



FREE COPY

Learning Limerick

Together for a brighter future

UNIVERSAL

INDIVIDUAL

FAMILY

COMMUNITY

WORK &
ENTERPRISE

Learning Limerick presents
Limerick Lifelong Learning Festival

2016

Saturday **April 16** - Friday **April 22**

**Limerick Lifelong
Learning Festival**

love learning



For more information

www.limerick.ie/lovelearning

All events are **FREE**



Learning Limerick
Together for a brighter future

UNIVERSAL

U

U – UNIVERSAL

(Universal can include Individual, Family, Community, Work & Enterprise)

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

INDIVIDUAL

I

I – INDIVIDUAL

(Seniors, Adults, Students, Youth, Teens)

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

FAMILY

F

F – FAMILY

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

COMMUNITY

C

C – COMMUNITY

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

WORK & ENTERPRISE

W&E

W&E – WORK and ENTERPRISE

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



INTRODUCTION

Welcome to the Limerick Lifelong Learning Festival which will run right across Limerick City and County, from Saturday 16th April to Friday 22nd April, 2016. The festival which is now in its 6th year comprises of an exciting line up of over 150 events, all of which are FREE and open to all. The festival has something for everyone – wherever you live, whatever your age is and whatever your particular interests may be. Thomond Park Showcase will open festival week on Saturday 16th April offering a wide range of interactive events, activities and workshops – providing a wonderful snapshot of what the whole festival week entails.

The theme for this year's festival is **'Learning from each other in a changed Limerick'** which provides us all with an opportunity to learn something new from others and make positive changes in our lives, and the lives of those around us. As such, the Lifelong Learning Festival programme aims to promote learning and enjoyment through involvement in the wide variety of art, cultural and sports activities and IT skills workshops, that we are so lucky to have on our doorstep, here in the Limerick Region. Such events include exhibitions, tours and workshops relating to the 1916 Rising, *Basic First Aid for Parents* and *800 Years of Fashion* which is a workshop offered by the Hunt Museum. There are also many more examples of

collaborative events with the business sector, and making the festival directly relevant to workplace. Why not come and try some of the events!

The Festival is being presented by the Learning Limerick Steering Group, which is representative of all the main stakeholders involved in promoting learning across Limerick. Were it not for the funding and support provided by our sponsors, it would not be possible to run this festival and for this the organisers are most grateful. I also want to give special thanks to all those who helped to plan the festival and provide events, their imagination, energy and enthusiasm will make the 6th Limerick Lifelong Learning Festival a truly rewarding experience for all who participate – so come along, join in and bring your family and friends with you!

Josephine Cotter-Coughlan
Chair of the Learning Limerick Steering Group





THOMOND PARK SHOWCASE

The Launch of the Limerick Lifelong Learning Festival

Thomond Park Showcase will be held on the Saturday 16th April to open festival week. The selection of very interactive events, activities and workshops spans across all areas of learning such as history, fashion, activities for children and young people, culture, business and personal development, arts and crafts, music and dancing, sports and leisure, health studies, as well as many events exploring more traditional education and training areas. The day will offer a snapshot of what the festival week offers.

Just some of the activities

- The Women of the 1916 Rising – Exhibition of Authentic 1916 Clothes
- Music, Dance, Choir Workshop
- Exploring Science and Physics with Everyday Objects - footballs, skipping ropes, buckets, hula-hoops, and magnets!
- European Capital of Culture Bid Workshop
- St Patrick's Day Festival - 'Silhouettes' of Community Education Learners
- Fashion/Catwalk - Creating Contemporary Fashion Accessories
- Personal Development Training
- CV Preparation Workshops
- Primary Science Exhibition
- Environmental Awareness Talk
- Interactive Learning Sessions with Adult Education Tutors
- A Wellness-Boosting Laughter Workout and Mental Health Study Workshop
- Defibrillator Training
- Upcycling
- Interactive Colouring and Wool Painting
- Sports Activities for Everybody
- Fun Time for Family playing Crazy Golf
- And many more learning activities to interest, entertain and engage people of all ages!

SPOT PRIZES!

Certificates of Learning!

NB: - Please see www.limerick.ie/lovelearning for more up-to-date information. Make sure to like up on www.facebook.com/limericklifelonglearningfestival and follow up on twitter @LimkLearnFest for all the latest news on the Festival.

Event Organisers participating in the Thomond Park Showcase

Adult Literacy Service Newcastle West
Ambicare Group Limited
Back2New Community Upcycling, West Limerick Resources
East Limerick Education and Training Network
Environmental Awareness – Limerick City and County Council
Harmony Russian School, Limerick
Hunt Museum
King John's Castle
Laughter Yoga – Angie Lindenau
Limerick 2020 Team
Limerick and Clare Education and Training Board (LCETB)
Limerick Chamber Skillnets
Limerick College of Further Education (LCFE) Fashion Department
Limerick Community Education Network (LCEN)
Limerick Fairtrade City Committee
Limerick Museum and Archives
Limerick Sports Partnership
Mary Immaculate College
Mental Health Limerick (MyMind) & Blue Box Creative Learning Centre
Moyross "Happy Feet" Line Dancing Club
Music Generation Limerick
National Learning Network FOCUS Programme
Russian Cultural Education Centre 'Harmony'
St Munchin's Women's Group
St.Saviour's Community Group
The Heart & Soul Gospel Choir, Moyross
University of Limerick - Dept of Civil Engineering & Materials Science

See. www.limerick.ie/lovelearning for all up-to-date information on our Thomond Park Showcase event on Saturday 16th April!

Many thanks to Thomond Park for hosting our Showcase event!

Also - Please see page 9 of the brochure for details of free entry to the Munster Rugby Experience Museum during the week of the Lifelong Learning Festival!



WEEK LONG Events



UNIVERSITY of LIMERICK

OLLSCOIL LUIMNIGH

2016 LifeLong Learning Festival

The **University of Limerick** is pleased to support the 2016 Lifelong Learning Festival which aims to promote and develop lifelong learning in Limerick and the surrounding region.

For further information

Continuing & Professional Education

Web: www.ul.ie/cpe

Email: cpe@ul.ie Phone: 061 202530

www.ul.ie/cpe



Basic First Aid for Parents

Venue: Various Venues, see below

Time: Various times, see below

- Sat 16th April, 10:30am-1pm, Limerick Childcare Committee Croom Mills, Croom.
- Sat 16th April, 10:30am-1pm, Watch House Cross Community Library, Limerick City
- Mon 18th April, 7:30pm-10pm, Marshall House, Dooradoyle,
- Mon 18th April, 7:30pm-10pm, Desmond Complex, Newcastlewest,
- Wed 20th April, 7:30pm-10pm, Coote Hall Kilmallock,
- Thurs 21st April, 7:30pm-10pm Millennium Centre, Caherconlish,

Basic First Aid training which includes Heartsaver CPR/AER training for infants, children and adults CPR, choking and recovery position.

Contact: 061 600918, info@limerickchildcare.ie, www.limerickchildcare.ie



EVA International – Ireland's Biennial Still (the) Barbarians

Venue: Limerick City Gallery of Art, Cleeve's Condensed Milk Factory, Limerick (16th April – 17th July), More to be confirmed, check www.eva.ie for updates.

