script. We'll also dive into a hands-on writing exercise designed to spark creative ideas and help you generate unique story concepts. For anyone with an interest in filmmaking, creative writing, storytelling and with a passion for films welcome. Hosted by the Arts and Media Dept, College of FET, Mulgrave Street Campus.

**Contact:** Declan Doody [Declan.doody@lcteb.ie](mailto:Declan.doody@lcteb.ie)



## Open Mic for Creative Writing Learners

**Time:** 2:00 PM – 4:00 PM

**Venue:** St Saviours Community Hall, Parkview Court, Lord Edward Street, Limerick, V94 N564.

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 tutor Eileen Nevin for this event. Of interest to any person interested in creative writing and storytelling.

**Contact:** Paul Purcell [paul.purcell@lcteb.ie](mailto:paul.purcell@lcteb.ie) 086-0338156





## An Introduction to Life Writing

**Time:** 3:00 PM – 4:30 PM

**Venue:** G10, Main Building, Mary Immaculate College, South Circular Road, Limerick.

Fighting Words Limerick is delighted to present an introduction to memoir writing as part of Limerick Lifelong Learning Festival. Fighting Words Ireland is a creative organisation co-founded by Roddy Doyle which helps people of all ages and backgrounds to discover and harness the power of their own imaginations and creative writing skills. This session will give attendees a background to life writing, as well as some independent writing time to kickstart your memoir. No previous experience of writing is required, and perfect spelling and grammar is not important for this workshop. Everyone has a story to tell, so come share yours with us! General Public and adults welcome!

**Contact:** Patricia O'Sullivan [patricia.osullivan@mic.ul.ie](mailto:patricia.osullivan@mic.ul.ie)



## Storytelling

**Time:** 3:00 PM – 5:00 PM

**Venue:** King's Island Community Centre, Verdant Place, Castle Street, St. Mary's Park, Limerick

This is an intergenerational event for the King's Island Community. An afternoon with the Family Learning group to engage with local storytellers and share stories of King's Island such as Drunken Thady and the Bishops Lady, The Banshee of the Handball Alley and the Green Lady. Children will get the opportunity to put the mental images they conjure up onto paper after hearing the stories. For families from the King's Island Community.

**Contact:** Mary Hughes [mhughes@paulpartnership.ie](mailto:mhughes@paulpartnership.ie) 087 1249180 Booking required.



## Creative Literacy for Teenagers

**Time:** 4:00 PM-6:00 PM

**Venue:** Northside Youth Space, Ballynanty Road, Limerick, V94 TPP3

Teenagers are invited to explore their creative side through art at the Footsteps Youth Café, Northside Youth Space.

**Contact:** Stacey Lyons [staceyl@limerickyouthservice.org](mailto:staceyl@limerickyouthservice.org) 061-408122/083-8546757



## Education and Training: Your Next Step

**Time:** Live online, support available 4:00 PM – 8:00 PM

**Venue:** This event is an online event with the Youth Information Officers available via

[limerickyouthservice.com/got-a-question](http://limerickyouthservice.com/got-a-question) Young people who would like to learn more about the many alternative education and training opportunities available can speak with a Youth Information Officer. The team are online daily and can be accessed via [limerickyouthservice.com](http://limerickyouthservice.com) or through social media. For young people, parents/guardians, teachers, youth workers.

**Contact:** Dermot Troy [dermott@limerickyouthservice.org](mailto:dermott@limerickyouthservice.org) 061-412444/083-1726898





## Digital Services and Seniors Inclusion DSSI Modules (TUS)

**Time:** 5:30 PM – 6:30 PM

**Venue:** Online MS Teams Online Discussion Join the meeting now Meeting ID: 335 006 546 060 Passcode: 8hS6LC6d

The DSSI project has a consortium composed of 6 organisations from 5 different countries. The DSSI project aims to promote the rights of older people (low-skilled, living in remote areas, with mobility difficulties, migrants, etc.) to access information and lifelong learning. Therefore, the project will enable them to enjoy the right to participate in everyday society as independent citizens, through digitally active ageing. For Community Facilitators, Group Leaders, Trainers in Digital Literacy, Librarians, Church Leaders, Community Development Workers, Community Engagement Workers, all welcome. Informative discussion and introduction for training tools that can be referred to adapted and modified to suit and engage an aged audience. Learners can contact us in advance to get the log in details for the DSSI training materials; so learners can have a look at the material and then ask questions at the online event. This introductory event may lead to a longer course in digital literacy if there is the interest. Hosted by PAUL in Collaboration with Technological University of the Shannon (TUS).

**Contact:** Martina Shanahan [MShanahan@paulpartnership.ie](mailto:MShanahan@paulpartnership.ie) 087-1704552, for Teams link and registering.



