Learning Limerick presents
Limerick Lifelong Learning Festival

2018

Monday March 19 - Sunday March 25

Limerick Lifelong Learning Festival

For more information
www.limerick.ie/lovelearning

All events are FREE
I am delighted to launch this programme for the 8th annual Limerick Lifelong Learning Festival. Since taking up office as Mayor, I have been involved in supporting the work of Learning Limerick and was particularly honoured to receive the UNESCO Learning City Award 2017 for Limerick last September. This award acknowledges the commitment in Limerick to promoting inclusive education and lifelong learning at the local level.

Getting the award has given the Steering Group an additional impetus to develop and expand the festival, providing a platform for all the people of Limerick to continue on their learning journey, trying new things out, or returning to old favourites.

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

Indeed, the Learning Limerick Strategic Plan, which I helped launch last November will guide the way forward for the Learning Limerick group for the next five years, to maximise the potential the Limerick region has as a centre of excellence for learning.

I wish you all the very best for the 2018 festival, I have no doubt it will be as successful as ever.

Cllr Stephen Keary
Mayor of the City and County of Limerick

The Limerick Lifelong Learning Festival takes place across Limerick City and County from Monday 19th to Sunday 25th March and marks its 8th anniversary this year. The theme for 2018 is ‘Limerick Together for Equitable and Inclusive Learning’. This theme builds on the tagline for the week-long festival ‘Communities, Connecting, Learning’. The excitement of learning will be promoted through a multitude of varied events including: performances, taster sessions, tours, displays, lectures, walks, demonstrations and workshops. With 200 free events in this year’s programme, there is certainly something for everyone to choose from; with a diversity of activities that includes dance, art, health and science, business and developing career options.

Last September, Limerick was honoured to receive the UNESCO Learning City Award at the International Learning Cities Conference in Cork. This international recognition for Limerick is built on the collaborative work of the partners in Limerick, and includes the success of the Limerick Lifelong Learning Festival. The flagship event for the festival this year will be the International Learning Cities Seminar which will be held in ENGINE Limerick on Wednesday 21st March. The seminar will include visiting speakers from partner learning cities in Ireland and the UK and will provide the opportunity to share learning city updates and good practice. This seminar will offer a wonderful opportunity to explore partnership initiatives with other learning cities and for Limerick to continue its work as part of the UNESCO Global Network of Learning Cities.

The Learning Limerick Steering Group presents the festival each year. This group represents all the main stakeholders involved in promoting learning in Limerick. 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 would like to especially thank all those involved in planning the festival and running the numerous events. Without the continued hard work and commitment of all the various event organisers, the fantastic events planned for the 8th Limerick Lifelong Learning Festival would not be possible. I look forward to seeing you during the week.

Eimear Brophy
Limerick and Clare Education and Training Board and Chair, Learning Limerick Steering Group
INTERNATIONAL SEMINAR
Equitable and Inclusive Learning Regions

VENUE: Engine, Upper Cecil Street, Limerick
DATE: Wednesday 21st March
TIME: 9:30am - 12:30pm
BOOKING ESSENTIAL CONTACT:
Yvonne Lane, 061-419388, ylane@paulpartnership.ie

On Wednesday 21st March, Learning Limerick is delighted to host an International Seminar ‘Equitable and Inclusive Learning Regions’ with guest speakers from Cork, Belfast and Bristol Learning Cities. During the morning, there will be an opportunity to share learning city updates and good practice and to explore partnership working with other learning cities.

The theme ‘Equitable and Inclusive Learning Regions’ was highlighted in the Cork Call to Action as part of the outcome of the UNESCO International Learning Cities Conference in 2017 and Limerick is advancing its work as part of the UNESCO Global Network of Learning Cities in hosting this seminar.

This is a partnership initiative with Cork Learning City and will be followed by the Cork International Seminar. The second seminar will be hosted by the Cork Learning City group in Cork in Cork City Hall on the morning of Thursday 22nd March. We are delighted to be partnering with our Cork friends in hosting these joint events in Limerick and Cork; as flagship events for our Lifelong Learning Festivals this year.

Limerick Community Education Network
25th Anniversary - EVENTS CALENDAR

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<th>DATE</th>
<th>EVENT</th>
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<td>9th March</td>
<td>Launch of LCEN 25 Year celebration by Myles Breen</td>
<td>Belltable Theatre</td>
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<td>21st March 2.30-4.30 pm</td>
<td>“Learning Neighbourhood” Workshop</td>
<td>UL Access Campus</td>
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<td>26th April 10.00am-1.00pm</td>
<td>“Journeys” Art and Craft Exhibition Trail</td>
<td>Engine Room, Dominic Street and various community centres</td>
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<td>November</td>
<td>World Café An opportunity to discuss issues with local politicians, learners and community co-ordinators</td>
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<td>December</td>
<td>LCEN 25 year celebration finale</td>
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Visit our Information, Recruitment & Guidance Support Service at our brand new Information Hub, FET Centre, O’Connell Avenue Campus, Limerick

www.learningandskills.ie
The University of Limerick is pleased to support the 2018 Lifelong Learning Festival which aims to promote and develop lifelong learning in Limerick and the surrounding region.

For further information
Graduate & Professional Studies
Web: www.ul.ie/cpe
Email: cpe@ul.ie
Phone: 061 202530

www.ul.ie/cpe
Easter Laughs and Crafts
Venue: Ballylanders Day Care Centre - 20th March
Knockainey Community Hall - 20th March
Hospital FRC - 21st March
Caherconlish - 22nd March
Kilmallock Pastoral Centre - 23rd March
Time: 10:00am – 12:00 noon
The five Parent & Toddler Groups in Ballylanders, Knockainey, Hospital, Caherconlish and Kilmallock will be celebrating Easter with laughs and crafts in each of the groups. There will be a selection of crafts to symbolise Easter including paper eggs, making bunny masks, Easter baskets for our Easter hunt in each of the groups. In each group there will be bunny races and egg and spoon races and other games for parents and toddlers to get involved in this fun filled family learning event. Events supported by Ballyhoura Development Ltd. Everyone welcome to join each of the above groups at any time. Would be of interest to parents/guardians and their children
Contact: Michelle Stack, Parent Support Worker, Hospital Family Resource Centre 061383884

Learn to be a Hands-on Archaeologist!
Venue: Limerick City Museum in Henry street (ex Franciscans) Exhibition Room
Time: Tuesday 20th March to Sunday 25th March 10:00am– 1:00pm and 2:00pm – 5:00pm
Archaeology involves digging up objects from our past but they must then be analysed by experts to understand what they can tell us about the people who made them and when they lived. An opportunity to learn some of the techniques and practices involved. This event would be of interest to children up to 12yrs and any other family members they are in charge of. This event is organised by Mary Immaculate College & Limerick City Museum
Contact: Dr Cathy Swift, Mary Immaculate College South Circular Road Limerick 086-0679708

REPAIR by Bernadette Cotter
Venue: Limerick City Gallery of Art, Carnegie Building, Pery Square, Limerick
Time: Runs until March 25th
An exhibition of installations, and drawings by artist Bernadette Cotter. Life and death, religion and ritual, pain and sorrow are the threads that weave through Cotter’s practice, which is aesthetically beautiful. Her meticulous attention to detail, the unusual choice of materials and meditative quality achieved through repetition fill the senses. But as with most things, outward appearances are often skin deep and engaging with Cotter’s work involves stripping back the layers, a process that affects both artist and viewer. All Visitors are welcome.
Contact: Limerick City Gallery of Art, Carnegie Building, Pery Square, Limerick 061 310633 artgallery@limerick.ie
SNAPSHOT OF National Learning Network
Venue: National Learning Network, Raheen Business Park, Limerick
Time: Tues 20th – Fri 23rd March, 11am – 1:00pm each day
Explore a unique style to Adult Education with the National Learning Network. View our various programmes and facilities and meet tutors and students. Of particular interest to people out of work due to accident, illness or disability.
Contact: Patricia Hynes, National Learning Network, 061 229777, limerick@nln.ie

Digital Skills
Venue: Mobile IT, Main Street, Bruree, Co. Limerick
Time: Tues 20th – Fri 23rd March, 2:00pm– 4:00pm each day
Introduction to computers. Learn how to browse the web, shop online, access TV & Radio online, social media & skype. This event is suitable for general public.
Contact: Alice Quinlan 063-90952

Known Unknowns
Venue: Limerick City Gallery of Art, Carnegie Building, Pery Square, Limerick
Time: Runs until March 25th
Exhibition, Works by Damien Flood, Nuala O’Sullivan and Daniel Greaney
Curated by Simon Fennessy Corcoran, in response to the artworks/artists within the Permanent Collection of LCGA.

Known Unknowns takes the collection as it stands in 2018, a moment to pause and reflect on 80 years of collecting. Artists Damien Flood, Nuala O’Sullivan and Daniel Greaney have created new works of art which have been inspired by and are reactions to the connections, relationships, content and history of LCGA’s Permanent Collection. Known Unknowns merges the old and the new, the known and unknowns forging new relationships and narratives which connect the artist’s three distinct practices to LCGA’s collection of 18th – 21st century artworks. These artistic responses produce an alternative way for LCGA to present its collection while acknowledging this significant anniversary. All visitors welcome.
Contact: Limerick City Gallery of Art, Carnegie Building, Pery Square, Limerick 061 310633 artgallery@limerick.ie

‘Kick Start Your Future’ Course – Supporting You towards Realising Your Career Plan
Venue: Coote Hall Resource Centre, Kilmallock, Co. Limerick
Time: 10:00am – 12:00 noon daily, Tuesday 20th – Friday 23rd March.
This course is for unemployed people who may have lost direction in moving forward and may be lacking in motivation on what step to take next to get back on the road to employment. This course would be of interest to unemployed people or people in employment that might be looking for a change of direction in their lives. This event is organised by Ballyhoura Development CLG Jobs Club
Contact: Anisa Moynihan / Joe Biggane, 063-20555 / amoynihan@ballyhoura.org

Start Your Own Business 3-Day Programme
Venue: Coote Hall, Kilmallock, Co. Limerick
Time: 10:00am – 4:00pm (This is a 3-day programme Wed 21st – Fri 23rd March, 10:00am – 4:00pm each day)
Thinking of Starting Your Own Business in Ballyhoura in 2018; and not sure where to start? This programme provides information on: Business Development, Business Registration, Taxation, Marketing & Sales, Funding & Financing, Keeping Accounts, Developing your Business Plan. This would be of interest to individuals who have a business idea or who have just started a business and applicants for the Back to Work or Short Term Enterprise Allowance. This event is organised by Ballyhoura Development CLG
Contact: David O’Grady, Development Officer, Ballyhoura Development CLG, Coote Hall, Kilmallock, Co. Limerick. Tel: 063-20517, email: dogrady@ballyhoura.org

Selections from the Permanent Collection of LCGA
Venue: Limerick City Gallery of Art, Carnegie Building, Pery Square, Limerick
Time: Runs until March 25th
Exhibition of Recent loans, donations, acquisitions and lesser-seen artworks from the Permanent Collection.
Featuring: Gerry Davis, Samuel Erenberg Barrie Cooke, Felim Egan, Brian Bourke, Niarmh McCann, Michael Coleman, Ronnie Hughes, Clifford Collie, David Clarke, Lorraine Wall, Henry Pim, Paul Berg, Derek McGarry, Vivienne Foley, Maxine Mearns, Fiona Kerbey, Deirdre McLoughlin, Anne Lapping, Juliana King, Brian McGinn, Eileen Coates & Unknown artists/makers. All visitors welcome.
Contact: Limerick City Gallery of Art, Carnegie Building, Pery Square, Limerick 061 310633 artgallery@limerick.ie
IT Kidz Family Fun Day  
**Venue:** Mobile IT, Main Street, Bruree, Co. Limerick  
**Time:** 12:00 noon – 3:00pm  
Join us for a fun filled family day as we relaunch IT Kidz Camps at the scenic Lough Gur Heritage Centre. Spot prizes, competitions, coding Minecraft, unplugged activities, Raspberry Pi, Scratch, Animation and much more for kids and grownups to enjoy. This is suitable for families.  
**Contact:** Alice Quinlan 063-90952