Still (the) Barbarians curated by Koyo Kouoh is the 2016 edition of Ireland's festival of contemporary art, featuring over 50 artists including Alice Maher, Liam Gillick and Carsten Holler. Of interest to local people of all ages, students at all levels, national and international tourists, people with a vested interest in contemporary art.

Contact: Emma Dwyer , EVA International, c/o Limerick City Gallery of Art, Pery Square, Limerick.



First Step...Return to Learn

Venue: Further Education and Training Centre (MTI), LCETB, O Connell Avenue, Limerick

Time: 10.00am - 12.30pm. Running on Tuesdays and Wednesdays, starting Tuesday 19th April
This course is for you if you are unemployed and interested in returning to education. It will provide you with a chance to consider your next steps in learning in an atmosphere that is relaxed and creative. **Booking essential before 12th April. Free 6 week course.**

Contact for details and application form: -

Donna Horgan, 061-445723, email: donna.horgan@lcebt.ie

Bernie Fitzgerald, 061-445708, email: bernie.fitzgerald@lcebt.ie



For more information www.limerick.ie/lovelearning





HaloLingo

Venue: Innovation Works, National Technology Park, Castletroy, Limerick
Time: 6.30pm – 7.30pm

Foreign languages crash courses and cultural events with Limerick International Study Centre (LISC). For people of all ages who are interested to learn a new language and experience the culture. After your one-hour complete beginner group lessons, personalized assessments will be offered over yummy food in our student lounge!

- 18/4/16: Spanish
- 19/4/16: Chinese
- 20/4/16: Portuguese
- 21/4/16: Arabic

Contact: Anthony Chung 061 951671



Hunt Museum Outreach - 800 Years of Fashion

Venue: Can't come to us? We can come to you

Time: Week long event, contact us any time during the festival week, we will come to you
800 years of fashion is a workshop that can travel to your venue. Learn about clothes from the past and the societies that wore them. There will be the opportunity to dress up as Elizabethan nobility or medieval serfs! Covers eight periods between 1200 and 1920. Hosted by the Hunt Museum. Booking required. Contact the museum for availability.

Contact: 061-312833 education@huntmuseum.com



Laser Cut Contemporary Fashion Accessory Project Exhibition

Venue: Fab Lab, Rutland Street, Limerick

Time: 10am – 4pm (Thurs 14th April to Monday 18th April)

LCFE Fashion Department will exhibit their Laser Cut Contemporary Fashion Accessory Project

Contact: Miia Satama, Limerick College of Further Education. Email: miia.satama@lcfetb.ie



Munster Rugby Experience Museum

Venue: Munster Rugby Experience Museum, Thomond Park Stadium, Old Cratloe Road, Limerick

Time: Monday – Friday 11.00am **pre booking essential**

Free entry to the Museum for the week of the Limerick Lifelong Learning Festival.

Contact: Cathie Noble, 061 421129 museum@thomondpark.ie



National Learning Network Open Mornings

Venue: National Learning Network, Raheen Business Park, Limerick

Time: 10:30 – 12:30 on Mon 18th, Tues 19th, Thur 21st, & Fri 22nd; and 1pm – 2pm on Wed 20th.

Various open mornings at National Learning Network to view our programmes and facilities and meet Tutors and Staff.

- Mon 18th: - View Programmes and Meet Tutors and Staff & IT Powerpoint Demonstration
- Tues 19th: - View Programmes and Meet Tutors and Staff & Learning to Work with Others/Teamwork Skills Workshop
- Wed 20th: - View Programmes and Meet Tutors and Staff & Cookery Demonstration
- Thurs 21st: View Programmes and Meet Tutors and Staff & Computer Assembly Demonstration
- Fri 22nd: View Programmes and Meet Tutors and Staff

Contact: Patricia Hynes, National Learning Network, 061-229777.



Photographic Exhibition of Revolutionary Ireland

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

Time: Daily tours of exhibition available open to the public from March 24th – May 14th

Revolution: A Photographic history of revolutionary Ireland 1913-1923

Contact: 061 457726



Information Tours of Limerick Training Centre

Venue: Limerick Training Centre, Raheen Industrial Estate, Limerick

Time: 11.00am (subject to demand, Monday 18th – Friday 22nd April)

A tour of the facility is an opportunity to meet us and to see the different training courses (day and evening) that we offer. Meet our instructing and support staff. Also, learn about apprenticeships, community and external training courses. These tours may be of interest to those unemployed, those in employment and interested in upskilling through our evening courses, those interested in pursuing apprenticeship training or training in their community.

Contact: To book a place on the tour, please contact us on 061 487900.



SATURDAY 16TH April

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F

Art Workshops for Kids

Venue: Limerick School of Art & Design, Clare Street Campus, Limerick

Time: 11.00am - 12.30pm and 2.00pm - 3.30pm (2 workshops)

These Workshops will introduce children to mono-print and relief print processes. The studios will be set up and staffed so as to give the visiting kids a chance to see work made by other artists using these processes and also to have a go themselves. Parents/Teachers will also be encouraged to have a go. There will be screen-printing happening simultaneously and all attending will be able to leave with an original print. **Booking is essential as places are limited to 30 per session**

Contact: Dawn Coleman 061 293521 Dawn.coleman@lit.ie

F

Basic First Aid for Parents

Venue: Watch House Cross Community Library, Watch House Cross, Limerick

Time: 10:30am - 1.00pm

Basic First Aid training which includes Heart saver CPR/AER training for infants, children and adults CPR, choking and recovery position.

Contact: Limerick Childcare Committee, Croom Mills, Croom, Co. Limerick 061 600918

info@limerickchildcare.ie www.limerickchildcare.ie

F

Basic First Aid for Parents

Venue: Limerick Childcare Committee, Croom Mills, Croom, Limerick

Time: 10:30pm - 1.00pm

Basic First Aid training which includes Heart saver CPR/AER training for infants, children and adults CPR, choking and recovery position.

Contact: Limerick Childcare Committee, Croom Mills, Croom, Co. Limerick 061 600918

info@limerickchildcare.ie www.limerickchildcare.ie

F

Creative Writing Workshop

Venue: Newcastlewest Library, Gortboy, Newcastlewest, Co. Limerick

Time: 11.00am - 12.30pm

Writing/poetry with Author Gabriel Fitzmaurice. Of particular interest for 9-12 year olds. Hosted by Eigue Committee Newcastle West, Co. Limerick in association with Limerick City and County Arts Office.

Contact: Vicki Nash (086)2517086



Listed Walk led by Member of the Walking Club

Venue: Ardpatrick Carpark, Co. Limerick

Time: 12.00 noon

The club has an A, B, and beginners walks over the weekend. For beginners or couch to 5K groups. See www.ballyhoura.com

Contact: Jim Flynn. 087 2833456



Drop in Arts and Crafts for Kids

Venue: The Hunt Museum, Rutland St. Limerick

Time: 12.00 noon - 1.00pm

In these sessions children can explore their creative side with the help of museum volunteers. This is a fun and friendly environment, the perfect place to spend your Saturday afternoon.