## Language Tasters: Discover a new language in 2025 – Japanese

**Time:** 6:00 PM – 7:00 PM

**Venue:** Online

Are you interested in learning a new language and discovering a new culture, but you are not sure whether language learning is for you? Then join us for a language taster session. We are offering you the chance to attend an introductory session in: Japanese with Sachiyo. For members of the public and all those interested in learning a new language and discovering a new culture. Hosted by University of Limerick School of Modern Languages and Applied Linguistics, Language Outreach Programme (LOP).

**Contact:** Catherine Jeanneau, Language Outreach Programme [Catherine.Jeanneau@ul.ie](mailto:Catherine.Jeanneau@ul.ie) Visit for further information <https://www.ul.ie/artsoc/mlal/programmes/evening-language-courses> To register for one or several sessions, fill up this form: <https://forms.office.com/e/2pBd7wCEgZ>





## Language Tasters: Discover a new language in 2025 – German

**Time:** 7:00 PM – 8:00 PM

**Venue:** Online

Are you interested in learning a new language and discovering a new culture, but you are not sure whether language learning is for you? Then join us for a language taster session. We are offering you the chance to attend an introductory session in: German with Constance. For members of the public and all those interested in learning a new language and discovering a new culture. Hosted by University of Limerick School of Modern Languages and Applied Linguistics, Language Outreach Programme (LOP).

**Contact:** Catherine Jeanneau, Language Outreach Programme [Catherine.Jeanneau@ul.ie](mailto:Catherine.Jeanneau@ul.ie) Visit for further information <https://www.ul.ie/artsoc/mlal/programmes/evening-language-courses> To register for one or several sessions, fill up this form: <https://forms.office.com/e/2pBd7wCEgZ>



## Social Dancing

**Time:** 7:00 PM – 8:00 PM

**Venue:** St. Johns Girls and Infant Boys school, Cathedral Place, Irishtown, Limerick

This is a social dancing event, where Dance Limerick choreograph the community to dance in sequence to beautiful music. Dance Limerick choreograph the community to dance in sequence to music. Supported by Garryowen CDP; Dance Limerick and Healthy Limerick. For Community Seniors.

**Contact:** Martina Shanahan (087) 1704552; [mshanahan@paulpartnership.ie](mailto:mshanahan@paulpartnership.ie)



For more information [www.limerick.ie/lovelearning](http://www.limerick.ie/lovelearning)





## Nearly Zero Energy Building (NZEB) Fundamental Awareness

**Time:** 9.00 AM - 4.00 PM

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

The aim of this programme is to provide learners with the knowledge in the general principles and practices of Nearly Zero Energy Building (NZEB). On completion of the training programme learners will understand: Basic understanding of NZEB Principles, Basic understanding of Building Physics, Basic understanding of Building Fabric – Continuous Insulation, Thermal Bridging, Air Permeability, Windows and Doors. Basic understanding of Building Services – Space heating and Domestic Hot Water, Controlled Ventilation, Lighting, ICT and Smart Technology, Basic understanding of Renewable Energy, Photo-voltaic, Smart Metering and Electric Vehicles, Understand the required knowledge for Communication and Best Practice User Information. The course is tailored for the general public. It is specifically for homeowners with an interest in make their homes more energy efficient. This course can take a maximum of 14 applicants.

**Contact:** Karolina Bienert 061 487906 [karolina.bienert@lcteb.ie](mailto:karolina.bienert@lcteb.ie)



## All Literacies Change Lives Seminar

**Time:** 9:30 AM – 12:30 PM

**Venue:** UL Access Campus, LEDP, Roxboro, Limerick

Join us for an event about different types of literacy, including Financial Literacy (money skills), Health literacy (understanding health information), Environmental literacy (caring for our planet), Digital literacy (using computers and the internet). You will hear from inspiring speakers and can chat with others at our Networking Café. Keynote Speaker: Yvonne McKenna, Director of Adult Literacy for Life (ALL) Strategy, SOLAS. Refreshments will be provided. This event is hosted by Learning Limerick with the Adult Literacy for Life (ALL) Office and Limerick and Clare Education and Training Board.

**Contact:** Booking required through Eventbrite. For more information, contact: Yvonne Lane, Lifelong Learning Facilitator: [ylane@paulpartnership.ie](mailto:ylane@paulpartnership.ie) or Tom Kent, Regional Literacy Coordinator: [tom.kent@lcteb.ie](mailto:tom.kent@lcteb.ie)



## Sustainability Literacy- Climate Fresk

**Time:** 9.30 AM - 1:00 PM

**Venue:** Online

Climate Fresk is an interactive and collaborative workshop on climate change. It helps participants understand the causes and effects of climate change and empowers them to take high-impact climate action over the course of 3 hours. Open to TUS staff, students and general public.