Castlegale Hike  
**Venue:** Meet at Daly’s pub, Darragh Bridge (between Kilfinane and Mitchelstown)  
**Time:** 10:00am  
7KM Moderate Hike. Guided. Hiking boots and raingear essential. This is suitable for adults, families with older children (over 12) singles, couples, and groups. This event is organised by Ballyhoura Beo  
Please pre book with Fiona.  
**Contact:** Fiona fwalsh@ballyhoura.org 063 91300

“Start Your Digital Life”  
**Venue:** Further Education and Training Centre, Kilmallock Town Campus, Railway Road, Kilmallock, Co. Limerick  
**Time:** 10:00am – 12:00 noon  
Learn how to create an email account, shop on line, internet safety and the basics of what not to do on the internet. This would be of particular interest to adults who may be lacking confidence in IT. This event is organised by VTOS Kilmallock  
**Contact:** Leesha Foley VTOS Coordinator 086 0422317

Digital Photography & Photo Walk for Beginners  
**Venue:** Mobile IT, Main Street, Bruree, Co. Limerick  
**Time:** 10:00am – 12:00 noon  
Fancy taking better photographs? Learn the basics of digital cameras, and then head out to practice in a group walk along the River Maigue. After the walk learn how to transfer your photos to the PC.  
Equipment available or bring your own. This event is suitable for general public.  
**Contact:** Alice Quinlan 063-90952

Easter Laughs and Crafts  
**Venue:** Ballylanders Day Care Centre and Knockainey Community Hall, Co Limerick  
**Time:** 10:00am – 12:00 noon  
The parent & toddler groups in Ballylanders and Knockainey will be celebrating Easter with laughs & Crafts in each of the groups. There will be a selection of crafts to symbolise Easter including paper eggs, making bunny masks, Easter baskets for our Easter hunt in each of the groups. In each group there will be Bunny races and egg and spoon races and other games for parent and toddler to get involved in this fun filled family learning event. Events supported by Ballyhoura Development Ltd. Everyone welcome to join each of the above groups at any time. Would be of interest to parents/guardians and their children.  
**Contact:** Michelle Stack, Parent Support Worker, Hospital Family Resource Centre 061383884
Learning Methodologies
Towards Realising Your Career Plan.

Venue:
Contact:

This course would be of interest to unemployed people or people in employment that might be lacking motivation on what step to take next to get back on the road to employment.

This course is for unemployed people who may have lost direction in moving forward and may be lacking motivation on what step to take next to get back on the road to employment. This course would be of interest to unemployed people or people in employment that might be looking for a change of direction in their lives. This event is organised by Ballyhoura Development Clg Jobs Club.

Contact: Jennifer O’Brien 061 603710

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‘Spring into Summer’

Venue: Southhill Community Garden, Southill Area Centre, O’Malley Park, Southill, Limerick
Time: 10:00am

Bedding and Gardening Workshop for the summer months. A workshop on getting your garden summer ready, what to plant when and how to take care of it. This event is of interest for families with young children, active retired, and disability groups.

Contact: Jennifer O’Brien 061 603710

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Venue: Coote Hall Resource Centre, Kilmallock, Co Limerick
Time: 10:00am – 12:00 noon

This course is for unemployed people who may have lost direction in moving forward and may be lacking motivation on what step to take next to get back on the road to employment. This course would be of interest to unemployed people or people in employment that might be looking for a change of direction in their lives. This event is organised by Ballyhoura Development Clg Jobs Club.

Contact: Anisa Moynihan / Joe Biggane, 063-20555 / amoynihan@ballyhoura.org

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Come Draw with Me

Venue: Shanagolden Further Education and Training Centre, Shanagolden, Co. Limerick
Time: 10:00am – 12:00 noon

A creative morning, with VTOS learners. Learn some drawing techniques. Join us for a cuppa afterwards. This event is organised by VTOS Shanagolden. All welcome.

Please contact the centre beforehand.

Contact: Melanie Casey 069 60106

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Designing Learning Spaces to Facilitate Active Learning Methodologies

Venue: FET Centre Kilmallock Road Campus
Time: 10:00am – 12:00 noon

Niamh Barry (M. Ed in active learning and learning space design) will share her research and experience in designing learning spaces including the assessment of existing spaces & the creation of new areas to support active learning. This event would be of interest to those working in education or training and interested in making the best use of the space they work in to promote active learning. This event is organised by Limerick and Clare Education and Training Board (LCETB) Further Education and Training (FET) Division.

Booking essential
Book at https://lcfet.eventbrite.ie

Contact: Brendan Ryan 061 578101

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Learn to be a hands-on Archaeologist!

Venue: Limerick City Museum in Henry street (ex Franciscans), Exhibition Room
Time: 10:00am – 1:00pm and 2:00pm – 5:00pm

Archaeology involves digging up objects from our past but they must then be analysed by experts to understand what they can tell us about the people who made them and when they lived. An opportunity to learn some of the techniques and practices involved. This event would be of interest to children up to 12yrs and any other family members they are in charge of. This event is organised by Mary Immaculate College & Limerick City Museum.

Contact: Dr Cathy Swift, Mary Immaculate College South Circular Road Limerick 086-0679708

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Get Crafty!

Venue: Dooradoyle Library, Dooradoyle, Limerick.
Time: 10:30am – 12:30pm

Learn how to: Do embroidery stitches, Make a child’s dress from a pillow case [BRING a pillowcase] Print a card; Make a teddy from a sock. All are welcome especially anyone with an interest in sewing, crafting, embroidery, and printing. All welcome! This event is organised by Kitchen Crafters in partnership with Dooradoyle library.

Contact: Dolores O’Meara 087-2481651, Dooradoyle Library 061-556861.

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SNAPSHOT of National Learning Network

Venue: National Learning Network, Raheen Business Park, Limerick
Time: 11am - 1:00pm

Explore a unique style to adult education with the National Learning Network. View our various programmes and facilities and meet tutors and students. This would be of particular interest to people out of work due to accident, illness or disability.

Contact: Patricia Hynes, National Learning Network, 061 229777, limerick@nln.ie

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An Introduction to Search Engine Optimization (SEO)

Venue: Room 3B03, Limerick Institute of Technology Moylish Campus, Limerick
Time: 11:00am – 1:00pm

Do you have a website but it’s not getting any traffic? If so, SEO (search engine optimisation) could be the answer! SEO allows you to connect with those searching for your product or service and turn them into customers. Learn how to incorporate SEO into your marketing strategy as well as how you can optimise your website so it can be found by both search engines and potential customers. This would be of interest to marketing professionals, business owners, web developers, website managers and anyone who wants to learn more about search engine optimisation. Delivered by Rachel Walsh of Discover Digital in conjunction with Eoghan Sadlier from LIT Dept of Business.

Contact: Rachel Walsh hello@discoverdigital.ie 087-9910260
**Getting Started on Your Digital Advice**

**Venue:** Cappamore Library, Cappamore, Co. Limerick  
**Time:** 11:00am – 12:30pm

An Introduction to the Digital Skills Programme information session. This would be suitable for anyone over 18 years of age especially active retired. This event is organised by Cappamore Library & Ballyhoura Development Clg.  
**Pre Booking essential;**  
**Contact:** Olivia/Mary on 061 387040

**Information Session - EU General Data Protection Regulation (GDPR)**

**Venue:** ER1 – 025 Graduate & Professional Studies Enterprise Research Centre, 1st Floor, Engineering Research Building University of Limerick  
**Time:** Tea/Coffee from 11:30am. Start 12:00 noon – 12:50pm

An information event hosted by SOLA at the University of Limerick. This session is intended to increase awareness in Community Voluntary and Disability Organisations of changes in Data Protection Regulation effective from May 2018. The aim of SOLA is to empower individuals and organisations in the community, voluntary and disability sector by engaging in research, education and training to implement proven governance and sustainable quality systems. This event is organised by SOLA (Partnership between Disability Federation of Ireland, University of Limerick & Johnson & Johnson). This event is suitable for community, voluntary & disability sector, personal and service users.

**Contact:** Claire Gallery 061 202960 Claire.gallery@ul.ie clairegallery@disability-federation.ie  
Or Dermot O’Donnell 086 7808639 dermotodonnell@disability-federation.ie

**Introduction to Animation**

**Venue:** Limerick School of Art and Design, Clare Street, Limerick – 1st year LSAD Lab  
**Time:** 12:00 noon

This is an introduction to digital animation using the Adobe suite of digital tools. This would be of interest to secondary school age group 12-17 (Minimum of 8 and maximum of 20). Hosted by Limerick Institute of Technology’s School of Art and Design.

**Booking subject to numbers available**  
**Contact:** Paul Gardiner Paul.gardiner@lit.ie 061293870

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**“The History of Brian Boru and Exploring the World of DNA”**

**Venue:** Limerick City Library Michael Street, Limerick  
**Time:** 1:00pm – 3:00pm

We are holding a lecture and workshop in Limerick City Library which will be based in The Granary, Michael Street. Aisling O’Brien and Lorna Maloney will be speaking about research regarding Brian Boru along with research on DNA. This venue will be perfect as it will allow for plenty of room for demonstrations how to look up family history using DNA. This event is organised by Merriman Research and Training. This event is suitable for general public and those wishing to get a greater understanding of DNA and family history.  
**Contact:** Sean Dillon, 086 666 7336, sdillon@irishsurnames.online

**Computer Games – Narrative and Environment Design**

**Venue:** Limerick College of Further Education, Mulgrave St, Limerick  
**Time:** 1:15pm - 3:15pm

A lecture/discussion about the role of narrative/story in Computer Games Design. Followed by an introductory workshop in modelling 3-D game environment. This would be of interest to the public or individuals working in this field.

**Contact:**  
Brendan O’Sullivan 087-9037911  
Declan Doody-061-414344.

**Workshop on Digital Awareness: Communicating across the Digital Divide – Understanding Digital Narratives**

**Venue:** Hunt Museum, Rutland Street, Limerick  
**Time:** Tea/Coffee from 11:30am. Start 12:00 noon – 12:50pm

An information event hosted by SOLA at the University of Limerick. This session is intended to increase awareness in Community Voluntary and Disability Organisations of changes in Data Protection Regulation effective from May 2018. The aim of SOLA is to empower individuals and organisations in the community, voluntary and disability sector by engaging in research, education and training to implement proven governance and sustainable quality systems. This event is organised by SOLA (Partnership between Disability Federation of Ireland, University of Limerick & Johnson & Johnson). This event is suitable for community, voluntary & disability sector, personal and service users.

**Contact:** Claire Gallery 061 202960 Claire.gallery@ul.ie claire.gallery@disability-federation.ie  
Or Dermot O’Donnell 086 7808639 dermotodonnell@disability-federation.ie

**Digital Skills**

**Venue:** Mobile IT, Main Street, Bruree, Co. Limerick  
**Time:** 2:00pm – 4:00pm (Tues 20th – Fri 23rd March, 2:00pm– 4:00pm each day)

Introduction to computers. Learn how to browse the web, shop online, access TV & radio online, social media & skype. This event is suitable for general public.

**Contact:** Alice Quinlan 063-90952
UN International Day of Happiness at Rathkeale

**Venue:** Rathkeale Youth Space, (Limerick Youth Service), Abbey Court, Rathkeale, Co. Limerick

**Time:** 4:00pm – 6:00pm

What makes us happy? Young people from Rathkeale and the surrounding area design and take part in activities that make them happy! This would be of interest to young people 13-14 yr olds.

**Contact:**
Mary Harty, Rathkeale Youth Space, (Limerick Youth Service), 069-64601 087 054 9343 mary.harty@limerickyouthservice.org

Maths Circles Workshop (Primary School)

**Venue:** Room T1.11, Mary Immaculate College, South Circular Road, Limerick

**Time:** 4:00pm – 6:00pm

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

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

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

Drama Fun, Games and Exploration

**Venue:** Friars’ Gate Theatre, Kilmallock, Co Limerick

**Time:** 4.15pm - 5.00pm (JI- 2nd class) 5.00pm - 6.15pm (3rd-6th class) 6.30pm - 8.30pm (Secondary)

Drama workshops for children and young people led by experienced facilitators. This event would be suitable for 4-7 year olds (4:15pm session); 8-12 years (5:00pm session), and 13-18 years (6:30pm session). This event is organised by the County Limerick Youth Theatre.