Contact: education@huntmuseum.com 061-312833



The Happiness Exchange

Venue: Belltable Arts Hub, 69 O'Connell St, Limerick

Time: 4.00pm - 30 minutes

Be part of an informal audience with the HatchLK 2016 theatre artists as they present a short rehearsed reading of their **Happiness** projects. **No booking necessary, limited seats. Arrive early.** **Contact:** HatchLK, Belltable, 061-774774 www.hatchlk.com



Annual Tennis Programme - Adults & Juniors

Venue: Hospital Tennis Club, Kilfrush, Knocklong, Co. Limerick

Time: 5:00pm - 7:00pm

Junior tennis coaching programme for 4 - 13 year olds. Hospital Tennis Club is open to all members and also to the wider community to promote the sport of tennis as a source of both social and active engagement.

Contact: Elaine Carroll – PRO 087 13085441



Limerick Film Festival Short Film Awards Show

Venue: Millennium Theatre, Limerick Institute of technology, Moylish Park, Old Cratloe Road, Limerick

Time: 8.00pm (doors open 7:30pm)

The Limerick Film Festival culminates with the highly anticipated Short Film Awards Show at the Millennium Theatre. The ceremony will be recorded by Video and Sound Technology students of LIT and also streamed live on the website. Of interest to film making community, student and professional film makers.

Contact: Simon McGuire, Email: limerickfilmfestival@lit.ie



For more information www.limerick.ie/lovelearning





Annual Tennis Programme - Adults & Juniors

Venue: Hospital Tennis Club, Kilfrush, Knocklong, Co. Limerick

Time: 10:00am - 12 noon

Junior tennis coaching programme for 4 - 13 year olds. Hospital Tennis Club is open to all members and also to the wider community to promote the sport of tennis as a source of both social and active engagement.

Contact: Elaine Carroll – PRO 087 13085441



Limericks Mental Market

Venue: Milk Market, Limerick City

Time: 11.00am - 4.00pm

Raising awareness of the different services available throughout Limerick city in regards to mental health. Each organisation taking part will showcase what is on offer as regards to mental health. On the day music will be played as well as normal activities in the milk market including cooking of food and market stalls the day will be aimed at families with making the day as interactive as possible with art workshops, games, and other live demonstrations happening throughout the day.

Contact: Patrick Fitzgerald 087-7569853 Fitzzy8131@hotmail.com



Introduction to Digital Media for Business

Venue: Mobile IT, Bruree, Co. Limerick

Time: 10.00am – 12.00 noon

Introduction to Digital Media for Business is designed for people who are trying to deal with the challenges of managing their social media accounts so that they use their time more efficiently and get the best results from their social media marketing efforts.

Contact: Alice Quinlan 063-90952



Open Morning – Power Point Demonstration

Venue: National Learning Network, Raheen Business Park, Limerick

Time: 10.30am - 12.30pm

Open Morning to view our various programmes and facilities and meet Tutors and Staff - with I.T. Power Point Demonstration at 11.30am. Of particular interest to people out of work through accident, illness or disability or early school leavers.

Contact: Patricia Hynes 061 229777



Fun Art Class

Venue: Caherdavin Community Centre, Whitethorn Drive Upper, Caherdavin Heights, Limerick

Time: 10.30am – 12.30pm

Come along and enjoy a fun morning of creativity and discover a hidden talent. For all those interested in finding a new interest or developing your art skills.

Contact: Margaret Brown, 061 345496



Munster Rugby Experience Museum

Venue: Munster Rugby Experience Museum, Thomond Park Stadium, Old Cratloe Road, Limerick

Time: 11.00am **pre booking essential**

Free entry to the Museum for the week of the Limerick Lifelong Learning Festival.

Contact: Cathie Noble, 061 421129 museum@thomondpark.ie



Flash Drama Improvisation

Venue: Community Enterprise Centre, Moyross, Limerick

Time: 11.00am – 1.00pm

Learn through Drama, the relationship between story, theme and life experience. This event is open to all. This event is hosted by Moyross Adult Education Group and is supported by the Limerick Community Education Network (LCEN).

Contact: Josephine Sheedy/ Helen O Driscoll 087-3379437





Connecting Today's Entrepreneurs with Tomorrow's

Venue: Kemmy Business School, University of Limerick
Time: 11.30am – 1.00pm

Entrepreneurs will share their successes and the challenges faced in starting and growing their firms with entrepreneurship students. A Q & A and mentoring session will be facilitated, thus allowing for students to act as mentors and mentees. Of interest to Entrepreneurs (existing and potential) Students and individuals thinking of starting a business, owner managers. Hosted by Kemmy Business School, University of Limerick in collaboration with Enterprise Dept, PAUL Partnership.

Contact: Dr. Yvonne Costin, Department of Management & Marketing, Kemmy Business School, University of Limerick 061 234613 Yvonne.Costin@ul.ie
Ann Marie Gleeson, Enterprise department, Paul Partnership 061 419388



Life after Work; Creating the Life We Really Want to Live – workshop by Patricia - Anne Moore

Venue: The Hunt Museum, Rutland Street, Limerick
Time: 12.00 noon

In this hour long interactive workshop we will share experiences and consider creatively how to design and live the life that we want to have after giving up work. We will consider what we want to have in our older lives; how to be positively selfish; how to explore new ways of being in the world; who we are and how we want to present ourselves; what we know, and with whom we may want to share this wisdom; what we have, and to whom we may want to give it; how to make our voices heard by policy makers; what kind of legacy we want to leave in the world. We will share our thoughts, experience, and pool our wisdom. We will leave with some new ideas about creating the lives we really want to live. Of interest to anyone who is thinking about retirement or is retired.

Pre booking is essential

Contact: Catherine McCarthy Phone.061.202530 Email Catherine.McCarthy@ul.ie



Education and the Law:

Venue: Southill Area Centre, O'Malley Park, Limerick
Time: 12.30pm – 2.00pm.

The aim of the session is to inform service providers who work with children and young people in how to support parents/ guardians whose child may be experiencing difficulties at school. The session is of interest to professionals who work with young people and children including youth workers, probation workers, social care workers, family support workers and community workers. The session is being hosted by the Southill Family Resource Centre and Limerick Community Law and Mediation Centre in partnership with Citywide Children and Youth Forum.

Contact: Lindsey Liston 061 440250; Caroline Keane 061 536100



Launch of UL Events for the Lifelong Learning Festival - Events & Campus Tour

Venue: Visitor Centre, University of Limerick Campus
Time: 12.45pm – 2.00pm **Pre booking is essential for the Campus Tour**

University of Limerick will host a number of events on campus and in Limerick City throughout the Festival week. After the launch a campus tour hosted by the UL Visitor Centre will take place. The campus tour will welcome you to the University of Limerick. Incorporating 134 hectares on both sides of the River Shannon, the campus features many striking buildings while retaining its beautiful scenic surroundings. On this tour you will encounter some of these noteworthy buildings, artistic features and parkland beauty which makes the University of Limerick Ireland's most beautiful campus. It is of interest to the General Public/All Campus Community. Booking is essential for all campus tours.