**Contact:** Darragh Wynne [Darragh.wynne@tus.ie](mailto:Darragh.wynne@tus.ie)  
Register via <https://forms.office.com/e/X97HqpH739>





## Limerick Soviet Exhibition

**Time:** 10:00 AM - 8:00 PM

**Venue:** Watch House Cross Community Library, Watch House Cross Shopping Centre, Moyross, 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:** Watch House Cross Community Library [watchhousecrosslibrary@limerick.ie](mailto:watchhousecrosslibrary@limerick.ie) 061 557726



## Northside FRC Learner Exhibition

**Time:** 10:00 AM - 8:00 PM

**Venue:** Watch House Cross Library, Kileely Rd, Limerick, V94 NH51.

A showcase of artworks created by the Painting and Craft classes of Northside FRC. This exhibition will hang throughout the week. Parking available.

**Contact:** Elaine Farah [elainefarah@northsidefrc.ie](mailto:elainefarah@northsidefrc.ie) 061 326623



## Play – the building blocks to your little one's literacy.

**Time:** 10:00 AM – 11:30 AM

**Venue:** St. Johns Pavilion, Mulgrave Street Limerick, V94 V2PDA

Morning of fun for parents and toddlers. We will be demonstrating different play activities that help to support babies and toddlers' development of early literacy skills. Parents and children under 3 years old. Parents will need to register for this event. Hosted by ABC Start Right, PAUL Partnership.

**Contact:** Jeanne Ryan [jryan@paulpartnership.ie](mailto:jryan@paulpartnership.ie) 061419388. Registration essential



## Join Our Craft Circle

**Time:** 10:00 AM – 12:00 PM

**Venue:** Our Lady of Lourdes Community Centre, Childers Road, Limerick.

Learn how to use different crafts to make wonderful creations whether you are into felt, candle, or jewellery making. Make your own frames and pictures using a range of crafts. For any age group, female.

**Contact:** Denise Hannan [Denise.hannan@ololcsg.ie](mailto:Denise.hannan@ololcsg.ie) 061-228596,



## Women's Easter Bonnets

**Time:** 10:00 AM – 12:00 PM

**Venue:** Hospital FRC, Knockainy Rd, Hospital, Co Limerick. V35RP26

Fun activity with the ladies in the community making Easter bonnets, having a cuppa, chat and a good laugh. The main target audience is open to all women in the area and visitors. Tea & Coffee and snack will be provided.

**Contact:** Maria Frazer [mfrazer@hospitalfrc.com](mailto:mfrazer@hospitalfrc.com) 061-383884. Booking is essential.







## Digital Literacy Taster and Open Day

**Time:** 10:00 AM – 3:00 PM

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

Open day where anyone can call into the campus and meet with staff and tutors, to be shown full potential of digital devices, and be given information of the various digital skills classes and supports that are available in the campus. Open to the general public.

**Contact:** Martina Lonergan 061-381 272



## Creativity for Wellbeing Workshop

**Time:** 11:00 AM – 3:00 PM (includes a break for refreshments)

**Venue:** Hunt Museum, The Custom House, Rutland Street, Limerick. V94 EV8A.

Join our in-person workshop where we explore how creativity can support our wellbeing and then try out a new creative activity, led by artist Evelyn Kelly. Free event. For those aged 18 years and over with an interest in mental health and wellbeing. Complimentary tea/coffee will be provided. Please feel free to bring a sandwich. All material supplied. No experience necessary. Hosted by Mid-West ARIES and the Hunt Museum.

**Contact:** Margaret Keane, Education, Training & Development Officer, Mid-West ARIES

[margaret.keane9@hse.ie](mailto:margaret.keane9@hse.ie) 086 287 3526. Maximum No. of Attendees – 15. The workshop must be booked in advance.



## A Guided Tour of the New Limerick Local Studies Website

**Time:** 12:00 PM – 1:00 PM

**Venue:** Activity Room, 1st Floor, Limerick City Library, Barrow House, Michael St, Limerick.

Limerick's new local studies website was launched in October 2024. It features a vast range of materials for the study of Limerick history, arts and social life. Such is the range of features on the site, our local studies librarian, Mike Maguire, will bring you through a step-by-step guide to using it effectively – including tips and shortcuts. Well worth attending if you would like to get the most out of your time on the website. All adults welcome. Max attendance is 25.

**Contact:** (061) 557 510 [citylibrary@limerick.ie](mailto:citylibrary@limerick.ie)



## Exercise to Music – Fun Cardio Session

**Time:** 1:00 PM – 1:45 PM

**Venue:** College of FET, Kilmallock Road Campus. Kilmallock Road. Courtyard and Gym

Exercise to Music Session - A fun 45-minute exercise to music sessions for all ages and abilities.

Introduction to the Sports Department team and tour of new state of the art gym at College of FET. All are welcome to attend-session. We will cater for all ages and abilities. For anyone looking to do a 45 min cardio session in a fun environment.