**Contact:** Fiona Quinn 086 824 6915

UN International Day of Happiness at Castleconnell

**Venue:** Castleconnell Youth Project, ACM Centre, Main St, Castleconnell, Co. Limerick

**Time:** 5:00pm – 6:30pm

Teenagers at Castleconnell Youth Project celebrate the UN’s International Day of Happiness with Limerick Youth Service’s team in East Limerick. This would be of interest for young people 12-14yrs.

**Contact:**
Shay Maloney, Castleconnell Youth Project, c/o Limerick Youth Service, 061-412444 086-8907671 shaym@limerickyouthservice.org

Autism Friendly Storytime & Craft

**Venue:** Watch house Cross Community Library, Watch house Cross, Limerick

**Time:** 3:30pm – 4:30pm

Storytime & craft session for children on the autistic spectrum

This would be of interest to parents & children (6 – 10 year olds).

Booking essential.

**Contact:** Watch House Cross Community Library, Contact Pam 061-557726 pam.byrne@limerick.ie

Making an Impact with Social Media

**Venue:** Engine, Upper Cecil Street, Limerick V94 TN 32

**Time:** 2:00 pm – 4:30 pm

Would you like to promote your educational organisation?

This seminar will highlight how you can use social networks to freely and effectively promote FET, adult and community education.

Tips for using the leading social networks and tools will be discussed, including Facebook, Twitter, Instagram and EPALE (a free European platform specifically for those working in FET and adult/community education). This event is suitable for FET, Adult and Community Education Practitioners. This event is organised by EPALE Ireland and Léargas.

**Contact:** Ronnad or Laura at epale@leargas.ie or 01 887 1250

Moving from Unemployment to Self -Employment

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

**Time:** 2:30pm – 4:45pm

This workshop explores the supports available for anyone who is unemployed and interested in starting a business. It also examines the opportunities and challenges faced by anyone who wants to create work for themselves through self-employment. This event is organised by PAUL Partnership – Enterprise Support Service. This event would be of interest to anyone who would like to know more about becoming self-employed and may be unemployed or in receipt of a payment from the Department of Employment Affairs and Social Protection and anyone considering self-employment as an option.

For booking please contact

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

UN International Happiness Day at Castleconnell

**Venue:** Castleconnell Youth Project, ACM Centre, Main St, Castleconnell, Co. Limerick

**Time:** 5:00pm – 6:30pm

Teenagers at Castleconnell Youth Project celebrate the UN’s International Day of Happiness with Limerick Youth Service’s team in East Limerick. This would be of interest for young people 12-14yrs.

**Contact:** Shay Maloney, Castleconnell Youth Project, c/o Limerick Youth Service, 061-412444 086-8907671 shaym@limerickyouthservice.org
Bone Health Workshop
Venue: Eats of Eden, Thomas Street, Limerick
Time: 6:15pm – 7:15pm
Concerned about your bone density? Come along to our Bone Health workshop and learn practical exercises, nutrition and supplement advice from our nutritionists and trainers. All are welcome.
Contact: Eats of Eden Thomas Street Limerick Call 061 316693

Open Drama Workshop
Venue: Corpus Christi School, Moyross, Limerick
Time: 6:30pm – 7:30pm
Moyross Community Drama invites the public to join group members in an open drama workshop in which you will have an opportunity to participate. This event is organised by Moyross Community Drama. This event is suitable for adults from Moyross and wider catchment area. ALL WELCOME!
Contact: Monica Spencer, Drama Facilitator, 087 9930553

Beyond Our Own: What is Transdisciplinary?
Venue: Merriman House, Lock Quay, Limerick
Time: 6:30pm – 7:30pm
An informal lecture by Academy Postgraduate Researcher Gianna Tasha Tomasso. What is transdisciplinary and how can it help us speak across social, academic and professional boundaries. Can transdisciplinary art practices help us formulate better ways of inclusively connecting with local communities and communicating complex problems and solutions? This would be of interest to students, community groups dealing with complex societal problems, educators and artists. This event is organized by The Centre for Creative Transdisciplinarity (TCCT), Limerick School of Art and Design.
Contact: Gianna Tasha Tomasso, 0871403033

Maths Circles Workshop (Secondary School)
Venue: Room T2.14, Mary Immaculate College, South Circular Road, Limerick
Time: 7:00pm – 9:00pm
Want to start a Maths Circle in your school? At this workshop, we will provide ideas, methodologies and practical advice based on our freely available Maths Circles Handbook with fully-detailed and classroom-tested lesson plans. Don’t miss this opportunity to meet like-minded teachers and share your experience in teaching creative problem solving. This event would be suitable for Secondary School Maths Teachers. This event is organised by Irish Mathematical Trust and Mary Immaculate College.
Please register at the link provided on http://www.maths.mic.ul.ie/mc.html
Contact: bernd.kreussler@mic.ul.ie

UN International Happiness Day at Cappamore
Venue: Cappamore Community Centre, Doon Rd, Cappamore, Co. Limerick
Time: 7:00pm – 8:30pm
Limerick Youth Service's Cappamore Youth Group celebrates UN International Happiness Day by connecting with each other & making new friends! This would be suitable for young people 10-14yrs.
Contact: Paul Broderick, Cappamore Youth Group, c/o Limerick Youth Service. 061-412444 087 2175528 paul.broderick@limerickyouthservice.org

Free Tennis Lessons
Venue: CIAC, Rosbrien
Time: 7:00pm – 8:00pm
If you haven’t played tennis in a while or never before, come along and we will get you started. We’ll supply the racket, balls and the coach to get you up to speed. This event would be of interest for adults.
Contact: Bryan Stewart 086 3821614 bryantennis@gmail.com www.ciactennis.com

Sing Out Seniors
Venue: Our Lady of Lourdes Centre, Childers Road, Rosbrien, Limerick
Time: 7:30pm - 8:30pm
Fun sing along for all abilities. This would be of interest to older people living in the Our Lady of Lourdes area. This event is organised by Our Lady of Lourdes CSG with Zion Vocal Ensemble.
Contact: Denise Hannon, Seniors Co-ordinator, Our Lady of Lourdes Community Centre, 061-228596

What is Time?
Venue: Pavilion UL North Campus, University of Limerick, Castletroy, Limerick
Time: 8.00pm – 9.30pm
Lecture in which Prof Hussey tackles one of the big questions in Physics. He revisits one of the intuitions of the Irish mathematician William Rowan Hamilton that the imaginary numbers of mathematics held the key to the science of pure time and develops a new metaphysics of time that conforms with science and our everyday experience of past, present, and future. This event is suitable for general audiences, secondary school pupils and older.
Contact: Conleth.hussey@ul.ie School of Engineering, University of Limerick. 061 202563

Lecture on Limerick and the Industrial Life of the Irish State
Venue: Granary Library, Michael Street, Limerick
Time: 8:00pm
Lecture by Frank Barry, Trinity College Dublin on Limerick and the Industrial life of the Irish State in the 1920’s and 1930’s. All are welcome.
Contact: The Granary Library, Michael Street, Limerick 061-557510 granarylibrary@limerick.ie
Tour of Training Centre
Venue: Limerick and Clare Education and Training Board, Raheen Campus, Limerick
Time: Call to arrange a tour
If you are interested in returning to work, changing career, developing skills in a range of areas from engineering, carpentry and joinery, construction, motor mechanics, hair and beauty or IT skills then visit Raheen Campus to learn about our adult course, traineeship and apprenticeship opportunities. Open to all.
Contact: Mary Manning 061 487997, Mary.manning@lcetb.ie

Climate-induced Human Migration: What can be done?
Venue: Mary Immaculate College (MIC), South Circular Road Limerick
Time: 9:00am – 1:00pm
This event will examine international human migration and refugee crises resulting from climate change. It will examine experiences and lessons from successfully-implemented policies and practices in the area of climate change-induced migration and will ask what we in Ireland can do as citizens and as a community in response to this crisis. This event is suitable for anyone interested in the international refugee crisis, climate change, human rights, and international conflict
Contact: Dr Ger Downes, Research and Graduate School, Mary Immaculate College, Limerick. gerard.downes@mic.ul.ie. 061-204540

Celebrating Women in our Community. #she
Venue: Croom Community Enterprise Centre, Croom, Co. Limerick
Time: 9.30am - 12 noon
Fun-filled morning with motivational speakers facilitated networking and creative dance workshops. Examining the achievement of women in our community and looking at lifelong learning and career options for women of all ages. This would be of interest to all women. This event is organised by Ballyhoura Development Clg.
Contact: Eileen O'Keeffe 087-6833661 eokeeffe@ballyhoura.org

Learn about Recycling
Venue: Mungret Recycling Centre, Bunlickey, Mungret, Co. Limerick
Time: 9:30am – 11:00am
Educational tour of the Mungret Recycling Centre with the site manager. All welcome.
Contact: Limerick City and County Council, 061-556000.
Creating Stunning Social Media Graphics

Venue: Mobile IT, Main Street, Bruree, Co. Limerick
Time: 10:00am – 12:00pm

Need to make your Social Media posts more appealing? Learn how to create great graphic content using free online tools. This event will be of particular interest to people in business.

Contact: Alice Quinlan 063-90952

Start Your Own Business 3-Day Programme

Venue: Coote Hall, Kilmallock, Co. Limerick
Time: 10:00am – 4:00pm (This is a 3-day programme Wed 21st – Fri 23rd March, 10:00am – 4:00pm each day.)

Thinking of Starting Your Own Business in Ballyhoura in 2018; and not sure where to start? This programme provides information on business development, business registration, taxation, marketing and sales, funding and financing, keeping accounts, developing your business plan. This would be of interest to individuals who have a business idea or who have just started a business and applicants for the Back to Work or Short Term Enterprise Allowance. This event is organised by Ballyhoura Development CLG

Contact: David O’Grady, Development Officer, Ballyhoura Development CLG, Coote Hall, Kilmallock, Co. Limerick. Tel: 063-20517, email: dogrady@ballyhoura.org

‘Kick Start your Future’ Course – Supporting you Towards Realising Your Career Plan

Venue: Coote Hall Resource Centre, Kilmallock, Co Limerick
Time: 10:00am – 12:00 noon (This is a 4 -day programme March 20th – 23rd March, 10:00am – 12:00 noon each day.)

This course is for unemployed people who may have lost direction in moving forward and may be lacking motivation on what step to take next to get back on the road to employment. This course would be of interest to unemployed people or people in employment that may be looking for a change of direction in their lives. This event is organised by Ballyhoura Development Clg Jobs Club.

