

Cameroonian Association (Contact: Pascal Mesinya)
☎ 085 1225040

Diaspora Togo (Contact: Ayao Boevi) ☎ 087 9007192

ELIKYA (*Ethnic Musical Ensemble*)
(Contact: Maurice Kikangla) ☎ 087 781 9872

Filipino Community Limerick
(Contact: William Fabian) ☎ 087 2952586

Ghana and Ireland Friendship Association
(Contact: Mark Mantey) ☎ 087 763 8102;
🌐 www.ghanairland.com

Igbo Women Union Limerick/Clare
(Contact: Kate Njoku) ☎ 087 9245349

Irish Congolese Group for Life
(Contact: Alban Mvila) ☎ 085 1052128

Irish Congolese Business and Cultural Association
(Contact: Zadio Nkwadi Kazadi) ☎ 087 9455865

Irish Hungarian Business and Cultural Association
(Contact: Monika Raffael) ☎ 087 699 0463

Irish Polish Cultural & Business Association
(Contact: Pat O'Sullivan) ☎ 086 8192241

Irish Romanian Cultural & Business Association
(Contact: Maria Plamada) ☎ 087 7521358;
☎ 087 2375295; 🌐 www.ircba.ie

Limerick Latvian Activity Centre
(Contact: Indulis Antsons) ☎ 085 1531181

Limerick Travellers Development Group *Can be accessed via the Community Workers Cooperative*
www.cwc.ie

Nepalese Community of Limerick
(Contact: Raj Thapa) ☎ 087 6107551

Nigerian Association in Limerick (NAIC)
(Contact: Chinedu Orji) ☎ 087 6580459

Pavee Point (*Support organisation for Irish Travellers*)
46 North Great Charles Street, Dublin 1.
☎ (01) 8780255; 🌐 www.paveepoint.ie

Saoirse Uhuru (*Cultural Exchange Forum*)
(Contact: Alex K. Amarteifio) ☎ 087 961 5291

SOFAD (*Support Organisation for Victims of Rape in the Congo*) (Contact: Alphonsine Masaba)
☎ 085 7375477

LEGAL

Legal Aid Board ☎ Lo Call 1890 615200

🌐 www.legalaidboard.ie

FLAC (*Free legal advice from qualified volunteer lawyers*) ☎ (01) 874 5690 (information and referral line) 🌐 www.flac.ie

Refer to the Golden Pages under the heading 'Solicitors' for further listings in your area.

LEISURE / HOBBIES / SPORTS

Contact **Limerick City Sports Partnership** Limerick for a list of sports and sports related services in your area. ☎ (061) 468542

🌐 www.limerickcitysports.ie

LIBRARIES

Limerick City Library The Granary, Michael St, Limerick. Opening Hours: Mon, Tues 10am - 5:30pm; Wed, Thur, Fri 10am - 8pm; Sat 10am - 1pm. ☎ (061) 314668

Dooradoyle Library Opening Hours: Tue, Wed 10am - 5:30pm; Thur, Fri 10am - 8:30pm; Sat 11am - 5:30pm. ☎ (061) 301101

Watch House Cross Community Library Opening Hours: Tue, Fri 10am - 5:30pm; Wed, Thur 10am - 8pm; Sat 10am - 5pm. ☎ (061) 457726
For further information see 🌐 www.library.ie

LOCAL AUTHORITIES

Limerick City Council City Hall, Limerick.
☎ (061) 407202 🌐 www.limerickcity.ie

Limerick County Council County Hall, Dooradoyle, Limerick. ☎ (061) 496000 🌐 www.lcc.ie

MARRIAGE COUNSELLING

Accord Marriage Care Services ☎ (061) 343000
🌐 www.accord.ie

NEWSPAPERS (LOCAL)

Limerick Leader. Published daily except Sat, Sun.

Limerick Independent (Free). Published Wed.

Limerick Post (Free). Published Thurs.

Limerick Chronicle (Free). Published Tues.

PARENTING SUPPORT

Limerick Social Service Centre Henry St., Limerick.
☎ (061) 411643 for details of services offered.

POLICE (GARDA SIOCHÁNA)

🌐 www.garda.ie

Emergencies (ambulance/fire/police) ☎ 999 or 112
Garda Confidential Number (Free confidential advice, help and support for victims of crime)
☎ 1800 666111

Garda Stations

Limerick Garda Station, Henry St, Limerick.