**Contact:** Ronan Foyle [ronan.foyle@lcteb.ie](mailto:ronan.foyle@lcteb.ie) 083-038918





## Understanding Your Menstrual Cycle: What to Expect at Every Stage

**Time:** 1:00 PM – 2:00 PM

**Venue:** Kilmallock Library, Kilmallock, Co. Limerick.

Join us for an insightful lunchtime talk titled "Understanding Your Menstrual Cycle: What to Expect at Every Stage." Christine Lane, the founder of Mojo Matters, will guide attendees through the various stages of the menstrual cycle, providing valuable information on what to expect at each phase. This event is part of Lifelong Learning Week 2025, which focuses on health literacy. General Population welcome. Hosted by Slaintecare Healthy Communities, Limerick City and County Council.

**Contact:** Tanya Carey [tanya.carey@limerick.ie](mailto:tanya.carey@limerick.ie) 0864411005



## Self-Employment Information Session for Migrants

**Time:** 1:30 PM – 3:00 PM

**Venue:** Coote Hall Resource Centre, Kilmallock, Co. Limerick. V35 C993.

The session is designed to provide information to Individuals thinking about self-employment and those at early stages of self-employment. Інформаційна сесія щодо відкриття власного бізнесу - англійською з підтримкою українською. Thinking About Self-Employment? Learn about Ballyhoura Development's one-to-one Enterprise Support Services and Enterprise Training Programme, designed to support small business start-ups in the Ballyhoura area. After the session, you'll have the opportunity to ask questions about self-employment. Support in Ukrainian and Russian will be available. The session is designed to provide information to Individuals thinking about self-employment and those at early stages of self-employment that have recently arrived in Ireland. Hosted by Ballyhoura CLG.

**Contact:** Karyna Airapetova [kairapetova@ballyhoura.org](mailto:kairapetova@ballyhoura.org) Carrie O'Donoghue [codonoghue@ballyhoura.org](mailto:codonoghue@ballyhoura.org) This will be the URL for the event: [www.ballyhouradevelopment.com/Event/self-employment-information-session-for-migrants](http://www.ballyhouradevelopment.com/Event/self-employment-information-session-for-migrants)



## Practical Learning – Cooking Demo and Literacy resources

**Time:** 2:00 PM – 3:00 PM

**Venue:** National Learning Network Limerick, Raheen Business Park, Limerick, V94 YNX3 Cooking Demo. For people interested in our practical learning courses specifically our QQI 4 Catering Assistant course that showcases the work of our students. A course for those learners who struggle in a classroom environment but can excel in a supported practical learning environment. We will also display the extra resources NLN offers our students from our Resource Tutor for Literacy, Psychologist and Rehabilitation Officer offering a counselling element to our courses. Of interest to anybody that requires additional support needs, e.g. ASD, Mental health, Dyslexia, Anxiety, Intellectual or physical disabilities. 16 years + welcome.

**Contact:** Katherine Maher [limerick@nlm.ie](mailto:limerick@nlm.ie) 061 229 777. Book in Advance.



## Researching Your Irish Family History Online

**Time:** 2.00 PM - 4.00 PM

**Venue:** Watch House Cross Community Library, Watch House Cross Shopping Centre, Moyross, Limerick. V94 NH51.

Dr Seán Gannon surveys and explains the main online sources for Irish genealogical research, including census returns, civil and church registers of life events, burial records, land records, occupational directories, court records, and local newspapers. This is a Free event, and all are welcome. Light refreshments will be provided.

**Contact:** Watch House Cross Community Library 061-557726 [watchhousecrosslibrary@limerick.ie](mailto:watchhousecrosslibrary@limerick.ie)



## Telling Tales – Short Story Book Club

**Time:** 2:00 PM – 4:00 PM

**Venue:** Northside Family Resource Centre, Clonconnane Rd, Ballynanty, V94 APX8.

Join us as we gather around to read short stories and tell tales together! For members of the local community who would be interested in getting involved in a book club and those in the community who may struggle with reading but would enjoy storytelling. All reading abilities welcome.

**Contact:** Elaine Farah [elainefarah@northsidefrc.ie](mailto:elainefarah@northsidefrc.ie) 061 326623.



## Education and Training: Your Next Step

**Time:** Live online, support available 4:00 PM – 8:00 PM

**Venue:** This event is an online event with the Youth Information Officers available via [limerickyouthservice.com/got-a-question](http://limerickyouthservice.com/got-a-question)

Young people who would like to learn more about the many alternative education and training opportunities available can speak with a Youth Information Officer. The team are online daily and can be accessed via [limerickyouthservice.com](http://limerickyouthservice.com) or through social media. For young people, parents/guardians, teachers, youth workers.

**Contact:** Dermot Troy [dermott@limerickyouthservice.org](mailto:dermott@limerickyouthservice.org) 061-412444/083-1726898





## Language Tasters: Discover a new language in 2025 – Italian

**Time:** 6:00 PM – 7:00 PM

**Venue:** Online

Are you interested in learning a new language and discovering a new culture, but you are not sure whether language learning is for you? Then join us for a language taster session. We are offering you the chance to attend an introductory session in: Italian with Patrizia. For members of the public and all those interested in learning a new language and discovering a new culture welcome. Hosted by University of Limerick School of Modern Languages and Applied Linguistics, Language Outreach Programme (LOP).