Contact: Anisa Moynihan / Joe Biggane, 063-20555 / amoynihan@ballyhoura.org

Attychraan Hike

Venue: Meet at Kilbehenny Hall, Co. Limerick at 10:00am. Pool from here.
Time: 10:00am

5KM Moderate Hike. Guided. Hiking boots and raingear essential. This is suitable for adults, families with older children (over 12) singles, couples, and groups. This event is organised by Ballyhoura Beo

Please pre book
Contact: Fiona twalsh@ballyhoura.org, 063 91300
Guided Tour of Griston Bog, Ballylanders, Co. Limerick in the Ballyhoura Country
Venue: Griston Bog Ballylanders Co. Limerick
Time: 10:30am – 12:00 noon
Enjoy the history and geography of how the bog has evolved from Ice Age to present day this is suitable for all age groups. This event is organised Ballyhoura Heritage & Environment.
Pre Booking essential;
Contact: reception@ballyhoura.org / 063 91300

Time Out / Self Care
Venue: Bethany, 1 Greenfield’s, Rosbrien, Limerick
Time: 10:45am – 11:45am
Relaxation and Meditation. This would be of interest to adults or older people living in Our Lady of Lourdes. This event is organised by Sisters of Mercy Greenfields.
Contact: Delia O’Connor, Bethany Deliaoconnor2012@gmail.com

SNAPSHOT OF National Learning Network
Venue: National Learning Network, Raheen Business Park, Limerick
Time: 11am - 1:00pm
Explore a unique style to Adult Education with the National Learning Network. View our various programmes and facilities and meet tutors and students. This event is of particular interest to people out of work due to accident, illness or disability.
Contact: Patricia Hynes, National Learning Network, 061 229777, limerick@nln.ie

Let’s Talk About Text
Venue: Southill Area Centre, O’Malley Park, Southill, Limerick
Time: 11:00am
One hour workshop for parents. Tools for talking with young people about safe social media usage and living well in a virtual world. This would be of interest to parents.
Contact: Suzi Cronin, Southill Area Centre 085 1757007

Mindfulness in Modern Times
Venue: Southill Area Centre, O’Malley Park, Southill, Limerick
Time: 12:00 noon
An introduction to mindfulness and mindful practice for relaxation and stress reduction. This is suitable for all ages and abilities. This event is organised by Southill Area Centre and Tait House SICAP Programme.
Contact: Tess Kelly (Tait House) 061 415340 Jennifer O’Brien (Southill Area Centre) 061 603710

Baby First Aid
Venue: Watch House Cross Community Library, Watch House Cross Limerick
Time: 10:30am – 12:30pm
Managing accidents & illness with the 0-3 year olds. This would be of interest to parents with 0-3 year old children. This event is being organised by ABC Startright in conjunction with Watch House Cross Community Library.
Booking essential Contact: ABC Startright 087-4390804 Watch House Cross Library Moyross, Limerick 061-557726

Parenting Workshop: “Risk & Challenge in Children’s’ Outdoor Play”
Venue: Northside Family Resource Centre Cloncannone Road, Ballynanty, Co. Limerick
Time: 10:00am – 11:30am
Introduction to the topic of “Risk & Challenge in Children’s’ Outdoor Play” to parents through a workshop with Steve Goode from Northside FRC Childcare facilities. This event is of interest to parents and carers of Limerick City and County.
Contact: Contact Mary Hughes or Mary Mulcahy – Family Support Department. Northside FRC, Cloncannone Road, Ballynanty, Limerick 061 326623 maryhughes@northsidedfc.ie

Rhyme Time/Bringing Stories to Life
Venue: The Square Area, Crescent Shopping Centre, Dooradoyle, Limerick
Time: 10:00am
An interactive story-reading and rhyme session to promote oral language development. A really fun way to help little people learn to talk! This event is organised by Parenting Limerick in partnership with ABC Start Right. This event is suitable for parents and babies, toddlers and pre-schoolers.
Contact: Jeanne Ryan iryan@paulpartnership.ie 061 419388
For more information visit www.loveparenting.ie

Personal Traffic Lights System
Venue: The Educational Suite, King John’s Castle, Limerick.
Time: 10:30am - 11:30am
The Focus Programme have created a “Personal Traffic Lights System” that will help with assessing how you feel and when you may need to use your supports. STOP, SLOW and GO can assist you to focus and manage your thinking patterns and action plans to maintain your optimal physical and mental health. This event is suitable for everybody. This event is organised by Focus Programme, National Learning Network, Rehab Group.
Contact: Jacqui, Donna or Sean 061 305272 / 087 9157066

For more information visit www.limerick.ie/lovelearning
**Little Reader Workshop**  
**Venue:** Kilmallock Library, Aras Mainchin Seoighe, Kilmallock, Co Limerick  
**Time:** 12:00 noon  
See your little one take their first steps on the path to reading. Little Reader Workshop is a friendly inclusive event for parents, carers and little ones. We will encourage your child to take part in stories and rhymes, craft time and provide tips on choosing books, reading & rhyming. Reading with children encourages speech and language skills and a lifetime love of books. This would be of interest to parents, carers & babies, toddlers & preschool age children. This event is organised by Kilmallock Library and Ballyhoura Development Clg.  
**Contact:** Noreen O’Neill 063-20306 kilmallocklibrary@limerick.ie; Marian Clarke, Ballyhoura Development Clg. 063-20517, mclarke@ballyhoura.org

**A Guide to the Local Studies Website of Limerick City & County Library**  
**Venue:** The Granary Library, Michael Street, Limerick  
**Time:** 1:00pm  
Mike Maguire, Granary Library, will give an overview of the material available on the library’s local studies website. All are welcome  
**Contact:** The Granary Library, Michael Street, Limerick 061-557510 granarylibrary@limerick.ie

**“Free German Language Taster Sessions”**  
**Venue:** Franco-German House, Mary Immaculate College (MIC), South Circular Road, Limerick  
**Time:**  
Session I; 1:00pm – 1:30pm  
Session II; 4:30pm – 5:00pm  
Thinking about Learning German? We are offering two brief German Taster Sessions, designed for participants with little to no prior German skills. You will learn useful words and phrases, greetings and numbers. Free of charge. German Kuchen (cake) and light refreshments will be served. All are welcome. This event would be of interest to general public; this may be of interest to anyone who would like to gain an insight into the German language. This event is hosted by Dept. of German Studies, Mary Immaculate College (MIC).  
**Contact:** Dr Aneka Meier, aneka.meier@mic.ul.ie; Mr. Felix Falkenberg, felix.falkenberg@mic.ul.ie, 061-204338; Dr Christiane Schönfeld, christiane.schoenfeld@mic.ul.ie, 061-204582  
Dept. of German Studies, Mary Immaculate College, South Circular Rd., Limerick

**Podcasting 101**  
**Venue:** Room T2, Limerick College of Further Education, Mulgrave Street, Limerick  
**Time:** 1:15pm – 2:15pm  
An introduction to the world of podcasting, from pre-production, to recording, editing and publishing online. This would be of interest to anyone interested in podcasts, radio programme production or a general interest in media studies  
**Contact:** Declan Doody Media Dept. LCFE, Mulgrave Street, Limerick City 061 414344

**Digital Skills**  
**Venue:** Mobile IT, Main Street, Bruree, Co. Limerick  
**Time:** 2:00pm – 4:00pm (Tues 20th – Fri 23rd March, 2:00pm – 4:00pm each day)  
Introduction to computers. Learn how to browse the web, shop online, access TV & radio online, social media & skype. This event is suitable for General Public.  
**Contact:** Alice Quinlan 063-90952

**Simple I T**  
**Venue:** Watch House Cross Library, Watch House Cross, and Limerick  
**Time:** 2:00pm – 3:00pm  
Introduction to basic computer skills. This would be of interest to adults who want to learn how to use computers. This event is hosted by Limerick and Clare Education and Training Board and Watch House Cross Community Library. Please call the library on 061-557726 to book a place.  
**Contact:** Watch House Cross Community Library 061-557726

**Gamification in Education**  
**Venue:** Further Education and Training (FET) Centre Kilmallock Road Campus, Kilmallock Road, Limerick  
**Time:** 2:00pm – 4:00pm  
What is Gamification and how is it relevant to Education? A workshop showcasing the use of technology to ‘gamify’ your classroom and a critical look at the pros and cons of applying game based principles in classrooms. This event is of interest to those working in education or training. This event is organised by Limerick and Clare Education and Training Board (LCETB) Further Education and Training (FET) Division.  
**Booking essential** Book at https://lcfet.eventbrite.ie  
**Contact:** Brendan Ryan 061 578101

**Creative Textiles- Felted Flower Brooches**  
**Venue:** Classroom G28, Limerick College of Further Education, Mulgrave Street, Limerick  
**Time:** 2:00pm-3:30pm and 3:30pm-5:00pm  
Wet Felting with merino wool and silk to create beautiful flower brooches to take home, after you can add beads to your flower. The event is free and everything is supplied on the day. This would be of interest to everyone. Children must be accompanied by a parent or guardian as hot water is used in the process. Sewing needles are used for the beading. This event is organized by the LCFT Fashion Dept.  
**Places can be prebooked by text or email or just come on the day**  
**Contact:** Margaret Dwane Limerick College of Further Education, Mulgrave Street, Limerick 086 8276228, margaret.dwane@lcetb.ie; Caroline Mitchell, 086 8544130
Healthy Eating & Exercise Workshop for Teenagers
Venue: Rathkeale Youth Space, Abbey Court, Rathkeale, Co. Limerick
Time: 4:00pm – 6:00pm
Young people are invited to take part in a healthy eating and exercise workshop at RK Youth Café. This is suitable for young people 15-17 yrs.
Contact: Mary Harty, Rathkeale Youth Space, (Limerick Youth Service), 069-64601

Junior Cert Chill Out
Venue: Northside Youth Space (Limerick Youth Service), Ballynanty, Limerick
Time: 4:00pm – 6:00pm
First, second & third year students are invited to chill out, play games and connect with each other at Footsteps Youth Café at the Northside Youth Space. This would be of interest for young people (12-15yrs). This event is organised by LYS Footsteps Youth Café.
Contact: Stacey Lyons, Northside Youth Space, (Limerick Youth Service), Ballynanty, Limerick 061-408122 083 8546757 staceyl@limerickyouthservice.org

Drama Workshop
Venue: Mary Immaculate College (MIC), Limerick. Room G10
Time: 6:00pm – 7:15pm
Why not come along to our exciting drama workshop where you will get a chance to engage your imagination through a variety of fun drama activities. This event is suitable for children aged 7-12. This event is organised by MIC: Drama Education
Contact: Margaret O’ Keeffe 086 3505160

Social Media Marketing for Your Business in 2018
Venue: Griffith College, O’Connell Avenue, Limerick
Time: 6:00pm – 7:30pm
Griffith College Limerick are leading providers in Digital Marketing and invites you to attend our lecture, ‘An introduction to Social Media Marketing for your Business in 2018’. This lecture will be delivered by specialist lecturer, entrepreneur and freelance marketer, Mr. Peter Hunt. This is suitable for all, especially people in business.
Contact: Eveleen.obrien@griffith.ie 061310031

Fulfill Your Potential - Create the Life you Wish for Yourself
Venue: Bank of Ireland Workbench, O’Connell St, Limerick
Time: 6:00pm – 7:30pm
Are we really living our life and inspiring those around us to live theirs or are we living a life designed by others. How can we focus on enabling those areas of our life that inspire and fulfill us? How do we maximise our and our team’s resources? Of interest to business people, leaders, team members and individuals who want greater fulfilment and success. This event is organised by Limerick Chamber Skillnet, with Stephen Pitcher facilitating the event - www.stephenpitcher.ie.
Contact: Kinga Dzierzak / Anne Morris at Limerick Chamber Skillnet, 061 415180
Talking With Your Child
Venue: Southill Area Centre, O'Malley Park, Southill, Limerick
Time: 6:30pm
One hour workshop on communicating with language that builds your relationship. Focused on recognizing emotions, allowing space for expression and working together to create greater understanding and harmonious living! This event would be of interest to families, anyone working with children and young people.
Contact: Jennifer O'Brien 061 603710

Film & Lecture Series
Venue: Ormston House, Patrick Street, Limerick
Time: 7.00pm – 10.00pm
The Prague Spring of 1968 is the subject of the three documentaries. Oratorio for Prague began as a celebratory chronicle of the hopes that the Prague Spring revitalised & offers a partial glimpse into the forces of the time. Confusion, begins where Oratorio for Prague ends: with the hopes for humanising the existing political system being crushed by the tanks of the Warsaw Pact. Finally, Memorial Service documents the reactions to the death of student Jan Palach, who set himself on fire in January 1969 in protest against the violent repression.
Prague & 1968: Three Documentaries.
Jan Němec, Oratorio pro Prahu (Oratorio for Prague - 1968)
Evald Schorm, Zmatek (Confusion - 1968)
Vlado Kubenko et al., Tryzna (Memorial Service - 1969)
Speaker: Pavla Veselá (Charles University Prague)
Free Events, All Welcome! Organised by the Ralahine Centre for Utopian Studies at the University of Limerick.
Contact: Dr Michael G. Kelly, Director, Ralahine Centre for Utopian Studies, School of Modern Languages and Applied Linguistics, University of Limerick, 061 213174. michael.g.kelly@ul.ie

Naturopathic Principles for Optimum Health and Well Being
Venue: Eats of Eden, Thomas Street
Time: 6:15pm – 7:15pm
We invite you to attend an interesting discussion about the naturopathic principles for optimum health and wellbeing hosted by Naturopathic Herbalist Sarika Hule. This would be of interest to everyone, young and old.
Contact: Eats of Eden, Thomas Street, Limerick Call 061 316693

On the Couch with LINC
Venue: G10, Mary Immaculate College, South Circular Road Limerick
Time: 6:30pm
An informal discussion on inclusion in early years’ care and education, along with a question and answers from the audience. This event is suitable for early years’ educators, LINC Graduates, LINC Students and early years’ students. This event is organised by LINC Programme (Mary Immaculate College).
Contact: Irene Hegarty & Isabel Walsh linccmic.ul.ie 061-204545 Mary Immaculate College, South Circular Road, Limerick.