Contact: Catherine McCarthy 061 202530 catherine.mccarthy@ul.ie
William Banks, UL Visitor Centre, 061 202058 william.banks@ul.ie



Grow Your Own

Venue: Moyross Community Enterprise Centre, Moy Garden, Moyross, Limerick
Time: 2.00pm - 4.00pm

Learn to grow your own vegetables in a fun social community garden. Share knowledge and experience with each other. We meet twice a week on Monday and Wednesday from 2pm to 4pm

Contact: Tracy McElligott 087 9184823



Natural Sleep Workshop

Venue: Eats of Eden, Thomas Street, Limerick
Time: 2.00pm

Having problems sleeping? Eats of Eden's resident Naturopath, Sarika Hule will be discussing natural solutions to common sleep problems in a fun and informative workshop. Of interest to all interested in health, fitness and well-being.

Contact: Eats of Eden, 061 316693



Let's Get Active

Venue: Rathkeale Youth Space, Abbey Court, Rathkeale, Co. Limerick
Time: 2:30pm -5:00pm
 A multi sports programme for young boys (10-12 years). For young people and parents/guardians of young boys aged 10 – 12 years. Hosted by Limerick Youth Service.
Contact: Lisa Quirke 069-64601



Mindsets and Performance

Venue: ER1025 - Engineering Research Building, University of Limerick
Time: 3.00pm
 We all have great potential to achieve more in both our personal and professional lives. This event explores how it may not be lack of ability that is holding us back but our own beliefs and expectations. This is equally true when it comes to team or organisational performance. Of interest to the General Public and Managers at all levels considering further education in this area
Contact: Mike O'Brien, The Pacific Institute Ireland 01 5363038; or Helen Brown, CPE, University of Limerick, 061 213388. **RSVP please to** helen.brown@ul.ie



Managing Menopause Naturally Workshop

Venue: Eats of Eden, Thomas Street, Limerick
Time: 3.00pm
 Interested to know how to manage menopause symptoms effectively and safely with natural remedies? Eats of Eden's resident Nutritional Therapist, Maria Costelloe will be discussing natural solutions for menopause problems in a fun and informative workshop. Of interest to all interested in health, fitness and well-being.
Contact: Eats of Eden, Thomas Street, Limerick 061 316693



Spanish Language Crash Course Lesson

Venue: Innovation Works, National Technology Park, Castletroy, Limerick
Time: 6.30pm – 7.30pm
 Join Limerick International Study Centre (LISC) for a one-hour language crash course at Innovation Works, National Technology Park, Castletroy, Limerick. The complete beginner lesson will begin at 6.30pm. After your one-hour group lesson, personalized language assessments will be offered over yummy food in the student lounge.
Contact: Anthony Chung 061-951671



“Common Sense Accounting” Training Session

Venue: Common Sense Accounting Limited, 93 O'Connell St, Limerick
Time: 6.30pm - 8.00pm
 Training session on: Company vs Sole Trader / Partnership, Income Tax Threshold (single/married) Introduction to Bookkeeping template. For SME sector, sole traders, potential start-ups, individuals.
Contact: Niall O'Sullivan, 0879839761



FREE Kettlebell Class

Venue: The Body Building, Raheen Industrial Estate, Dooradoyle, Limerick
Time: 7.00pm
 Try out Kettlebells in a fun & friendly class taught by qualified Kettlebell Instructors. Kettlebells are cast iron weights, shaped like a ball with a handle for easy gripping.
Contact: Marie: 087 9701255, FKClimerick@gmail.com **Booking essential**



From the Joy of Sets and Mathematics of Love... to the Love of Mathematics!

Venue: Room AD2 – 10 The 'The Cube', Analog Devices Building, University of Limerick
Time: 7.00pm – 9.00pm
 Evening Lecture suitable for all, particularly those who are petrified by mathematics. From Prufrock to the Windows of Wonder, from Cantor's numbers to the mind-numbing content of modern textbooks, this rollercoaster ride will re-enchant your appreciation of mathematics as though you had passed through a Tunnel of Love. Of interest to all age groups.
Contact: Prof Conleth D Hussey Head Civil Engineering and Materials Science, University of Limerick 061 202563 Conleth.Hussey@ul.ie



Basic First Aid for Parents

Venue: Desmond Complex, Newcastle West, Co. Limerick
Time: 7.30pm – 10.00pm
 Basic First Aid training which includes Heartsaver CPR/AER training for infants, children and adults CPR, choking and recovery position
Contact: : Limerick Childcare Committee, Croom Mills, Croom, Co. Limerick 061 600918 info@limerickchildcare.ie www.limerickchildcare.ie



F

Basic First Aid for Parents

Venue: Marshall House, Dooradoyle, Limerick

Time: 7:30pm - 10.00pm

Basic First Aid training which includes Heart saver CPR/AER training for infants, children and adults CPR, choking and recovery position.

Contact: Limerick Childcare Committee, Croom Mills, Croom, Co. Limerick 061 600918

info@limerickchildcare.ie www.limerickchildcare.ie

F

Annual Tennis Programme - Adults & Juniors

Venue: Hospital Tennis Club, Kilfrush, Knocklong, Co. Limerick

Time: 7.30pm - 8:30pm and 8.30pm - 9.30pm

Adult tennis coaching programme, beginners and intermediate. Hospital Tennis Club is open to all members and also to the wider community to promote the sport of tennis as a source of both social and active engagement.

Contact: Elaine Carroll – PRO 087 13085441

I

GROW

Venue: Community Café, Bruff, Co. Limerick

Time: 8.00pm - 10.00pm

Information meeting on the benefits of a mental health support group.

Contact: Mary Purcell 061-318813

C

I

Keep Fit

Venue: Meanus Community Hall, Meanus, Co. Limerick

Time: 8.00pm

Exercise routine to increase people's awareness of the benefits of an active lifestyle, keep fit and remain healthy.

Contact: Mary Cronin 086 8503316

F

Parent and Toddler Group

Venue: Meanus Community Hall, Meanus, Co. Limerick

Time: 9.30am – 12.00 noon

Mutual support group for Parents and Toddlers in a social environment. Hosted by Meanus Community and Social Club.

Contact: Mary Cronin 086 8503316

U

Historic Quarter Walking Tour

Venue: Forecourt of King John's Castle, Nicholas Street, Limerick

Time: 9.45am

A guided tour including The Civic Trust, Bishops Palace, Treaty Stone, King John's Castle and ends at St Mary's Cathedral.

Contact: Linda Hall (King John's Castle) – 0876785315; David O'Brien (Limerick Civic Trust) – 0860281828

I

Computer Basics

Venue: Kilmallock College of Further Education, Railway Road, Kilmallock, Co. Limerick

Time: 10.00am – 11.30am

VTOS learners will introduce you to email, Word and buying on line.

Contact: Leesha Foley, VTOS Coordinator, 086 042 2317

I

Motivational Interviewing – Introduction

Venue: West End Youth Centre, Childers Road, Rosbrien, Limerick

Time: 10.00am – 11.30am

Motivational Interviewing (M.I.) is a technique that helps people identify and articulate their own motivation to change any aspect of their lives. This is an introduction to its spirit and principles through relaxed and interactive activities. No experience or prior knowledge required. This is of interest to anyone interested in people centred therapies or those working in caring professions or the community, from social workers to Gardai.