**Contact:** Catherine Jeanneau, Language Outreach Programme [Catherine.Jeanneau@ul.ie](mailto:Catherine.Jeanneau@ul.ie) Visit for further information <https://www.ul.ie/artsoc/mlal/programmes/evening-language-courses>  
To register for one or several sessions, fill up this form: <https://forms.office.com/e/2pBd7wCEgZ>



For more information [www.limerick.ie/lovelearning](http://www.limerick.ie/lovelearning)



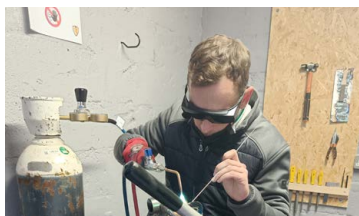
## The Limerick RIC and its Enemies

**Time:** 6.30 PM - 7.30 PM

**Venue:** Watch House Cross Community Library, Watch House Cross Shopping Centre, Moyross, Limerick. V94 NH51.

Local History talk: Dr Seán Gannon examines the experiences of former members of the Royal Irish Constabulary in County Limerick after the disbandment of the force, with particular focus on localized campaigns of victimization in the spring and summer of 1922 which saw many expropriated and/or expelled. This is a Free event, and all are welcome.

**Contact:** Watch House Cross Community Library 061-557726  
[watchhousecrosslibrary@limerick.ie](mailto:watchhousecrosslibrary@limerick.ie)





FRIDAY 11<sup>th</sup> April 2025



### Limerick Soviet Exhibition

**Time:** 10:00 AM - 5:00 PM

**Venue:** Watch House Cross Community Library, Watch House Cross Shopping Centre, Moyross, 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:** Watch House Cross Community Library [watchhousecrosslibrary@limerick.ie](mailto:watchhousecrosslibrary@limerick.ie) 061 557726



### Northside FRC Learner Exhibition

**Time:** 10:00 AM - 5:00 PM

**Venue:** Watch House Cross Library, Kileely Rd, Limerick, V94 NH51.

A showcase of artworks created by the Painting and Craft classes of Northside FRC. This exhibition will hang throughout the week. Parking available.

**Contact:** Elaine Farah [elainefarah@northsidefrc.ie](mailto:elainefarah@northsidefrc.ie) 061 326623



### University Supports Information Session for Parents/Guardians

**Time:** 10:00 AM – 11:00 AM

**Venue:** LEDP Campus Boardroom, Roxboro Road, Limerick. V94 C66H.

Would you like to feel more knowledgeable and empowered in supporting a young person who is entering university? The Technological University of the Shannon (TUS), Mary Immaculate College (MIC), and Engage in Education are inviting anyone who may be supporting someone who is making the transition to university to join us for an informal information session over tea/coffee where we share information on the supports available to students studying at university, how best to prepare for entering university, and what to expect over the first few weeks of university life. There will also be an opportunity to ask questions. The main target audience is anyone supporting a student who is entering university. Event hosted by Technological University of the Shannon (TUS), Mary Immaculate College (MIC) and Engage in Education.

**Contact:** [Anna.Murphy@tus.ie](mailto:Anna.Murphy@tus.ie) Places are limited, and booking is required. Please email Anna Murphy.







## Limerick Literacy Walking Tour

**Time:** 10:00 AM – 11:30 AM

**Venue:** Meeting at Limerick City Library before setting off on the tour.

Discover the rich literary history of Limerick writers with historian and lecturer Dr. Paul O'Brien. Limerick writers, of all genres, have penned books, novels, poems, and accounts of life in the city over the centuries. Their stories were based on imagined or real-life events. While some writers achieved great success; others are lost to time. The tour will feature your favourite Limerick writers, but also introduce you to forgotten diarists, anonymous scribes, and caustic commentators. All adults welcome. 30 people maximum.

**Contact:** (061) 557 510 [citylibrary@limerick.ie](mailto:citylibrary@limerick.ie)



## St. Marys EGGstravaganza

**Time:** 10:00 AM – 1:00 PM

**Venue:** St. Marys Adult Education Centre, Island Road, Limerick, V94 DH98.

St Marys Adult Education Group invite you to join us for a creative morning of Easter Egg painting, a cuppa and a chat! We will also have a creative consultation with artist Jeffrey Gormley where through art, discussion and expression we can learn what new classes or activities people want from our centre. This will be a fun morning of learning for all! We aim to welcome young and old and hopefully new learners to our centre. Refreshments will be provided.