Home Catering
Venue: Our Lady of Lourdes Centre, Childers Road, Rosbrien, Limerick
Time: 6.30pm - 7.30pm
Cookery demo - how to prepare a buffet for family celebrations. This would be of interest to adults living in Our Lady of Lourdes.
Pre booking essential
Contact: Emer O’Keeffe, Café Manager, OLOL Community Centre, 061-228596

‘Internet Safety Awareness for Parents’ by Child Watch
Venue: Griffith College, O’Connell Avenue, Limerick
Time: 6:30pm – 8:30pm
This workshop on internet safety is aimed at educational staff and parents of secondary school students. Teen Safe from Child Watch is a unique digital education experience based on case studies from research that Child Watch has been involved in. Our second-level student, staff and parent material covers: psychology of the internet, Internet and apps, searching online, how you appear online, images and text, online harassment, designing YOU online. This is of interest for parents of teens.
Contact: Eveleen.obrien@griffith.ie 061310031
**Tour of Training Centre**  
**Venue:** Limerick and Clare Education and Training Board, Raheen Campus, Limerick  
**Time:** Call to arrange a tour  
If you are interested in a return to work, changing career, developing skills in a range of areas from engineering, carpentry and joinery, construction, motor mechanics, hair and beauty or IT skills then visit Raheen Campus to learn about our adult course, traineeship and apprenticeship opportunities. Open to all.  
**Contact:** Mary Manning 061 487997 Mary.manning@lcetb.ie

**Going Green**  
**Venue:** Departing Our Lady of Lourdes Community Centre, Childers Road, Rosbrien, Limerick  
**Time:** 9:15am – 11:30am  
Tour of Mungret Recycling Facility. This would be of interest to adults living in Our Lady of Lourdes.  
**Pre booking essential** max number is 15 adults  
**Contact:** Katherine Kirby, Estate Mgmt Co-ordinator, OLOL Community Centre, 061-228596

**Learn about Recycling and This Excellent Recycling Facility**  
**Venue:** Mungret Recycling Centre Bunlicky, Mungret, Co. Limerick  
**Time:** 9:30am – 11:00am  
Educational tour of the Mungret Recycling Centre with the site manager. This would be suitable for residents of Ballinacurra, Weston, Southill and general public welcome.  
**Contact:** Katherine Kirby 085-8689854, Gerry Kennedy 087-9774826. Limerick City and County Council, 061-556000.

**Learn to be a hands-on Archaeologist!**  
**Venue:** Limerick City Museum in Henry street (ex Franciscans) Exhibition Room  
**Time:** 10:00am– 1:00pm and 2:00pm – 5:00pm  
Archaeology involves digging up objects from our past but they must then be analysed by experts to understand what they can tell us about the people who made them and when they lived. An opportunity to learn some of the techniques and practices involved. This would event be of interest to children up to 12yrs and any other family members they are in charge of. This event is organised by Mary Immaculate College & Limerick City Museum  
**Contact:** Dr Cathy Swift, Mary Immaculate College South Circular Road Limerick 086-0679708

**Digital Scrapbooking for Beginners**  
**Venue:** Mobile IT, Main Street, Bruree, Co. Limerick  
**Time:** 10:00am – 12:00 noon  
Learn how to make the best of your most precious photos using digital scrapbooking. Using digital flowers, ribbons, decorative paper, stickers and text bring your memories alive.  
Digital Scrapbooking kit and equipment available. This event is suitable for the general public.  
**Contact:** Alice Quinlan 063-90952

**Bike Repair**  
**Venue:** St. Mary’s Aid, Nicholas Street, Limerick  
**Time:** 10:00am – 12:30pm  
Conduct a free maintenance check on a bike by a qualified mechanic. Open to all. This event is organised by Limerick Smarter Travel and St Mary’s Aid.  
**Contact:** Patrick Kennedy 061-318106 Patrick.kennedy@stmarysaid.ie

**Learn to Mountain Bike - for Adults**  
**Venue:** Meet at the Trailhead, just outside Ardpatrick, Co. Limerick  
**Time:** 10:00am – 12:00 noon  
Suitable for beginners. Bikes supplied, Train cycle leader will guide participants. This is suitable for women, and men, (any adults who would like to opportunity to try mountain biking, but are unsure where to start). This event is organised by Ballyhoura Beo.  
**Pre booking essential**  
**Contact:** Fiona fwalsh@ballyhoura.org, 063 91300

**Start Your Own Business 3-Day Programme**  
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**Contact:** David O’Grady, Development Officer, Ballyhoura Development CLG, Coote Hall, Kilmallock, Co. Limerick. Tel: 063-20517, email: dogrady@ballyhoura.org

**Tour of Training Centre**  
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**Time:** Call to arrange a tour  
If you are interested in a return to work, changing career, developing skills in a range of areas from engineering, carpentry and joinery, construction, motor mechanics, hair and beauty or IT skills then visit Raheen Campus to learn about our adult course, traineeship and apprenticeship opportunities. Open to all.  
**Contact:** Mary Manning 061 487997 Mary.manning@lcetb.ie

**Going Green**  
**Venue:** Departing Our Lady of Lourdes Community Centre, Childers Road, Rosbrien, Limerick  
**Time:** 9:15am – 11:30am  
Tour of Mungret Recycling Facility. This would be of interest to adults living in Our Lady of Lourdes.  
**Pre booking essential** max number is 15 adults  
**Contact:** Katherine Kirby, Estate Mgmt Co-ordinator, OLOL Community Centre, 061-228596

**Learn about Recycling and This Excellent Recycling Facility**  
**Venue:** Mungret Recycling Centre Bunlicky, Mungret, Co. Limerick  
**Time:** 9:30am – 11:00am  
Educational tour of the Mungret Recycling Centre with the site manager. This would be suitable for residents of Ballinacurra, Weston, Southill and general public welcome.  
**Contact:** Katherine Kirby 085-8689854, Gerry Kennedy 087-9774826. Limerick City and County Council, 061-556000.

**Learn to be a hands-on Archaeologist!**  
**Venue:** Limerick City Museum in Henry street (ex Franciscans) Exhibition Room  
**Time:** 10:00am– 1:00pm and 2:00pm – 5:00pm  
Archaeology involves digging up objects from our past but they must then be analysed by experts to understand what they can tell us about the people who made them and when they lived. An opportunity to learn some of the techniques and practices involved. This event would event be of interest to children up to 12yrs and any other family members they are in charge of. This event is organised by Mary Immaculate College & Limerick City Museum  
**Contact:** Dr Cathy Swift, Mary Immaculate College South Circular Road Limerick 086-0679708
Open Morning at ENGINE

Venue: Engine, Upper Cecil Street, Limerick.
Time: 10:00am – 12:00 noon

Our event is to showcase the facilities which Engine has to offer - ENGINE is the new name of world class innovation in Limerick. This would be of interest to the business community, training providers and entrepreneurs. Located on Upper Cecil Street, right in the heart of Limerick city it has become home to entrepreneurs and companies who are focused on technology and innovation. The layout of ENGINE is one which encourages cross-collaboration, creativity and innovation. The ground floor training facility includes high-tech audio visual equipment, a breakout area, kitchen facilities and access to the garden at the rear of the building. There is also a co-working office space and hot desk facilities on the ground floor for new business development. Hosted by Innovate Limerick.

Telephone to book
Contact: 061 221414

Emotional Intelligence

Venue: West End Youth Centre, Childers Rd, Limerick
Time: 10:00am - 12:00pm

For many professions today emotional intelligence is more important than I.Q. We apply the principles underpinning this reality to working in the community through an interactive and experiential workshop. This would be of interest to social workers, nurses, teachers, lecturers, Gardai, community workers, anyone working with the public.

Pre-booking essential
Contact: William Priestley, Manager, West End Youth Centre, 085-7634871
William.priestley@ololcsg.ie

Further Education and Training Opportunities Fair 2018

Venue: Further Education and Training (FET) Centre, O’Connell Avenue Campus, Limerick
Time: 10:00am – 12:00 noon

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

Booking essential before Thursday 15th March
Contact: Lorraine O’Donoghue, Tel. 061 445733, lorraine.odonoghue@lcetb.ie

Limerick Local Employment Service (LES) Open Day

Venue: Limerick LES Central Office, Unit 2, Tait Business Centre, Dominic Street, Limerick
Time: 10:00am - 4:00pm

Limerick LES will open its doors and provide a one to one service to any jobseeker or member of the public seeking advice, information or guidance on jobs, careers, education courses and training opportunities. This would be of interest to any jobseeker or member of the public, 16 to 66 years old.

Contact: Donie McGrath dmcgrath@les.ie Free phone 1800412999, Limerick Local Employment Service.

Easter Laughs and Crafts

Venue: Millennium Centre, Caherconlish, Co. Limerick.
Time: 10:00am – 12:00 noon

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

Contact: Michelle Stack, Parent Support Worker, and Hospital Family Resource Centre 061-383884


Venue: Coote Hall Resource Centre, Kilmallock, Co Limerick
Time: 10:00am – 12:00 noon

This course is for unemployed people who may have lost direction in moving forward and may be lacking motivation on what step to take next to get back on the road to employment. This course would be of interest to unemployed people or people in employment that might be looking for a change of direction in their lives. This event is organised by Ballyhoura Development Clg Jobs Club

Contact: Anisa Moynihan / Joe Biggane, 063-20555 / amoynihan@ballyhoura.org

Garden Fairy Trail and Bug Hunt

Venue: Southill Community Garden, Southill Area Centre, O’Malley Park, Southill, Limerick
Time: 10:00am

A bug hunt and walk through the fairy garden for little children and inquisitive adults! This is suitable for families with young children, crèche groups, pre-schools.

Contact: Jennifer O’Brien 061 603710

Further Education and Training Opportunities Fair 2018

Venue: Further Education and Training (FET) Centre, O’Connell Avenue Campus, Limerick
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Booking essential before Thursday 15th March
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Booking essential before Thursday 15th March
Contact: Lorraine O’Donoghue, Tel. 061 445733, lorraine.odonoghue@lcetb.ie
**Guided Tour of St. Mary's Cathedral**  
**Venue:** Saint Mary's Cathedral, Bridge Street, Limerick.  
**Time:** 12:00 noon  
Informative Tour of Saint Mary’s Cathedral. All welcome.  
**Contact:** Noreen Ellerker, 087 2045077

**A Lunchtime Limerick Lesson**  
**Venue:** GROW Centre, 33 Henry Street, Limerick (1st floor, wheelchair accessible via lift)  
**Time:** 12:30pm - 2:00pm  
Have you got some time to learn a wee rhyme? A poem to compose from a man who knows and won’t cost a dime! A “limerick” writing workshop with Dominic Taylor from Limerick Writers’ Centre. Participants will be encouraged to compose their own limerick with a mental health theme. This would be of interest to adults who have an interest or hidden talent for creative writing or poetry and who may also have an interest in mental health matters.  
**Contact:** Contact Rob Stephen (086-0625765) or GROW Office (061-318813) midwesternregion@grow.ie

**Challenging Behaviour: Teenagers**  
**Venue:** West End Youth Centre, Childers Road Limerick  
**Time:** 1:00pm – 3:00pm  
Based on over twenty years of experience of working Dublin, Limerick and America, both in residential and youth work settings; we explore the core elements of challenging behaviour in the teenage years through an interactive and experiential workshop. This would be of interest to Social workers, nurses, teachers, lecturers, Gardai, community workers, anyone working with the public.  
**Pre-booking essential**  
**Contact:** William Priestley, Manager, West End Youth Centre, 0857634871 William.priestley@ololcsg.ie

**Pop up Language Lab**  
**Venue:** Doras Luimni, CB1 Gallery, Central Buildings, 51a O’Connell Street, Limerick.  
**Time:** 1:00pm – 2:00pm  
Native speaker of the most widely spoken foreign languages in Limerick will provide an opportunity to learn some of the basics in their native languages. Polish, Arabic, French, Pashto and Dari are among the languages that will be available. This event is organised by Doras Luimni.  
**Contact:** Leonie Kerins 061 310328. l.kerins@dorasluimni.org