Contact: William Priestley William.priestley@ololcsg.ie 085 763 48 71 **Booking essential**

I

Come Draw with Me

Venue: VTOS Shanagolden, Shanagolden, Co. Limerick

Time: 10.00am – 12.00 noon

Learn some basic drawing techniques from VTOS adult learners. An interactive workshop with a cuppa included. This may be of interest to members of the public who are interested in the basics of drawing or are thinking of joining VTOS.

Contact: Melanie Casey 069 60106



For more information www.limerick.ie/lovelearning



First Step...Return to Learn

Venue: Further Education and Training (FET) Centre (MTI), LCETB, O Connell Avenue, Limerick

Time: 10.00am - 12.30pm

This course is for you if you are unemployed and interested in returning to education. It will provide you with a chance to consider your next steps in learning in an atmosphere that is relaxed and creative. **Booking essential before 12th April. Free 6 week course**

Contact for details and application forms: -

Donna Horgan 061-445723 email: donna.horgan@lcetb.ie

Bernie Fitzgerald 061-445708 email: bernie.fitzgerald@lcetb.ie



Fair Trade Coffee Morning

Venue: Community Enterprise Centre, Moyross, Limerick

Time: 10.00am - 12.00 noon

Interactive workshop on Fair Trade products and a Fun Quiz. This event is supported by the Limerick Community Education Network (LCETB).

Contact: Josephine Sheedy/ Helen O Driscoll 087 3379437



Come Dine With Me

Venue: LCETB. Further Education and Training Campus, Killmallock Road, Limerick

Time: 10.00am - 1.00pm

An opportunity for learners who have completed basic cookery classes in the community to host a 'Come Dine With Me' experience. Themes highlighted through this event will be planning, nutrition, budgeting, etc.

This event is supported by the Limerick Community Education Network (LCEN) and the Limerick and Clare Education and Training Board (LCETB) and Southill Family Resource Centre.

Contact: Jim Prior 061 440250



Family and Community Engagement (FACE) Workshop

Venue: Mary Immaculate College, South Circular Road, Limerick

Time: 10.00am - 5.00pm **Lunch will be served**

Project facilitators from Ireland's leading peacebuilding charity Co-operation Ireland will deliver an interactive workshop showcasing their approaches, methods and techniques used in promoting integration and bringing disparate groups together. This workshop is a unique opportunity to get a hands-on insight into their practice. Hosted by Global Peace Foundation Ireland. Of interest to community leaders, community workers.

Contact: Barry Fennell bfennell@cooperationireland.org

Or Arnold Kashembe akashembe@globalpeace.org



'Teas' It Out Together

Venue: Southill Area Centre, O'Malley Park, Southill, Limerick

Time: 10.30am - 11.30am

A fun introduction to using restorative circles to start conversations and share issues together over a cup of tea. Useful for Resident's Groups/ Volunteer Groups and anyone who works with people and wants everyone to have input. Hosted by Southill Area Centre and Le Cheile Youth Justice and Mentoring Project.

Contact: Jennifer O'Brien 061 603710



Primary Schools Splash & Dash

Venue: Askeaton Swimming Pool, The Green, Askeaton, Co. Limerick

Time: 10:30am - 12.00 noon

Event for primary school children from 5th & 6th Class which involves 50m swim followed by 600m run. Schools **must register with Limerick Sports Partnership prior to event.**

Contact: Phelim Macken 087-2079172 pmacken@limericksports.ie



Open Morning Teamwork Skills Workshop

Venue: National Learning Network, Raheen Business Park, Dooradoyle, Limerick

Time: 10.30am - 12.30pm

Open Morning to view our various programmes and facilities and meet Tutors and Staff - with a Learning to Work with Others/Teamwork Skills Workshop at 11.30am and WRAP Demo at 12.20pm. Of particular interest to people out of work through accident, illness, or disability or early school leavers.

Contact: Patricia Hynes 061 229777





Munster Rugby Experience Museum

Venue: Munster Rugby Experience Museum, Thomond Park Stadium, Old Cratloe Road, Limerick
Time: 11.00am **pre booking essential**
Free entry to the Museum for the week of the Limerick Lifelong Learning Festival.
Contact: Cathie Noble, 061 421129 museum@thomondpark.ie



What Does it Mean to be Job Ready?

Venue: Employability Limerick, 5 Mallow Street, Limerick
Time: 11.00am - 12.00 noon
Whether re- entering the workforce after a long absence or starting your first job you will need to understand what it means to be job ready.
Contact: Ursula McKenzie Co-ordinator 061 493078



Arm Chair Yoga

Venue: Community Café, Bruff, Co. Limerick
Time: 11.00am
Yoga for the less active. Of interest to people interested in yoga who are not so agile.
Contact: Joan O'Donoghue 087 9923889



Spring into Summer: Bedding and Gardening Workshop for the Summer Months

Venue: Southill Community Garden, Southill Area Centre, O'Malley Park, Southill, Limerick
Time: 11.00am - Noon
A workshop on getting your garden summer ready, what to plant when and how to take care of it. For all ages and abilities with an interest in gardening.
Contact: Barbara Mulcahy 061 603710



Time for a change - Access your Future

Venue: Millennium Centre, The Square, Caherconlish, Co. Limerick
Time: 11.00am - 1.00pm
Information event on a range of educational and lifelong learning opportunities open to you. This event is hosted by East Limerick Education and Training Network. Of interest to learners, community members, volunteers, second level students.
Contact: Eileen O'Keeffe, Ballyhoura Development, 063-20517



They Dreamed and Are Dead' Guided Exhibition Tour

Venue: Limerick Museum, City Hall, Merchant's Quay, Limerick
Time: 11.30am
A guided tour of the new 1916 exhibition that looks at Limerick during that period
Contact: William O'Neill, Limerick Museum & Archives, City Hall, Merchant's Quay, Limerick



Tour of St. Mary's Cathedral

Venue: St. Mary's Cathedral, Bridge St. Limerick
Time: 12.00 noon - 1.00pm
Tour of St. Mary's Cathedral including history of 14 windows. All welcome.
Contact: Noreen - 087-2045077



Intentional Living - Do More of What you Love

Venue: Limerick Chamber, 96 O'Connell Street, Limerick
Time: 12.00pm - 2.00pm
How to make a life and living contributing to a better society by doing what you love most! Would be of interest to business owners, managers, employees, unemployed, professionals. Hosted by Limerick Chamber Skillnets.
Contact: Patrick Mercie, Forward 2 Success, 083-3008963



Disability Confidence: Promoting Disability in Employment (Visible and Invisible)

Venue: Employability Limerick, 5 Mallow Street, Limerick
Time: 12:30pm - 1:30pm
This session will be structured in workshop and discussion format. The objective is to create awareness in organizations and businesses but to also look at ways business can help dispel the myths of hiring or including someone with a disability. Would be of interest to business owners/ organisations.
Contact: Ursula McKenzie Co-coordinator 061 493078





Flora and Fauna Tour @ UL

Venue: Visitor Centre, University of Limerick Campus

Time: 1.15pm **pre booking is essential**

University of Limerick is situated on a site rich in flora and fauna which spans the counties of Limerick and Clare and is enhanced by the River Shannon running through it. The UL campus is open to all, a public space for visitors, staff and students to explore and enjoy. We invite you to come and explore the natural beauty of UL campus to offer. For the general public/all campus community.