**Contact:** Dave Duffy, Phoebe Alegria, Sorcha Wharton -August [stmarysadedworker@gmail.com](mailto:stmarysadedworker@gmail.com)  
061-313993



## Mindful Parenting Workshop – (Parents supporting anxious children using mindfulness techniques)

**Time:** 10:00 AM – 10:45 AM

**Venue:** Sunbeam Room, Top Floor, Croom Family Resource Centre, Church Road, Croom, Co. Limerick, V35E306.

A Mindful Parenting Workshop can provide parents with valuable tools and strategies to support their anxious child. Teaches simple mindfulness exercises, such as breathing techniques, that help children manage stress and emotions. Encourages parents to model mindfulness, creating a calm and supportive home environment. Strengthening Parent-Child Connection, allowing parents to respond with empathy rather than react with frustration. Encourages open communication, helping children feel heard and supported. Reducing Parental Stress, leading to more patient and mindful interactions with their child. Provides tools to manage their own anxiety, ensuring they can better support their child. Practical Strategies for Everyday Situations provides a safe space to share experiences and learn from one another. For parents and caregivers who would like to learn more about supporting an anxious child.

**Contact:** Caroline Considine [Caroline@croomfrc.com](mailto:Caroline@croomfrc.com) 085 2568579





## Healthy Food Shopping

**Time:** 10.00 AM – 12.30 PM

**Venue:** Tait Community Kitchen, Lord Edward Street, Limerick City. V942378.

Learn about food labels to make healthy choices for you and your loved ones. Enjoy making a tasty and healthy snack together, no cooking needed. Of interest to anyone with limited English, who is interested in learning how to make healthy food choices welcome. We will provide tea & coffee with some healthy snacks. Hosted by Limerick Food Partnership, Slaintecare Healthy Communities and PAUL Partnership SICAP Programme.

**Contact:** Olivia Beck [obeck@paulpartnership.ie](mailto:obeck@paulpartnership.ie) 0877181893



## Gaeilge sa Phobal: Learning and Living the Language

**Time:** 10.30 AM - 11.30 AM

**Venue:** Northside Family Resource Centre, Ballynanty, Limerick. V94 APX8

Learn about the work of Conradh na Gaeilge and their efforts to promote the Irish language across communities in Ireland and beyond. This presentation will highlight their key initiatives, the impact of their work, and ways to get involved in supporting the growth of Gaeilge. Main Target Audience: Community members interested in learning or enhancing their Irish language skills. Individuals and groups passionate about supporting and promoting the Irish language within their local communities. Of interest to people seeking information on available Irish language classes and opportunities to get involved with Conradh na Gaeilge; and lifelong learners attending the Limerick Lifelong Learning Festival.

**Contact:** Patrick Fitzgerald [patrick@lcn.ie](mailto:patrick@lcn.ie) 0877569853

Lorraine Broderick [lorraine.broderick@limerick.ie](mailto:lorraine.broderick@limerick.ie)



## Childcare Employment & Careers Expo

**Time:** 11:00 AM – 1:00 PM

**Venue:** Clayton Hotel, Steamboat Quay, Limerick, V94 H6HN.

Come and meet prospective employers. 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 event is targeted at those who may be interested in working in childcare and want to find out more. Stop by any time between 11.00 AM and 1.00 PM. Tea/Coffee/Pastries provided. Hosted by Limerick Childcare Committee in partnership with Employers Relations Unit, Dept of Social Protection.

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



## Your Pantry Is More Than Just A Pantry

**Time:** 11:00 AM – 1:00 PM

**Venue:** Mid-West STEAM Academy at the Learning Hub Limerick, Thomondgate, Limerick, V94 YT26

A hands-on, STEAM education inspired workshop to find many uses of everyday items from around the house for hacking life and beyond. There is a community cafe on the premises. Classroom is wheelchair accessible. For adults and parents of primary school children. Participants should bring a plain white T-shirt. Website - [www.learninghub.ie](http://www.learninghub.ie)

**Contact:** Ugis Danilevics, [ugis@learninghub.ie](mailto:ugis@learninghub.ie) (083)4811101 Maximum capacity is 30 people.



### Short Film Screening

**Time:** 11:30 AM – 12:30 PM

**Venue:** The Hall, College of FET, O'Connell Avenue Campus, Limerick, V94 W651

Screening of 2 short films - a collaborative creation by our Creative Arts Studio learners supported by Technological University of the Shannon (TUS). 'Dirt' and 'Falling Forward' are 2 exciting and entertaining short films that were written, directed, filmed and edited by learners from our Creative Arts Studio Programme in the College of FET, O'Connell Avenue Campus supported by TUS.

**Contact:** Paddy O'Connor, [patrick.j.oconnor@lcteb.ie](mailto:patrick.j.oconnor@lcteb.ie) (086)7807515



### Introduction to Podcasting and Radio Broadcasting

**Time:** 12 PM – 1:30 PM

**Venue:** T2 | College of FET, Mulgrave St., Limerick.

Curious about working in radio or starting your own podcast? Explore the world of radio and podcasting, covering everything from developing a compelling concept to the technical essentials of getting started. Learn about the Irish radio landscape, industry practice, and the key steps to launching your own show. Main target audience - Aspiring journalists, writers, broadcasters and podcast enthusiasts. Hosted by Media Dept, College of FET, Mulgrave St Campus.