**Talk on Limerick Lace**  
**Venue:** Granary Library, Michael Street, Limerick  
**Time:** 1:00pm – 2:00pm  
Learn about one of the world’s most important craft industries in the history of Ireland which enjoyed worldwide fame. This talk is organised by Limerick Museum. Open to All  
**Contact:** Dr. Matthew Potter 061-557740

**SNAPSHOT OF National Learning Network**  
**Venue:** National Learning Network, Raheen Business Park, Limerick  
**Time:** 11:00am - 1:00pm  
Explore a unique style to Adult Education with the National Learning Network. View our various programmes and facilities and meet tutors and students. This would be of particular interest to people out of work due to accident, illness or disability.  
**Contact:** Patricia Hynes, National Learning Network, 061 229777, limerick@nln.ie

**An Introduction to Google Analytics**  
**Venue:** Room 8A107, Limerick Institute of Technology, Moylish Campus, Limerick  
**Time:** 11:00am – 1:00pm  
Google analytics is a free tool businesses can use to monitor their digital performance. This course will show people how to track and measure their digital activity effectively and how to use this insight to make informed business decisions. This would be of interest to marketing professionals, business owners and anyone who wants to learn more about Google Analytics. Delivered by Rachel Walsh of Discover Digital in conjunction with Eoghan Sadlier from LIT Dept of Business.  
**Note:** This will be an interactive session. Please bring your laptop.  
**Contact:** Rachel Walsh hello@discoverdigital.ie 087-9910260

**Teddy & Rhyme Time**  
**Venue:** The Family HUB Room, Rathkeale Community Centre, Rathkeale, Co. Limerick.  
**Time:** 10:30am – 12:00 noon  
It’s “Teddy & Rhyme Time” at the Family HUB Room in Rathkeale Community Centre. All are welcome to join us for a free interactive nursery rhyme reading with your child (0-6 yrs) and their Teddy! There will also be art & crafts, a little teddy bears picnic & each child/parent will also receive a copy of our book ‘123 Rhymes for You & Me’. This event is suitable for parents of preschool aged children, also grandparents and others looking after young children (0-6yrs). This event is organised by West Limerick Resources Clg.  
**Contact:** Adrienne O’Connell, West Limerick Resources, St. Mary’s road, Newcastle West, Co. Limerick. 087 – 2773294 aocconnell@wlr.ie
All are welcome. This event is organised by the Graduate Entry Medical School, University of Limerick. Places are limited to 50 so you MUST register in advance to ensure a seat. Click here to register
https://www.eventbrite.co.uk/e/the-brain-and-the-nature-of-knowledge-tickets-31927132914
Contact: Professor Billy O’Connor Mobile: 0863501107 Inside-the-Brain website, Twitter and Facebook

“Surnames and Sources- Military History”
Venue: Education Suite, King John’s Castle, Nicholas St, Limerick
Time: 2:30pm – 4:30pm
A lecture and workshop will be held in King John’s Castle. This event will be focusing on Anglo-Norman military history along with RIC military sources. Members of Merriman Research will be speaking at the event. Using the impressive castle will enhance the overall theme of the event and provide an excellent space for the evening. This event is organised by Merriman Research and Training. This event is organised by Merriman Research “Surnames & Sources - Tracing your roots with Merriman Research.
Booking on Eventbrite: -
https://www.eventbrite.ie/e/the-fighting-irish-how-to-carry-out-genealogical-research-through-military-records-tickets-43085784742?aff=es2
Contact: Sean Dillon, 086 666 7336, sdillon@irishsurnames.online

Creative Collage & Writing Workshop
Venue: Watch House Cross Community Library, Watch House Cross, Limerick
Time: 3:00pm – 6:00pm
Using the visual medium of collage as an inspirational starting-point for creativity, these highly enjoyable workshops promote tranquility and mindfulness, and encourage participants to produce personal collage images to inspire memories, reflections or creative writing. This event is suitable for adults / 18+ No writing or art experience needed. This event is organised by FONT Professional Writing Services.
Contact: Kim Arnold, Font Professional Writing Services, fontwriting@gmail.com www.fontwriting.com 0872276679

Children’s Song-Writing Workshop
Venue: Learning Hub Limerick, Kileely House, New Road, Kileely, Limerick
Time: 3:30pm – 5:00pm
The Learning Hub invites young musicians and singers or those who would like to give song-writing a try to this workshop. We’ll write a song (or two) and have some fun in the process. Although a one-off event, we hope to organize follow-up workshops in the near future. This event is suitable for children aged 10-14 years old.
Contact: James, james@learninghub.ie 061 453099
Caring for Our River Banks – Can We Do it Together?
Venue: Chez le Fab, Arthurs Quay Park, Limerick
Time: 6:00pm - 7:00pm
For the last 6 years, Limerick Riverpath Volunteers (http://limerickriverpathvolunteers.org) have been doing clean-ups, tree planting, walks and talks, bringing together people who care about the canal and river banks. Come to hear about our experience and about a new trend, called 'Take 3 for the Sea' when it is done on beaches or "plogging" when done while jogging. This event would be suitable for people interested in keeping Limerick clean and adding to its attraction. Family friendly. This event is organised by Limerick Riverpath Volunteers
Contact: Gabriela Avram 061 202782 Gabriela.avram@gmail.com

An Introduction to Wellness Coaching with Aileen Wall
Venue: Eats of Eden, Thomas Street, Limerick
Time: 6:15pm – 7:15pm
Tried all the usual ways to make changes to your health & wellbeing and gotten only so far and return to old behaviours? Check out Wellness Coaching and see how this can help you to make lasting lifestyle changes. All welcome.
Contact: Eats of Eden, Thomas Street , Limerick, Call 061 316693

Reflecting on the Legacy of Former Minister for Education Donough O'Malley T.D.
Venue: Engine, Upper Cecil Street, Limerick
Time: 7:00pm
Commemorating the 50th anniversary of Donough O'Malley's death on 10th March 1968 and his momentous decision to introduce equality of access to free second level education. This will be of interest to students, education and training providers, and the general public. Organised by Mid-West Regional Skills Forum.
Contact: Dr. Geraldine Mooney Simmie, Faculty of Education & Health Sciences, University of Limerick. Joe Leddin, Manager MWRSF 0868160569 joeleddin@regionalskills.ie

Free Tennis Lessons
Venue: CIAC, Rosbrien, Limerick
Time: 7:00pm – 8:00pm
If you haven’t played tennis in a while or never before, come along and we will get you started. We’ll supply the racket, balls and the coach to get you up to speed. This event would be suitable for adults.
Contact: Bryan Stewart 086 3821614 bryantennis@gmail.com www.ciactennis.com

Take the Next Step
Venue: Northside Youth Space (Limerick Youth Service), Ballynanty, Limerick
Time: 4:00pm – 6:00pm
Teenagers can take time out from their studies & enjoy some pool, games, darts, Xbox and more at Steps Youth Cafe's Open Day. The café is suitable for TYs, 5 & 6th years. Of interest for young people (15-18yrs). This event is organised by Steps Youth Café
Contact: Stacey Lyons, Northside Youth Space, (Limerick Youth Service), Ballynanty, Limerick 061-408122 083 8546757 staceyl@limerickysouthservice.org

Teenage Music Club
Venue: The Factory Southside Youth Space (Limerick Youth Service), Galvone Business Park, Limerick.
Time: 5:00pm – 6:30pm
Learn to play the drums, guitar, keyboard & more with LYS’s Teen Music Group at The Factory Southside Youth Space. This would be of interest to young people (11-18yrs).
Contact: Frances Campbell, The Factory Southside Youth Space. (Limerick Youth Service), Galvone Business Park, Limeric. 061 422 385 087-9274249

‘Beginner Introduction to Mobile App Development’
Venue: Griffith College, O’Connell Ave, Limerick
Time: 5:30pm – 7:30pm
Griffith College Limerick are leading providers of education in the mid-west region at both undergraduate and postgraduate qualifications and invite you to attend our lecture on An introduction to Mobile App Development. This lecture will be delivered by a specialist lecturer in the field as a taster/hobby course to the world of mobile app development available at your fingertips. This event is suitable for all - especially people in business.
Contact: Eveleen.obrien@griffith.ie 061310031

For more information www.limerick.ie/lovelearning
Open Evening – Fitness Instructors Courses
Venue: PESS Building, University of Limerick, Plassey, Limerick
Time: 7:00pm – 8:30pm
In order to enable you to make an informed decision we at the National Council for Exercise and Fitness (NCEF) would like to invite you to our spring open evening. Prospective applicants for all courses are welcome. You will have the opportunity to meet with students, tutors and graduates on the evening.
Pre-booking is essential at https://www.eventbrite.com/e/open-evening-nceful-fitness-instructor-courses-tickets-42559946947?aff=erelpanelorg. This would be of interest to sports and fitness enthusiasts, career guidance teachers, parents of senior cycle students, current senior cycle students (TY, 5th and 6th year) 18-80 all welcome.
Contact: Áine Ni Chonaill NCEF, PESS Building University of Limerick, 061 202829
ncef@ul.ie aine.nichonaill@ul.ie

Web Safety & Cyberbullying for Parents
Venue: Limerick Youth Service, 5 Lower Glentworth St, Limerick
Time: 7:00pm – 9:00pm
An information workshop for parents on social media, protecting young people online & cyberbullying. This would be of interest to adults, parents & those who work with young people.
Contact: Dermot Troy, Youth Information Officer, Limerick Youth Service, 5 Lr. Glentworth St, Limerick, 061-412444 083-1726898 dermott@limerickyouthservice.org

Dreamcatcher Business Club Meet Up
Venue: Fab Lab, Rutland Street, Limerick
Time: 7:30pm - 10:00 pm
Do you have a talent, dream idea, side project or start-up enterprise you want to develop and move forward? Would you like to get honest feedback and support from a diverse group of like-minded people who have dealt with or are dealing with similar challenges as you? This would be of interest to career changers, freelancers, unemployed, start-ups, innovators, business owners, artists, social entrepreneurs, crafts people. Registration is necessary
Contact: Fergal o’ Farrell 087 4176498 dreamcatcherbc1@gmail.com

“Community Monologues”
Venue: Access Campus, LEDP, Roxboro Road, Limerick
Time: 10.00am – 12.00 noon
Queen of Peace/St Saviour’s Creative Writers Group celebrate their tenth anniversary. The group have extended their membership to 20 and learners come from across the city. To celebrate their tenth year in existence, the QOP/St. Saviours Creative Writers will write, produce and perform a series of dramatic monologues. This would suit those who are interested in creative writing, storytelling, and drama.
Places are limited /Booking is essential
Contact: Angela O’Flynn St. Saviours/QOP Adult education group oflynnangela@gmail.com 086 8946733

Learn to be a hands-on Archaeologist!
Venue: Limerick City Museum in Henry street (ex Franciscans) Exhibition Room
Time: 10:00am – 1:00pm and 2:00pm – 5:00pm
Archaeology involves digging up objects from our past but they must then be analysed by experts to understand what they can tell us about the people who made them and when they lived. An opportunity to learn some of the techniques and practices involved. This event would be of interest to children up to 12yrs and any other family members they are in charge of. This event is organised by Mary Immaculate College & Limerick City Museum
Contact: Dr Cathy Swift, Mary Immaculate College South Circular Road Limerick 086-0679708

Positive Technology
Venue: Shanagolden Further Education and Training Centre, Shanagolden, Co. Limerick.
Time: 10:00 am – 11:00am
A showcase of positive apps and websites for all ages. Let us show you how the technology can be positive resource for you and your family. This event is organised by VTOS Shanagolden. All welcome.
Please contact the centre beforehand.
Contact: Melanie Casey 069 60106