☎ (061) 212400

See the Golden Pages for a complete list of Garda stations in Limerick.

Ethnic Liaison

Contact Inspector John Heelan, Roxboro Garda Station, Roxboro Roundabout, Limerick ☎ (061) 214340 or contact your local Garda station for ethnic liaison officers.

POST OFFICES

Refer to the Golden Pages for listings in your area or see 🌐 www.anpost.ie.

REGISTRATION OF BIRTHS, MARRIAGES, DEATHS

Civil Registration Office, St. Camillus' Hospital, Shelbourne Road, Limerick ☎ (061) 483763
🌐 www.groireland.ie

For offices in Co. Limerick, contact the above number.

RELIGIOUS SERVICES

Church of Ireland (Anglican/Episcopalian)
Limerick City Parish. Rev. Jane Galbraith
☎ (061) 302038.

Phone for a list of services throughout Limerick.

Jewish Community Chief Rabbi Dr. Yaakov Pearlman, Herzog House, Zion Road, Rathgar, Dublin 6 ☎ (01) 4923751

Limerick Islamic Cultural Centre

Old Dooradoyle Road, Limerick. ☎ 085 1595426
For additional information contact the Islamic Foundation in Dublin ☎ (01) 2080000
🌐 www.redbrick.dcu.ie

Roman Catholic Limerick Diocesan Offices, Limerick.
☎ (061) 315856 for a list of services in Limerick.

Contact Doras Luimní for information on additional religious services in Limerick.

TAX OFFICES

Office of the Revenue Commissioners Riverhouse, Charlotte's Quay, Limerick ☎ (061) 212700,
☎ (Lo Call) 1890 222425 🌐 www.revenue.ie

TRADE UNIONS

SIPTU 4 Church Street, St. John's Square, Limerick ☎ (061) 315090 🌐 www.siptu.ie

TRANSPORTATION

Train

Irish Rail Limerick Colbert Station ☎ (061) 418855

🌐 www.irishrail.ie

Bus

Bus Eireann, Limerick Colbert Station

☎ (061) 418855 🌐 www.buseireann.ie

24 hour talking timetable ☎ (061) 319911

Motor Tax Office & Drivers Licensing

City: Motor Tax Section, Ground Floor, City Hall, Merchants Quay, Limerick ☎ (061) 415799

County: Motor Tax Office, Lissanalta House, Dooradoyle, County Limerick.
☎ (061) 49 65 00

In both cases see also 🌐 www.motortax.ie

WOMEN'S SERVICES

Social Services ☎ (061) 314311 for information on services provided.

Women's Aid (*Voluntary organisation offering a telephone helpline support and information service to women and children experiencing abuse*)
☎ 1800 341900 🌐 www.womensaid.ie

Adapt House Women's Refuge (*Emergency accommodation & support for women and children affected by domestic violence*) ☎ (061) 412354

YOUTH SERVICES

Limerick Youth Service Centre (*Information Centre*)
5 Lower Glentworth Street, Limerick.
☎ (061) 412444 🌐 www.limerickyouthservice.com



Doras Luimní

Promoting and protecting the rights of all migrants



A Newcomer's Guide to Limerick

A Guide to Useful Services and Facilities for any Person Newly Arrived in Limerick

ADDICTION SERVICES

Alcoholics Anonymous ☎ (061) 311222

🌐 www.alcoholicsanonymous.ie

Narcotics Anonymous Ireland ☎ (01) 6728000

for a list of services in Limerick. 🌐 www.na.org

See www.hse.ie for a list of Addiction Counsellors in your area.

CHILDCARE

Limerick City Childcare Committee (Provides advice and support to people involved in childcare provision; list of childcare providers also available) ☎ (061) 407427 🌐 www.limerickcitydb.ie/childcare

CITIZEN'S INFORMATION

Citizens Information Centre (An independent, free and confidential information service covering local and national issues) 54 Catherine St, Limerick. ☎ (061) 311444 or ☎ Lo Call 1890 777121 🌐 www.citizensinformation.ie

COMMUNITY WELFARE

Department of Social & Family Affairs (Income support and related services, entitlements to social welfare payments) Dominic St, Limerick. ☎ (061) 212200 🌐 www.welfare.ie
Community Welfare Services (Assures basic levels of income by making emergency payments and administering Medical Cards and GP Visit Cards) ☎ (061) 483286 🌐 www.hse.ie

CONSUMER RIGHTS

National Consumer Agency ☎ 1890 432432 🌐 www.consumerconnect.ie

EDUCATION

Schools (Primary and Secondary)
Department of Education & Science ☎ (01) 8896400.