Contact: William Banks, General Manager, UL Visitor Centre 061 202058 william.banks@ul.ie



Collection Tour

Venue: The Hunt Museum, Rutland St. Limerick

Time: 2.00pm

Come along and get a tour of the Hunt Museum collection. The Hunt Museum collects, exhibits, preserves, documents, and promotes the Hunt Collection, and its own collections, to maximize their cultural and educational potential for the people of Limerick and Ireland. All welcome.

Contact: 061 312833 education@huntmuseum.com



Restorative Practices Information Session

Venue: Hospital Family Resource Centre, Knockainey Rd, Co. Limerick

Time: 2.00pm - 4.00pm

Restorative Practices can be defined as a framework for building, maintaining and strengthening relationships and responding to conflict through authentic conversations, that facilitates a shared understanding of what happened and how things can be made right. Would be of interest to parents, teachers, volunteers, youth workers, community workers, schools, education and training providers. Hosted by East Limerick Education and Training Network.

Contact: Mary McGrath 061 383884. **Booking is essential**



Fun with Knit & Stitch

Venue: Caherdavin Community Centre, Whitethorn Dive Upper, Caherdavin Heights, Limerick

Time: 2.00pm – 4.00pm

Come along and enjoy an afternoon of creativity and fun with make and do. Knitting, crochet and art work. Of interest to all interested in finding a new interest or rediscovering your hidden talent.

Contact: Margaret Brown, 061 345496



Genealogy Workshops

Venue: Innovate Limerick, the LEDP Boardroom on the Roxboro Road, Limerick

Time: 2.30pm

Teaching the skills of Genealogy: How to trace and map family trees. For Genealogy Enthusiasts. Talks will be 1 hour long.

Contact: Lorna Moloney 085 8721184, Meriman Research and Training, merrimanresearch@gmail.com



Healthy Relationships

Venue: Rathkeale Youth Space, Abbey Court, Rathkeale, Limerick

Time: 3.30pm - 6.00pm

Peer led Healthy Relationships Programme designed to dispel the myths and misconceptions that many young people have about relationships (12-14 years). For young people and parents/guardians of young people aged 12 – 14 years. Hosted by Limerick Youth Service.

Contact: Lisa Quirke 069 64601



IT Kids Code Club

Venue: Mobile IT, Bruree, Co. Limerick

Time: 4.00pm – 5.00pm

Our Code Clubs introduce children to software development in a fun and interesting way using Scratch, a visual programming language that makes it easy for young people to create their own interactive stories, animations, games, music, and art – and share their creations on the web. For more info go to: www.itkidz.ie This event would be of particular interest to primary school children.

Contact: Alice Quinlan 063 90952



Chinese Language Crash Course Lesson

Venue: Innovation Works, National Technology Park, Castletroy, Limerick

Time: 6.30pm – 7.30pm

Join Limerick International Study Centre (LISC) for a one-hour language crash course at Innovation Works, National Technology Park, Castletroy, Limerick. The complete beginner lesson will begin at 6.30pm. After your one-hour group lesson, personalized language assessments will be offered over yummy food in the student lounge!

Contact: Anthony Chung : 061 951671





Line Dancing

Venue: Corpus Christi Primary School Moyross, Limerick

Time: 7.00pm - 8.00pm

Come along and enjoy an hour of healthy fun activity of line dancing for all ages. It does not matter if you have 2 left feet as long as they move one in front of the other. Of interest to all with an interest in dance, or looking to try something new – Happy Feet!

Contact: Tracy McElligott, 087 9184823



Limerick for Engineering Showcase 2016

Venue: South Court Hotel, Raheen, Limerick

Time: 7pm

Curious about a career in Engineering? CAO students, parents and teachers come along for free and meet local businesses and colleges to find courses and careers that suit you. All welcome to come along and find out about courses and career opportunities available locally. Talk to current students, graduates, and professionals from the region. Register for FREE on the night to WIN IPADSs & IWATCHs.

The Showcase event is hosted by Limerick for Engineering Group. This group is a collaboration of leading edge companies, educational institutions, government and local agencies along with Engineers Ireland who have come together to showcase what engineering opportunities and careers are available in the Mid-West region. This consortium have been pooling their expertise and resources to ensure that there will be a pipeline of technicians engineers in the region to support the fantastic career opportunities that already exist and which will be increasing consistently over the coming years.

Contact: Continuing & Professional Education, University of Limerick: - cpe@ul.ie



Minding the Idealist

Venue: Limerick School of Art t Design Lecture Theatre, Georges Quay, Limerick

Time: 8.00pm - 9.30pm

A Limerick Spring Festival of Politics and Ideas workshop with Dr. Fergus Heffernan on taking care of our mental health. This is especially for those involved in campaigning and working for change; activists, educators, community and youth workers, advocates, canvassers, etc.

Contact: Tara Robinson/Jennifer Moroney Ward 083-4591508



Further Education and Training Fair

Venue: Further Education and Training (FET) Centre (MTI), Limerick and Clare Education and Training Board (LCETB), O'Connell Avenue, Limerick

Time: 10.00am - 12.30pm

The aim of this Education Fair is to give Limerick City FET Adult Education Learners the opportunity to get information on progression opportunities within Further Education and Training in Limerick City and to meet with programmes and providers face to face to discuss these opportunities. We will also be showcasing some of the learning that takes place within adult education in Limerick City.

Contact: Lorraine O'Donoghue, Tel. 061-445733 Bernie Fitzgerald, Tel. 061-445708



CV Preparation & Interview Skills

Venue: Mobile IT, Bruree, Co. Limerick

Time: 10.00am – 12.00pm

This course will enable participants to create a professional letter of introduction and a clear CV. Participants will also be provided with essential interview skills.

Contact: Alice Quinlan 063-90952



First Step...Return to Learn

Venue: Further Education and Training (FET) Centre (MTI), O Connell Avenue, Limerick

Time: 10.00am - 12.30pm

This course is for you if you are unemployed and interested in returning to education. It will provide you with a chance to consider your next steps in learning in an atmosphere that is relaxed and creative.

Contact for details and application form:

Donna Horgan, 061-445723, email: donna.horgan@lcteb.ie

Bernie Fitzgerald, 061-445708, email: bernie.fitzgerald@lcteb.ie

Booking essential before 12th April. Free 6 week course



Mature Student Coffee Morning

Venue: Millstream Common Room, University of Limerick

Time: 10:00am - 11.30pm

Meet current mature students and other prospective mature applicants. It is an opportunity to meet with the Mature Student Careers Advisor and the Mature Student Office staff also. Everyone is welcome. **Booking is essential**

Contact: Mature Student Office University of Limerick, Website: www.ul.ie/mso

To book your place - Email: mso@ul.ie or Phone: 061-202735



Introduction to Family History Research Workshop

Venue: Coote Hall, Kilmallock, Co. Limerick

Time: 10.30am – 12.30pm

Find out about the first steps of tracing your family history using online resources. Interactive workshop. Hosted by Kilmallock Women's Group.