For more information www.limerick.ie/lovelearning
Start Your Own Business 3-Day Programme
Venue: Coote Hall, Kilmallock, Co. Limerick
Time: 10:00am – 4:00pm (This is a 3-day programme Wed 21st – Fri 23rd March, 10:00am – 4:00pm each day)
Thinking of starting your own business in Ballyhoura in 2018 and not sure where to start? This programme provides information on: business development, business registration, taxation, marketing and sales, funding and financing, keeping accounts, developing your business plan. This would be of interest to individuals who have a business idea or who have just started a business and also applicants for the Back to Work or Short Term Enterprise Allowance. This event is organised by Ballyhoura Development CLG. Contact: David O’Grady, Development Officer, Ballyhoura Development CLG, Coote Hall, Tel: 063-20517, email: dogrady@ballyhoura.org

‘Kick Start your Future’ Course – Supporting You Towards Realising Your Career Plan
Venue: Coote Hall, Resource Centre, Kilmallock, Co Limerick
Time: 10:00am – 12:00 noon (This is a four day programme, Tues 20th – Fri 23rd, 10:00am – 12:00 noon each day).
This course is for unemployed people who may have lost direction in moving forward and may be lacking motivation on what step to take next to get back on the road to employment. This course would be of interest to unemployed people or people in employment that might be looking for a change of direction in their lives. This event is organised by Ballyhoura Development Ctg Jobs Club. Contact: Anisa Moynihan / Joe Biggane, 063-20555 / amoynihan@ballyhoura.org

Easter Laughs and Crafts
Venue: Kilmallock Pastoral Centre, Kilmallock, Co. Limerick
Time: 10:00am – 12:00 noon
The parent & toddler group in Kilmallock will be celebrating Easter with laughs & Crafts. There will be a selection of crafts to symbolise Easter including paper eggs, making bunny masks, Easter baskets for our Easter hunt in each of the groups. There will be bunny races and egg and spoon races and other games for parent and toddler to get involved in this fun filled family learning event. Events supported by Ballyhoura Development Ltd. Everyone welcome to join the above group at any time. Would be of interest to parents/ guardians and their children. Contact: Michelle Stack, Parent Support Worker, Hospital Family Resource Centre 061383884

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Self-Guided Tour
Venue: King John’s Castle, Nicholas St, Limerick
Time: 10:00am
12th to 16th Century Exhibition Historic Courtyard & Towers. This would be of interest to everyone. This event is organized by the Shannon Heritage, King John’s Castle.
Booking Essential
Contact: Phone Donna Power for booking 061 370502 or Contact halll@shannonheritage.com

Open Day at Employability
Venue: Employability Office, 5 Mallow Street, Limerick
Time: 10:00am - 12.30pm
Do you have an injury, Illness or Disability? Do you want to find out more about getting back to work? Come along to our open day to find out how we can help you! Event open to the public. Tea and Coffee provided. This event would be of particular interest to jobseekers with injury, illness or disability. Open to disability organisation staff also.
Contact: michelle@employabilitylimerick.ie or phone us on 061 493095

Diabetes Blood Sugar Monitoring and Diabetes Prevention Information
Venue: Health Science Building Main Foyer, University of Limerick
Time: 10:00am – 11:30am
Diabetes is a health issue and long term condition caused by too much sugar in the blood. When sugar accumulates in the system it causes health problems if left untreated. This is an opportunity to assess your risk factors and discuss prevention of diabetes while having a finger test that will give you your blood sugar reading. This event is organised by Department of Nursing & Midwifery. Jill Murphy & Anne Fahy. This event will be of interest to those at UL campus and to the general public.
Contact: Anne Fahy anne.fahy@ul.ie or Jill Murphy jill.murphy@ul.ie
Department Nursing & Midwifery, Health Sciences, University of Limerick. 061202269

Parent and Toddler Nature Hike
Venue: Trailhead near Ardpark, Co. Limerick
Time: 10:00am
5KM Loop Walk. The nature trail runs alongside the mountain bike trails and is an exploration of all the creatures that reside in the woods. This is suitable for parents and toddlers. Not suitable for buggies. This event organised by Ballyhoura Beo.
Please pre book
Contact: Fiona fwalsh@ballyhoura.org 063 91300

Internet Safety for Parents
Venue: Mobile IT, Main Street, Bruree, Co. Limerick
Time: 10am - 12 noon
Learn how to protect your children online with this informative and interactive workshop, covering social media, games and apps. This event would of interest to parents.
Contact: Alice Quinlan 063-90952, Mobile IT, Main Street, Bruree, Co. Limerick
**Pop-Up Clinic: The Heath Benefits of Learning Irish in Limerick**

**Venue:** Health Hub, Rutland St, Limerick (across from the Hunt Museum)

**Time:** 10:30am – 11:00am; 11:30am – 12:00pm (30 minute session repeated)

Information Session (in English) (1) How learning and speaking Irish can help you to: grow your mind; connect with others; get more active and have fun. (2) Returning to Irish in 2018: Learning opportunities & resources to suit all interests; and a chance to chat with local adult learners. General audience and parents of young children in particular. This event is organised by BLÁTHU, a new UL/Community Network promoting the Irish language, health and wellness in Limerick

**Contact:** Deirdre Ni Loingsigh, Aonad na Gaeilge, Ollscoil Luimnigh/University of Limerick, 061-213463 deirdre.niloingsigh@ul.ie

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**Extend – Seated Exercise to Music**

**Venue:** Bethany, 1 Greenfields, Rosbrien, Limerick

**Time:** 10:30am – 11:30am

Gentle exercise suitable for all levels of fitness. This would be of interest to adults or older people living in Our Lady of Lourdes. This event is organised by Sisters of Mercy, Green fields.

**Contact:** Delia O’Connor, Deliaoconnor2012@gmail.com

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**The Art of Positive Living**

**Venue:** GROW Centre, 33 Henry Street, Limerick (1st floor, wheelchair accessible via lift)

**Time:** 11:00am – 1:00pm

Bernie Quillinan, co-founder of UL Engage (which supports university/community collaboration), will look at ways of promoting mental health in everyday living. Bernie will explore how to be in relationships in recovery, with an emphasis on relationships in peer support groups. This would be of interest to adults who have an interest in mental health and wellbeing.

**Contact:** Contact Mary Purcell (086-8231624) or GROW Office (061-318813) midwesternregion@grow.ie

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**800 Years of Fashion – Tours and Drop-in Workshop**

**Venue:** The Hunt Museum, Customs House, Rutland Street, Limerick

**Time:** 11:00am – 1:00pm

Let us take you on a journey of time travel and discovery during which you will see the ever changing and evolving fashions of centuries passed. Of interest to all ages.

**Contact:** Chelsea 061312833 chelsea@huntmuseum.com

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**Testicular Cancer Awareness**

**Venue:** Main Campus Courtyard & Health Science Building Main Foyer, University of Limerick, Castletroy, Limerick

**Time:** 12:00pm – 2:00pm

April is Testicular Cancer awareness month. Although testicular cancer is rare, it is the most common cancer in young men aged 15-45 years in Ireland and has increased in recent years. However when detected early it is treatable and nearly always curable. This event is open to UL Campus and general public. This event is organised by Department of Nursing & Midwifery 2nd Year General Nursing Students.

**Contact:** Anne Fahy anne.fahy@ul.ie 061202269

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**Student Campaigns in Social and Civil Engagement**

**Venue:** Graduate Attributes Hub, Millstream Courtyard, University of Limerick, Castletroy, Limerick

**Time:** 1:00pm - 3:00pm

As part of the UL Broadening Module ‘Social and Civil Engagement’, a group of first year students at UL have designed and run a series of mini-campaigns in the UL campus in different social issues. They will present what they did and what they have learnt. This would be of interest to those interested in social engagement issues. This event is organised by Centre for Teaching and Learning in UL.

**Contact:** Angelica Riskez, 061202580, angelica.riskez@ul.ie

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**Portrait Artist of the Festival**

**Venue:** VTOS, Further Education and Training (FET) Centre, Kilmallock Road Campus, Kilmallock Road, Limerick

**Time:** 12:00pm – 3:00pm

This event will provide the opportunity to participate in a Portrait Workshop at the new Art Studio in Kilmallock Road Campus (formerly St. Enda’s). Artists of all levels, from complete beginners to advanced, can participate in this fun event. They will have the chance to draw or paint former Mr World Kamal Ibrahim. Originally from Limerick Kamal is now a television presenter and film producer. This event would be of interest to the general public.

**Contact:** Jayne Foley, Art, Craft & Design teacher, FET Centre, Kilmallock Road Campus, Kilmallock Road, Limerick City (former St. Enda’s School) jayne.foley@lctec.ie 086 8155610

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**Free Workshop: “Introduction to Holistic Wellness”**

**Venue:** Health Hub, Rutland Street, Limerick

**Time:** 1:00pm – 2:15pm

True wellness comes from harmony and balance between three aspects of your being: body, mind, soul. We feel this harmony when we experience joy, peace and gratitude in our lives. During the workshop you will learn simple but effective techniques to develop and maintain this harmony, thus improving your well-being. This event would be suitable for those interested in discovering new ways of looking after their health and happiness. This event is organised by Lana O’Farrell, Holistic Wellness Practitioner.

**Contact:** Lana O’Farrell Tel. 087-2868306 whitelightcentre@gmail.com www.lanaofarrell.com

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**For more information www.limerick.ie/lovelearning**
| Digital Skills | Venue: Mobile IT, Main Street, Bruree, Co. Limerick  
Time: 2:00pm – 4:00pm  
Introduction to computers. Learn how to browse the web, shop online, access TV and radio online, social media & skype. This event is suitable for general public.  
Contact: Alice Quinlan 063-90952 |
| --- |
| Easter Themed Creative Workshop | Venue: GROW Centre, 33 Henry Street, Limerick  
Time: 2:00pm - 3:30pm  
Frances and Sharon will host a relaxing seasonal art and craft session, including flower arranging, for beginners and experts alike. Materials, tea, coffee, chat and a friendly atmosphere will be provided. Participants can take away their completed work. This would be of interest to adults wishing to develop a therapeutic new hobby, especially those who might want to find out a bit more about how GROW's mental health support groups work, in a relaxed manner.  
Contact: Contact Sharon Ni Chonghaile (085-8665485) or GROW Office (061-318813) midwesternregion@grow.ie |
| Introduction to Mosaic Design | Venue: Ceramics Room, Limerick College of Further Education, Mulgrave Street, Limerick  
Time: 2:00pm - 4:30pm  
An introduction to the process of designing and creating Mosaic art pieces for interior and exterior use. Participants will get hands on experience cutting and piecing together a sample mosaic image. Max of 8 participants. This would be of interest to anyone interested in learning a skill that can easily be replicated at home.  
Contact: Contact Sharon Ni Chonghaile (085-8665485) or GROW Office (061-318813) midwesternregion@grow.ie |
| Social Media: Friend or Foe? | Venue: Graduate Attributes Hub, Millstream Courtyard, University of Limerick  
Time: 3:30pm – 4:30pm  
Social media, SMS and email has become part of everyday life. However, physical presence, context, and subtlety are largely lost in social media, because most human communication is non-verbal. Does this mean that ‘social’ media really leads to disconnect and dissatisfaction with life? What do you think?  Facilitated by Dr. Lucy Smith, Deputy Head at the UL Counselling Service. All welcome.  
Contact: Angelica Risquez, angelica.risquez@ul.ie 061202580 |
| Crafty Kidz | Venue: Our Lady of Lourdes Community Centre, Childers Road, Rosbrien, Limerick  
Time: 3:30pm – 4:30pm  
Fun Easter themed craft for pre-school age children. This would be suitable for children aged 3-5yrs. Pre booking essential.  
Contact: Michelle O’ Doherty, Early Years Manager, Childworld Crèche, Our lady of Lourdes Community Centre 061-303472 |
| Lava Javas Open Nite | Venue: Lava Javas Youth Café, Limerick Youth Service, 5 Lwr. Glenworth St, Limerick  
Time: 5:00pm – 8:00pm  
Music, Xbox, board games and more as teenagers (14-19yrs) are invited to enjoy the fun at Lava Javas Youth Café. This event would be of interest to young people (14-19yrs)  
Contact: John Real, Lava Javas, Limerick Youth Service, 5 Lr. Glenworth St, Limerick.061 412444 087 2626816 johnr@limerickyouthservice.org |
| Looking Behind the Theatrical Scenes | Venue: Lime Tree Theatre, Mary Immaculate College, South Circular Road, Limerick  
Time: 5:30pm - 7:00pm (Meet at box office)  
This guided tour and talk will be an introduction to theatre auditorium design, technical theatre equipment and stagecraft for the curious and the uninitiated. It will take place in the wonderful Lime Tree Theatre and give participants an opportunity to see behind the scenes at how the magic of live performance is made. This is of interest to general public and anyone with an interest in the performing arts. This event is organised by Department of Drama & Theatre Studies, MIC & Lime Tree Theatre.  
Contact: Dr Michael Finneran Head, Dept. of Drama & Theatre Studies, Mary Immaculate College 061-204976 |
| Skincare Master Class | Venue: Eats of Eden, Thomas Street, Limerick  
Time: 6:00pm – 7:30pm  
Would you like to know more about natural skin care? Our masterclass will teach you how to identify your skin type, how to look after it along with practical tips on nutrition and skincare products. All welcome.  
Contact: Eats of Eden Thomas Street Limerick Call 061 316693 |
| Healthy Eating Demonstration | Venue: Dooradoyle Library, Dooradoyle, Co Limerick  
Time: 6:30pm - 8:00pm  
Verette O’Sullivan from Verette’s Kitchen will give a cookery demonstration based around eating for optimal health. She will explain in detail the health benefits of dishes to both adults and children. All Welcome.  
Contact: Dooradoyle Library 061-556860 |
| Youth Club Fever | Venue: Various locations across Limerick City  
Time: Various start times on Friday evening  
Hundreds of young people enjoy LYSs Friday night youth clubs across Limerick City & County. This event is organised by Limerick Youth Service and is suitable Young people (10-18yrs).  
Contact: Youth Information Bureau, Limerick Youth Service, 5 Lr. Glenworth St, Limerick 061-412444 083-1726898 yib@limerickyouthservice.org |
Cycle Training
Venue: Merchants Quay, Limerick
Time: 8:30am – 12:30pm
Get back in the saddle! Cycling skills a bit rusty? This event is for you, regain your cycling confidence and get back on your bike! This event is suitable for over 18’s. This event is organised by Limerick Smarter Travel.
Contact: smartertravel@limerick.ie 061 557453