A list of primary and secondary schools can be found at www.education.ie

Limerick City VEC (Local Authority Education Body) Athenaeum Building, Upper Cecil St, Limerick. ☎ (061) 417688 🌐 www.clvec.ie

County Limerick VEC Marshal House, Dooradoyle Road, Limerick. ☎ (061) 442100 🌐 www.limerickvec.ie

Limerick Institute of Technology Moylish Park, Limerick. ☎ (061) 208208 🌐 www.lit.ie

University of Limerick Castletroy, Limerick. ☎ (061) 202700 🌐 www.ul.ie

A full list of third level education can be found by logging on to the Third Level Education website, www.cao.ie.

English as a Second Language (ESL) Courses

Limerick Senior College Limerick College of Further Education, Mulgrave St, Limerick. ☎ (061) 414344 🌐 www.limericksc.ie

For an additional list of ESL courses in the Limerick area, contact Limerick City VEC.

For a list of private schools offering English as a Second Language, refer to the heading 'Language Schools & Courses' in the Golden Pages.

EMPLOYMENT AND TRAINING

Local Employment and Adult Guidance Service (LES) (Offers free, confidential support for those seeking employment and/or career guidance) Unit 2, Tait Business Centre, Dominic St, Limerick. ☎ (061) 412999

Jobs Club (Drop-in resource centre) Unit 2, Tait Business Centre, Dominic St, Limerick. ☎ (061) 311742

FÁS (Training and employment authority) ☎ (061) 207980 🌐 www.fas.ie

Employment & Training Services Office, Pery Court, Upper Mallow St, Limerick.

ENTERPRISE SUPPORT

Paul Partnership (Works with individuals and communities that have benefited least from economic and social development. Supports individual and community enterprises by way of business planning advice, training, etc.) Unit 25/25a, Tait Business Centre, Dominic St, Limerick. ☎ (061) 419388 🌐 www.paulpartnership.ie

Enterprise Boards

Provision of supports to assist the start-up, expansion and development of small businesses in Limerick and surrounding areas.

Limerick City Enterprise Board The Granary, Michael St, Limerick. ☎ (061) 312611 🌐 www.limceb.ie

County Limerick Enterprise Board Lower Mallow St, Limerick. ☎ (061) 319319 🌐 www.lcoeb.ie

FINANCIAL ADVISE

MABS (Free financial advice & budgeting service) 87 O'Connell St, Limerick. ☎ (061) 310620 🌐 www.mabs.ie

HEALTH

HSE Information Line ☎ Call Save 1850 241850

Doctors (General Practitioners)

For a list of doctors in your area, refer to the Golden Pages or 🌐 www.mygp.ie.

A list of doctors can also be requested from **St. Camillus's Geriatric Hospital** ☎ (061) 483701. For off-hours service (evenings & weekends) ☎ Call Save 1850 212999 (**Shannondoc**)

Hospitals

Mid-Western Regional Dooradoyle, Limerick. ☎ (061) 301111

St. Munchins Regional Maternity Hospital Ennis Road, Limerick. ☎ (061) 327455

Mid Western Regional Orthopaedic Hospital Croom, Co. Limerick ☎ (061) 397276

St. John's Hospital St. John's Square, Limerick. ☎ (061) 462222

Barrington's Hospital Limerick (Private) ☎ (061) 490500

HELPLINES

AWARE (Support for people suffering from depression) ☎ (061) 314111

CURA (Crisis pregnancy counselling) ☎ (061) 318207

GROW (For people suffering from mental health problems) ☎ 1890 474474 See also 🌐 www.mentalhealthireland.ie.