Contact: Margaret O' Connor, Ballyhoura Development. 087 0612336





U

Line Dancing

Venue: Caherdavin Community Centre, Whitethorn Drive Upper, Caherdavin Heights, Limerick
Time: 10.30am – 11.30am
Come along and enjoy an hour of dance. It does not matter if your right foot does not follow your left it is all just for fun
Contact: Margaret Brown, 061 345496

U

Munster Rugby Experience Museum

Venue: Munster Rugby Experience Museum, Thomond Park Stadium, Old Cratloe Road, Limerick
Time: 11.00am **pre booking essential**
Free entry to the Museum for the week of the Limerick Lifelong Learning Festival.
Contact: Cathie Noble, 061 421129 museum@thomondpark.ie

U

Mindfulness “Colouring Workshop”

Venue: King John's Education Suite, King John's Castle, Nicholas Street, Limerick
Time: 11.00am - 12.00 Noon.
Learn about the origins and therapeutic benefits of mindful colouring for adults. Take time out to sample a creative colouring activity and view an array of individual and group coloring exhibits. Hosted by National Learning Network Focus Programme. Open to all but particularly suited to people with an interest in mindfulness and positive mental health.
Contacts: Jacqui, Donna or Sean . 061 305272

U

Come and Draw

Venue: Kilmallock College of Further Education, Railway Road, Kilmallock, Co. Limerick
Time: : 11.00am – 1.00pm
VTOS Learners along with their art teacher (Maureen Barry Fitzgerald) invite you to join them in learning how to draw/sketch and join them for a “cuppa” afterwards. Of interest to those who would like an introduction to Art – Drawing Techniques.
Contact: Leesha Foley, VTOS Coordinator, 086 042 2317

F

Teddy Bear Storytime

Venue: Kilmallock Library, Millmount, Kilmallock, Co. Limerick
Time: 11.00am.
Storytelling for preschool age children and parents focusing on engaging very young children with the joy of stories, reading and books in the company of some Teddy bear guests. For preschool age children & their parents, students of Childcare studies.
Contact: Noreen O'Neill 063 20306

F

Toddler Story Time

Venue: Adare Library, Main St. Adare, Co. Limerick
Time: 11.00am
Laugh and giggle as funny tales are told.
Contact: Sarah/Patricia, Adare Library, 061 396822.

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A Caring Career?

Venue: Aras Ide, Kilmeeady, Co. Limerick
Time: 11.00am - 1.00pm
An open morning at the training center where people can learn more about QQI Level 5 in Healthcare & Early Childhood Care & Education. Learn about progression routes to further education & training. This may be of interest to jobseekers, those with an interest in healthcare, childcare and further education. Hosted by West Limerick Resources.
Contact: Helen O Kelly, Co-ordinator 087 6952990 or Catherine Hartigan, Assistant Co – Coordinator: 063 87960

U

Let's Go Bananas

Venue: The Granary Library, Michael St, Limerick.
Time: 11.30am
Recollections and observations of a visit to a Fairtrade Banana Co-operative in Ghana and the impact of Fairtrade on their lives. Of interest to those who wish to make a difference. Hosted by Limerick Fairtrade City Project.
Contact: Dolores O'Meara, 087-2481651

I

Living Positively After Brain Injury

Venue: Headway, Jutland Hall, Steamboat Quay, Dock Road, Limerick
Time: 11:30am-1:00pm
This session will focus on living positively after acquired brain injury. Of particular interest to people whose lives have been affected by acquired brain injury, or anybody who may know someone affected by an acquired brain injury. For more details, see: www.headway.ie
Contact: Paul Creaven, 061-469306, creavenp@headway.ie

C



Introducing the PQASSO Quality Management System

Venue: ER1-Q25 Engineering Research Building University of Limerick

Time: 12.00 noon - 1.30pm

A briefing for the community and voluntary sector on PQASSO, the leading Quality Management system in the UK and Ireland that is used for the Community and Voluntary Sector.

Contact: Linda Keane, 061 202960 Lindakeane@disability-federation.ie Or Linda.keane@ul.ie



Benefits of Mindfulness

Venue: King John's Education Suite, King Johns Castle, Nicholas Street, Limerick

Time: 12.30pm - 1.30pm

A brief introduction to mindfulness, its benefits, and a brief practice session. Open to all.

Contact: hrbookings@ul.ie or 061 234347, HR Division, University of Limerick.



Open Day - Cookery Demonstration

Venue: National Learning Network, Raheen Business Park, Dooradoyle, Limerick

Time: 1.00pm - 2.00pm

Open Morning to view our various programmes and facilities and meet Tutors and Staff – with Cookery Demonstration at 2pm. Of particular interest to people out of work through accident, illness or disability or early school leavers.

Contact: Patricia Hynes 061 229777



Workshop on the Law of Evidence

Venue: The Hunt Museum, Ruthland St. Limerick

Time: 1.00pm **pre booking is essential – Maximum Number 20**

Evidence constitutes the means by which allegations are proved in a court of law. It is on the basis of evidence that a court establishes the existence or non-existence of facts that determine the guilt or innocence of an accused in relation to a criminal charge. It is the material offered in court during a trial for the purpose of enabling the finder of fact (judge or jury) to reach a decision on the issues in dispute. The purpose of this workshop is to examine some of the main topics within the Law of Evidence. Along with such basic concepts as relevance and the court's discretion to exclude technically admissible evidence, the topics that will be covered include the burden of proof, the course of the trial, the competence and compellability of witnesses, the opinion rule, and cross-examination. Aimed at people who might be interested in taking the online module on evidence law. Hosted by the Dept. of Law, University of Limerick.

Contact: Catherine McCarthy CPE @ UL 061 202530



Art Trail Tour @ UL

Venue: Visitor Centre, University of Limerick Campus

Time: 1.15pm **pre booking is essential**

The University of Limerick is privileged to be the custodian of some of the nation's finest and most diverse art collections. These include outdoor sculptures which are located throughout the campus and collections such as The National Self Portrait Collection of Ireland and The Water Colour Society of Ireland National Collection. We invite the general public and campus community on campus to take this tour.

Contact: William Banks, General Manager, UL Visitor Centre 061 202058 william.banks@ul.ie



FREE OUTDOOR Kettlebell Class

Venue: Meet in Eats of Eden, Thomas Street, Limerick, for a 1 hour workshop class outside in the Urban Garden.

Time: 1.00pm sharp

Interested in trying out Kettlebells? Then make sure you book your place for our **FREE OUTDOOR KETTLEBELL CLASS** in the city. This will be a fun and friendly introduction to kettlebells taught by qualified instructors. Kettlebells are cast iron weights, shaped like a ball with a handle for easy gripping. (Weather dependent event – fingers crossed!) Open to anyone interested in health, fitness and wellbeing. Over 16's.

Contact: Marie: 087 9701255 FKClimerick@gmail.com **Booking essential and weather permitting.**



Superfoods & Exercise Workshop

Venue: Eats of Eden, Thomas Street, Limerick.

Time: 2.00pm

So hopefully you booked into the FREE OUTDOOR KETTLEBELL class hosted by FKC and what better way to complement this than by attending our Eats workshop on superfoods and exercise hosted by Aileen Wall, Health & Fitness coach & Cillin Cleere, Nutritional Therapist. Open to all interested in health, fitness and well-being.