Science Pop-up Stall at the Limerick Milk Market
Venue: Milk Market, Limerick
Time: 9:00am – 2:00pm
Physics Busking is a national initiative to promote the awareness and engagement of the Irish public with science, technology, engineering and mathematics (STEM). Researchers from the Bernal Institute together with the SSPC at UL will host a pop-up stall at Limerick’s Milk Market during the Limerick Lifelong Learning Festival bringing STEM out of the lab and into the public domain. Our “busking performances” involve interactive experiments and demonstrations selected for maximum engagement, excitement and education. This would be of interest to the general public, families, and young children.
Contact: Sarah Brady, Bernal Institute, University of Limerick, 061-20 2352

Follow Your Dream Walkshop
Venue: Meet at the University of Limerick Sports Arena
Time: 9:30am Walkshop 10:00am to 2:00pm
What do you want to do with rest of your life?
Do you want to develop your talent, dream idea, side project or start-up into something greater?
Join us for a Walkshop (3k-4k) where you will share stories, collaborate, learn in natural surroundings and create a plan of your next step. This would be of interest to Career changers, freelancers, unemployed, start-ups, innovators, business owners, artists, social entrepreneurs, crafts people.
Registration is necessary
Contact: Fergal o’ Farrell 0874176498 dreamcatcherbc1@gmail.com
Or register on www.eventbrite.ie www.dreamcatcherbusinessclub.com

Adult Fashion Workshop
Venue: The Hunt Museum, Customs House, Rutland Street, Limerick
Time: 10:00am – 2:00pm
In this workshop we are going to look at some of the traditional techniques and materials used in Sybil Connolly’s work and see how we can take advantage of current and upcoming technologies available. We will look to develop positive solutions to contemporary issues such as climate change, pollution and excessive consumption, and create some future fashion. Facilitated by: Ruth Duignan, Assistant Lecturer, LASD and Design at Limerick Institute of Technology. This would be suitable for those interested or working in fashion.
Contact: Chelsea 061 312833 chelsea@huntmuseum.com

Learn to be a hands-on Archaeologist!
Venue: Limerick City Museum in Henry street (ex Franciscans) Exhibition Room
Time: 10:00am – 1:00pm and 2:00pm – 5:00pm
Archaeology involves digging up objects from our past but they must then be analysed by experts to understand what they can tell us about the people who made them and when they lived. An opportunity to learn some of the techniques and practices involved. This event would be of interest to children up to 12yrs and any other family members they are in charge of. This event is organised by Mary Immaculate College & Limerick City Museum
Contact: Dr Cathy Swift, Mary Immaculate College South Circular Road Limerick 086-0679708

A New DAY with LYS
Venue: Limerick Youth Service, 5 Lwr Glentworth St, Limerick.
Time: 10:00am-2:00pm
Young people from migrant and ethnic minority communities connect with each other and learn about life with Limerick Youth Service (LYS)!
This would be suitable for young people (10-18yrs).
This event is organised by LYS Diversity & Youth Group.
Contact: Shay Maloney, Limerick Youth Service, 5 Lr. Glentworth St, Limerick. 061-412444 086-8907671 shaym@limerickyouthservice.org

Creative Writing Workshop for Adults
Venue: Lough Gur Heritage Centre Lough Gur Co. Limerick
Time: 10:00am – 12:00pm
Beginners Creative Writing Workshop for adults of all ages.
This event is organised by Lough Gur Development.
Contact: Gemma 061 385386/ 087 285 2022 Lough Gur Heritage Centre, Lough Gur, Co. Limerick.
‘Let’s Talk About...Your Child’s Language Development’
Venue: The Granary Library, Michael Street, Limerick
Time: 10:30am -12.00 noon
Parents are the most important people in their children’s early lives. This event will give parents practical tips and ideas on how to help develop their child’s speech, language and communication skills from 0-5yrs. Open to parents/grandparents/guardians. This event is hosted by Limerick Childcare Committee in partnership with the Limerick Speech and Language Dept and the Granary library.
Contact: Limerick Childcare Committee, Croom Mills, Croom, Co. Limerick 061 600918 www.limerickchildcare.ie
Contact: Laura Sheehan laura@limerickchildcare.ie

Introduction to eTextiles
Venue: FabLab Rutland St, Limerick
Time: 11:00am – 12:30pm
There is a growing interest in projects combining textiles and electronics. A presentation of various projects and resources will be followed by a hands-on application. This event would be of interest to people with an interest in fashion, wearables and technology. This event is organised by Future Textiles Lab
Contact: Gabriela Avram 061 202782 Gabriela.avram@gmail.com

Drop-in Arts and Crafts
Venue: The Hunt Museum, Customs House, Rutland Street, Limerick
Time: 12:00 noon – 1:00pm
Get artsy and learn about history through the Hunt Collection. Monthly themes are designed by our Education Team to encourage you to discover the collection and link into different arts practices. This would be suitable for all ages.
Contact: Chelsea 061312833 chelsea@huntmuseum.com

World Recipe Exchange - Salon Du Chat
Venue: Ormston House, Cultural Resource Centre, 9-10 Patrick Street, Limerick City
Time: 2:00pm – 4:00pm
World Recipe Exchange and Salon Du Chat have teamed up to invite you to a conversation about migration, food heritage and identity. Think speed debating, think chat without the chit. Take a seat, a drink and a menu. But instead of ordering food, order conversation. Free event with refreshments. All welcome. Family friendly.
Contact: Marta Sławińska, marta@ormstonhouse.com, 0862047653

Open Day at Limerick Museum
Venue: Old Franciscan Friary, Henry Street, Limerick.
Time: 2:00pm – 5:00pm
To mark the opening of the Limerick Museum at its new location at the Old Franciscan Friary in Henry Street, guided tours are being provided at 3pm and 4pm. Open to All.
Contact: Dr. Matthew Potter 061-557740

Baby Steps to Better Oral Health
Venue: Crescent Dental, Dooradoyle, Limerick
Time: 3:00pm – 4:30pm
Workshop for children aged 2 – 6yrs. This would be suitable for parents with children aged 2 – 6yrs.
Contact: Paula Dalton 061 484844 / 086 0753047

Open Mic
Venue: Lava Javas Youth Café, Limerick Youth Service, 5 Lwr. Glentworth St, Limerick.
Time: 4:00pm – 7:00pm
Live on stage, YOU at Lava Javas as the popular youth café hosts an open mic events for Limerick’s teens. This event is suitable for young people (14-19yrs).
Contact: John Real,
Lava Javas, Limerick Youth Service, 5 Lr. Glentworth St, Limerick. 061 412444 087 2626816 johnr@limerickyouthservice.org

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Contact: Marta Sławińska, marta@ormstonhouse.com, 0862047653
Moderate Walk for Experienced Walkers with a Good Level of Fitness
Venue: Glenroe, Co. Limerick, Meet at the church
Time: 10:00am 5-6hrs Duration
Darragh Hills walk and Molanny River Walk. This would be of interest to experienced walkers with a good level of fitness. This event is organised by Ballyhoura Bears Walking Club.
Contact: Renee O'Dwyer (087) 1259465

Learn to be a hands-on Archaeologist!
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Contact: Dr Cathy Swift, Mary Immaculate College South Circular Road Limerick 086-0679708

Moderate Walk for Experienced Walkers with a Good Level of Fitness
Venue: Mount Russell Walk, Ardpatrick, Co. Limerick
Time: 11:00am 3-4Hrs Duration
Moderate Walk for experienced walkers with a good level of fitness. This event is organised by Ballyhoura Bears Walking Club.
Contact: Tom McCarthy (085) 760526
Thank you to our main festival sponsors, the following organisations that also include members of the Learning Limerick Group:

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

Also many thanks to festival sponsor:

- National Learning Network - Vocational Training, Raheen Business Park, Tel: 061 229777 www.nln.ie

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

If you are interested in participating in future festivals, please contact:

**Yvonne Lane**, Festival Co-ordinator
Telephone: **061 419388**
Email: ylane@paulpartnership.ie

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

### Learning Limerick Steering Group – Member Networks and Representatives

<table>
<thead>
<tr>
<th>Organisation/Network</th>
<th>Name</th>
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<tbody>
<tr>
<td>Limerick and Clare Education and Training Board</td>
<td>Maud Baritaud, Eimear Brophy, (Chair), Anne Rizzo</td>
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<tr>
<td>Limerick City and County Council</td>
<td>Anne Delaney, Jim Prior, Jim Prior</td>
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<td>PAUL Partnership</td>
<td>Anne Morris, Patricia Rainsford</td>
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<td>West Limerick Resources</td>
<td>Cora Foley, Jim Lynch</td>
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<td>Ballyhoura Development</td>
<td>Philip Hennessy, Michael Hennessy</td>
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<td>Mary Immaculate College</td>
<td>Maev Liston, Maud Baritaud</td>
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<td>University of Limerick</td>
<td>Jessica Curtis, Anne Rizzo</td>
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<td>Limerick Institute of Technology</td>
<td>Adrienne O'Connell, Carrie O'Donoghue</td>
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<td>Youth Work Limerick</td>
<td>Carrie O'Donoghue, Emma Brophy</td>
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<td>Limerick Integration Working Group</td>
<td>Colm O'Connor, Brid Burke</td>
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<td>Limerick Chamber Skillnet</td>
<td>Jim Prior, Maud Baritaud</td>
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<td>Department of Employment Affaire and Social Protection</td>
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<td>Limerick Community Education Network</td>
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<td>Irish National Organisation for the Unemployed</td>
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### Organising Committee for Limerick Lifelong Learning Festival and International Seminar 2018

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<thead>
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<tr>
<td>Yvonne Lane</td>
<td>Learning Limerick</td>
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<td>Patricia Rainsford</td>
<td>Limerick Integration Working Group</td>
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<td>Patrick Fitzgerald</td>
<td>Limerick Mental Health Association</td>
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<td>Michael Hennessy</td>
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2018

Monday March 19 - Sunday March 25

Limerick Lifelong Learning Festival

Winner of UNESCO Learning City Award 2017

United Nations Educational, Scientific and Cultural Organization

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Turning the tide of unemployment Ag taisPe na bhfintseochas

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