Rainbow Support Services (Support for gays/lesbians/bisexuals/transsexuals and their family and friends) ☎ (061) 468611

Rape Crisis Centre Rochebille House, Punches Cross, Limerick. Opening Hours: Mon - Sat 9am - 5pm. ☎ 1800 311511 (Limerick only) ☎ 1800 778888 (National 24-hour hotline)

Red Ribbon Project (Care and support services relating to HIV/AIDS) 9 Cecil St, Limerick. ☎ (061) 314354

Samaritans (24 hour crisis help line) ☎ 1850 609090, ☎ (061) 412111 🌐 www.samaritans.org

HOMELESSNESS

Midwest Simon Community (Provides information and services for people who are homeless) ☎ (061) 403145

Society of St. Vincent de Paul (Operates a drop-in centre for people who are homeless) Hartstonge St, Limerick. Hours of operation: Mon - Fri 10:30am - 4 pm, Sat 11am - 1 pm. ☎ (061)317327 🌐 www.svp.ie

Focus Ireland (Support organisation for the homeless) Parnell Place, Parnell St, Limerick. ☎ (061) 317199 🌐 www.focusireland.ie

IMMIGRANT SUPPORT

AkiDwA, 9B Lower Abbey Street, Dublin 1. ☎ (01) 814 8582 🌐 www.akidwa.ie

Ballyhoura Integration Project (Co. Limerick based supporting immigrants residents in East Limerick). ☎ (063)91300 🌐 www.ballyhouracountry.com

Doras Luimní, Mount St. Vincent, O'Connell Avenue, Limerick. ☎ (061)310328 🌐 www.dorasluimni.org
Immigrant Council of Ireland, 2 St. Andrews Street, Dublin 2. ☎ (01) 6740202

🌐 www.immigrantcouncil.ie
Integration Centre, 18 Dame Street, Dublin 2. ☎ (01) 645 3070

🌐 www.ris.ie or 🌐 www.integratingireland.ie

Irish Refugee Council, Ballast House, Aston Quay, Dublin 2. ☎ (01) 7645854

🌐 www.irishrefugeecouncil.ie

Jesuit Refugee Services, Della Strada, Dooradoyle Road, Limerick. ☎ (061) 480922 🌐 www.jrs.ie

Migrant Rights Centre of Ireland, 55 Parnell Square West, Dublin 1. ☎ (01) 8897570 🌐 www.mrci.ie

New Communities Partnership, 41 William Street, Limerick. ☎ 061 469 882 🌐 www.newcommunities.ie
West Limerick Resources Integration Project (Co. Limerick based project supporting immigrants residents in West Limerick), St. Mary's Road, Newcastle West, Co. Limerick. ☎ (069) 62222 🌐 www.wlr.ie

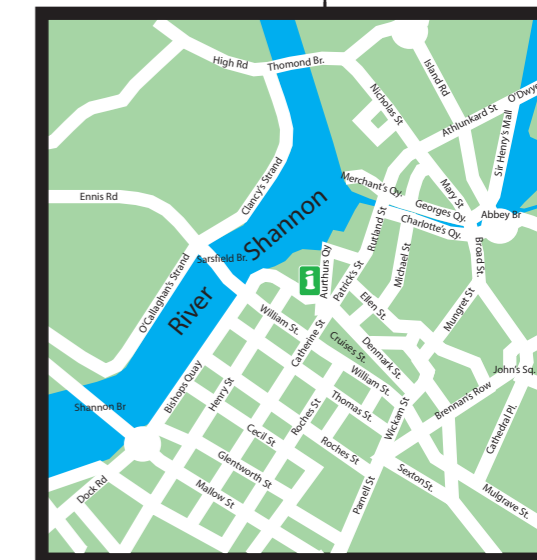
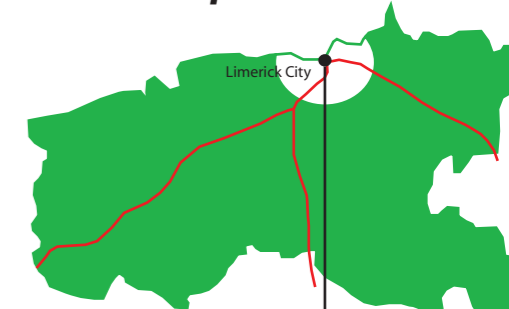
Ethnic Community Organisations

ASCALI (Association of Cameroonian Living in Limerick and Counties) (Contact: Pascal Mefinya) ☎ 085 1225040

Burundi Association (Contact: Eric Rugamba) ☎ 085 7061605

Brazilian Community (Contact: Father Sean Lawlor, Redemptorist Congregation) ☎ 087 2326489

Map of Limerick



Doras Luimni

Mount St. Vincent, O'Connell Avenue, Limerick
Tel.: 061 310 328

Drop-in centre opening hours:
Mon.-Fri.- 9.30 to 12.30 and
2.00 to 2.30 except Wednesday afternoon.



The One Foundation



The
ATLANTIC
Philanthropies