**Contact:** Declan Doody 061414344 [declan.doody@lcteb.ie](mailto:declan.doody@lcteb.ie)



### Menstrual Health and Motherhood: What You Need to Know Before and After Birth

**Time:** 1:00 PM – 2:00 PM

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

Christine Lane from Mojo Matters will deliver an informative lunchtime session on "Menstrual Health and Motherhood: What You Need to Know Before and After Birth." This talk will cover essential aspects of menstrual health in relation to motherhood, offering crucial insights for both expectant and new mothers. This event is also part of Lifelong Learning Week 2025, with a theme centered on health literacy. Pre- and post-natal mothers welcome. Hosted by Slaintecare Healthy Communities; Limerick City and County Council.

**Contact:** Tanya Carey [tanya.carey@limerick.ie](mailto:tanya.carey@limerick.ie)



### Understanding Intelligence

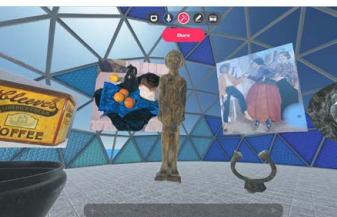
**Time:** 4:00 PM – 5:00 PM

**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 [William.OConnor@ul.ie](mailto:William.OConnor@ul.ie) 086 3501 107 Inside-the-Brain website - [inside-the-brain.com/](http://inside-the-brain.com/)

FRIDAY 11<sup>th</sup> April 2025



## Music with Limerick Youth Service

**Time:** 4:00 PM – 8:00 PM

**Venue:** Lava Javas Youth Café, Limerick Youth Service, 5 Lr. Glentworth St, Limerick. V94 28C4  
Teenage singers & musicians are invited to experience the musical magic of Lava Javas Youth Café. An open event for young people (14-19yrs).

**Contact:** Emily Panter [emily.panter@limerickyouthservice.org](mailto:emily.panter@limerickyouthservice.org) 061-412444/0837-350857



## Education and Training: Your Next Step

**Time:** Live online, support available 4:00 PM – 8:00 PM

**Venue:** This event is an online event with the Youth Information Officers available via [limerickyouthservice.com/got-a-question](http://limerickyouthservice.com/got-a-question)

Young people who would like to learn more about the many alternative education and training opportunities available can speak with a Youth Information Officer. The team are online daily and can be accessed via [limerickyouthservice.com](http://limerickyouthservice.com) or through social media. For young people, parents/guardians, teachers, youth workers.

**Contact:** Dermot Troy [dermott@limerickyouthservice.org](mailto:dermott@limerickyouthservice.org) 061-412444/083-1726898



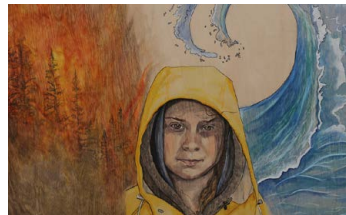
## Ceardlann do Thosaitheoirí Gaeilge/ Workshop for Irish language Beginners

**Venue:** Marshall House, Dooradoyle, - Limerick Education Support Centre V94HAC4

**Time:** 6.00 PM - 7:30 PM

Would you like to gain a deeper insight and understanding of the Irish language, but you don't know where to start? Comhluadar Luimnigh would like to invite all Irish language beginners to a workshop where Ava Nic Searraigh will be explaining the roots of the language, you also will get the opportunity to learn the basics of the language. Tea, coffee and refreshments will be served after the workshop. We welcome you all to join us for an interesting evening in a friendly and relaxed environment. Bigí linn, agus tapaigh an deis!

**Contact:** Ava Nic Searraigh, [eolas@comhluadartuimnigh.ie](mailto:eolas@comhluadartuimnigh.ie), 0894106637. This is free event, tickets available at [www.comhluadartuimnigh.ie](http://www.comhluadartuimnigh.ie), to register. Space for 25 participants.



## Limerick Soviet Exhibition

**Time:** 10:00 AM - 5:00 PM

**Venue:** Watch House Cross Community Library, Watch House Cross Shopping Centre, Moyross, 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:** Watch House Cross Community Library [watchhousecrosslibrary@limerick.ie](mailto:watchhousecrosslibrary@limerick.ie) 061 557726



## Northside FRC Learner Exhibition

**Time:** 10:00 AM - 5:00 PM

**Venue:** Watch House Cross Library, Kileely Rd, Limerick, V94 NH51.

A showcase of artworks created by the Painting and Craft classes of Northside FRC. This exhibition will hang throughout the week. Parking available.

**Contact:** Elaine Farah [elainefarah@northsidefrc.ie](mailto:elainefarah@northsidefrc.ie) 061 326623



## Repair, Repurpose, Recycle

**Time:** 11:00 AM - 1:00 PM

**Venue:** Citizen Innovation Lab, UL City Campus, Sarsfield Street, Limerick. V94 DW21

Friends of Lace Limerick are a group of volunteers working to bring Limerick lace back to public attention by contributing to the preservation of lace, creating teaching resources and supporting novel interpretations of Limerick lace. The purpose of this workshop is to encourage repair, reuse and repurposing of textiles through various methods. We are proposing to use lace or lace-inspired textiles for visible mending and creating clothing objects and accessories using local materials and embracing local traditions. The workshop will be led by designer Mary O'Sullivan, known as creator of Limerick Toile de Jouy. Of interest to people with an interest in textiles repair and repurposing. Bring a piece of clothing or any textile object you want to repair or repurpose! Or just come to have a look and get new ideas.

**Contact:** Gabriela Avram [limericklace.ie@gmail.com](mailto:limericklace.ie@gmail.com) 0860242478. Please register your interest by emailing [limericklace.ie@gmail.com](mailto:limericklace.ie@gmail.com)





SUNDAY 13<sup>th</sup> April 2025



## Online Launch of Lifelong Learning Videos

**Time:** 2.00pm – 3.00pm

**Venue:** Online - Learning Limerick Social Media Platforms

Follow Learning Limerick's Social Media Platforms (X - @limklearnfest, Instagram limericklifestival, 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](mailto:ylane@paulpartnership.ie)





## Irish Network of Learning Cities (INLC)



The last year has been a busy one for the Irish Network of Learning Cities, supporting each other and sharing best practice. In July 2024, Learning Limerick hosted our Dublin and Cork Learning City partners for a working meeting in Southill Hub in Limerick.



For Irish Learning Cities Day on 26th September 2024, the Irish Network of Learning Cities (INLC) created a collaborative video created with the six mayors of all six cities speaking about the benefits of being part of the network. Cork Learning City also facilitated a workshop on Learning Neighbourhoods for partners on that day. The Irish Network made considerable progress on its strategic plan and annual workplan at a facilitated session hosted by Dublin Learning City in December 2024.





# LIMERICK LIFELONG LEARNING FESTIVAL ORGANISING COMMITTEE 2025

## Learning Limerick Steering Group - Member Networks and Representatives

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

## Festival Organising Committee Members

### NAME

Patrick Fitzgerald (*Chair*)  
Jim Prior  
Martina Shanahan  
Lauren Hanley  
Adrienne O'Connell  
Carrie O'Donoghue  
Helen Brown  
Trish O'Sullivan  
Brid Hennessy  
Sharon Cavanagh  
Brenda Frawley  
Yvonne Lane

### ORGANISATION NETWORK

Limerick Community Education Network  
Limerick Community Education Network  
PAUL Partnership  
PAUL Partnership  
West Limerick Resources  
Ballyhoura Development  
University of Limerick  
Mary Immaculate College  
Mary Immaculate College  
Technological University of the Shannon  
Limerick City and County Council - Libraries  
Festival Coordinator - Learning Limerick



Learning Limerick

*Together for a brighter future*

2025

Monday April 7<sup>th</sup> - Sunday April 13<sup>th</sup>

Limerick Lifelong  
Learning Festival

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## THANK YOU TO OUR FESTIVAL SPONSORS 2025

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

- Limerick City and County Council
- Limerick and Clare Education and Training Board
- PAUL Partnership
- University of Limerick
- Technological University of the Shannon
- Mary Immaculate College
- National Learning Network - Vocational Training
- Limerick Childcare Committee

Thank you to Orla O'Connor and her team at Limerick City and County Council for coordinating the website event listings on [www.limerick.ie/lovelearning](http://www.limerick.ie/lovelearning)

Many thanks to Mariola Jurewicz-Jurgas, PAUL Partnership for her guidance on our Social Media strategy; and to Lauren Hanley, PAUL Partnership for implementing this strategy and for the drafting and editing of the festival events programme.

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

If you are interested in participating in future festivals contact:

**Yvonne Lane**, Festival Co-ordinator, Telephone: 061 419388

Email: [ylane@paulpartnership.ie](mailto:ylane@paulpartnership.ie)

Check website for latest details [www.limerick.ie/lovelearning](http://www.limerick.ie/lovelearning) for details on how to register and links on how to join for the online events.







United Nations  
Educational, Scientific and  
Cultural Organization



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Learning City  
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Learning **Limerick**

*Together for a brighter future*

# 2025

Monday April 7<sup>th</sup> - Sunday April 13<sup>th</sup>

## Limerick Lifelong Learning Festival

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Ag tinnít taoidé na dífhostachta*

**PÁIRTÍOCHT  
PAUL  
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Bord Oideachais & Oiliúna  
**LUMINIGH & AN CHLÁIR**

**LIMERICK & CLARE**  
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**UNIVERSITY OF  
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National Learning Network

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Ollscoil Teicneolaíochta na Sionainne:  
Lár Tíre Iarthar Láir



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