Contact: Eats of Eden, Thomas Street, Limerick 061 316693



1916 Classroom Exhibition and Talk

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

Time: 2.00pm

A fascinating introduction to a model classroom from the 1916 period. A context will be provided and the experiences of children in primary schools at that period in time will be explored. Hosted by Dept. of Learning Society and Religious Education. Open to general public, may be of particular interest to senior classes in primary schools.

Contact: Dr. Eileen O' Sullivan 061 774786 Eileen.OSullivan@mic.ul.ie or www.mic.ul.ie





Grow your own

Venue: Moyross Community Enterprise Centre, Moy Garden, Moyross, Limerick

Time: 2.00pm - 4.00pm

Learn to grow your own vegetables in a fun social community garden. Share knowledge and experience with each other. We meet twice a week on Monday and Wednesday from 2pm to 4pm.

Contact: Tracy McElligott, 0879184823



Talks on 89 O'Connell Street

Venue: Innovate Limerick, the LEDP Boardroom, Roxboro Road, Limerick

Time: 2.30pm – 3.30pm

Talks on the history of 89 O'Connell Street and 19th century Limerick. The inhabitants, the house, and social context (including nineteenth century medicine and the Cholera epidemic 1832-3). The talk will be 1 hour long and would be of interest to Limerick History Enthusiasts. **Contact:** Lorna Moloney 085 8721184, Meriman Research and Training, merrimanresearch@gmail.com



Go For Life

Venue: St. Brigid's Church Hall, St. Patrick's Road, Limerick

Time: 3.00pm – 4.00pm

This physical activity programme aims to encourage all older people' awareness of the benefits of an active lifestyle and of the wider range of opportunities for involvement in active living and recreational sport. Hosted by Limerick City Community Safety Partnership. This event is of particular interest to all active retirement groups across the city and county and over 50's.

Contact: Yvonne McMahon 085-1210832



Moving Debate

Venue: Rathkeale Youth Space, Abbey Court, Rathkeale, Co. Limerick

Time: 3.30pm - 6.00pm

This is a group-led, discussion based programme, designed to create an active discussion on topics relevant to them. For young people and parents/guardians of young people aged 14 – 16 years. Hosted by Limerick Youth Service.

Contact: Lisa Quirke, 069-64601



1916: Drama Workshop

Venue: Mary Immaculate College, South Circular Road, Limerick

Time: : 3.30pm - 5.00pm

This exciting drama workshop will provide children (3rd – 6th class) with an opportunity to explore the events of the Easter rising. Children will get an opportunity to practically engage in drama activities to support their understanding of 1916. Prior experience of drama is not required. Hosted by Dept. Of Arts Education and Physical Education.

Contact: Margaret O'Keeffe Margaret.OKeeffe@mic.ul.ie Tel: 061 774786 www.mic.ul.ie



Computers for the Terrified

Venue: Limerick Youth Service 5 Lower, Glentworth Street, Limerick

Time: 4.00pm - 5.30pm

A beginner's guide to the internet, social media including Facebook, Twitter, YouTube & more.

Contact: Rose Shanahan, 061-412444.



Family Physical Activity in the Park

Venue: Castletroy Neighbourhood Park, Castletroy, Limerick

Time: 4.00pm - 6.00pm

This event will introduce kids and their parents to fun games and physical activities. We will use local amenities, i.e. playground, outdoor gym equipment, bocce courts, pathways and open spaces. Hosted by Limerick Sports Partnership.

Contact: Phelim Macken 087-2079172 pmacken@limericksports.ie



The Ghost of Childhood Past: How the Early Life Social Environment Shapes Health from Cradle to Grave

Venue: Tara Building, Mary Immaculate College, South Circular Road, Limerick

Time: 6.00pm

This event will comprise a stimulating guest lecture provided by Dr. Cathal McCrory, Research Fellow in Psychology with the 'Irish Longitudinal Study on Ageing' (TILDA) at Trinity College Dublin. This lecture will focus on the impact of early life events on long-term health and well-being; with reference to cutting-edge data from the 'Irish Longitudinal Study on Ageing' (TILDA) and the 'Growing up in Ireland' study.

Contact: Claire Griffin claire.griffin@mic.ul.ie





Portuguese Language Crash Course Lesson

Venue: Innovation Works, National Technology Park, Castletroy, Limerick

Time: 6.30pm – 7.30pm

Join Limerick International Study Centre for a one-hour language crash course at Innovation Works, National Technology Park, Castletroy, Limerick. The complete beginner lesson will begin at 6.30pm. After your one-hour group lesson, personalized language assessments will be offered over yummy food in the student lounge!

Contact: Anthony Chung : 061-951671



Advocacy for Local & Community Development

Venue: Central Buildings, 51A, O'Connell Street, Limerick

Time: 7.00pm - 8.00pm

A session on how local and community development companies and voluntary groups can engage in influencing policies at a local and national level. Hosted by the Limerick Public Participation Network (PPN).

Contact: Matthew Cannon, 087-4154731 matthew.cannon@lit.ie



Basic First Aid for Parents

Venue: Coote Hall, Kilmallock, Co. Limerick

Time: 7:30pm - 10.00pm

Basic First Aid training which includes Heart saver CPR/AER training for infants, children and adults CPR, choking and recovery position.

Contact: Limerick Childcare Committee, Croom Mills, Croom, Co. Limerick 061 600918

info@limerickchildcare.ie www.limerickchildcare.ie



“Seasons of Change: Supporting Families through Loss, Grief and Trauma”

Venue: Desmond Complex, Newcastle West, Co. Limerick

Time: 7.30pm – 8.30pm plus tea /coffee after

For parents / caregivers/youth workers/anyone who is involved with children in any way. Hosted by West Limerick Mental Health Association. Guest speaker: Dr. Malie Coyne

Contact: Caitriona Mc Mahon westlimerickmentalhealth@outlook.com



Crafts Night

Venue: Community Café , Bruff, Co. Limerick

Time: 7.30pm - 9.30pm

Creative community craft learning: including Knitting, Crocheting, Embroidery and Tapestry. For anyone with an interest in crafts

Contact: Joan O'Donoghue 087 9923889



Basic Life Support (BLS) Community Course

Venue: 58 Henry Street, Limerick

Time: 7:30pm – 9.30pm

Basic Life Support (BLS) CPR Community Support, 12 places available. Hosted by Irish Red Cross.

Free course and each person will get a Certificate of Attendance.

Contact: Gina O'Dwyer 087-6728731 Paula Dalton 086-0753047



“Limerick is No Place for the Young”-Schools Debate Final

Venue: Limerick School of Art and Design (LSAD) Lecture Theatre, Georges Quay, Limerick City

Time: 8.00pm – 9.30pm

Join us for the final of the first ever Limerick Spring Festival of Politics and Ideas Schools Debate series. Taking our cue from the 1916 proclamation “cherishing all of the children of the nation equally” we ask what life is like for the young people of Limerick.

Contact: Tara Robinson/Jennifer Moroney Ward 083-4591508





F

Positive Parenting Event

Venue: Absolute Hotel, Sir Harry's Mall, Limerick

Time: 9:30am - 12:30pm, Keynote address at 10:00.

Join us for a workshop on Positive Parenting. Well-known Parenting Advisor, Dr. John Sharry will be with us to talk about building strong, positive relationships with your child and answer any questions that you may have. This will be followed by interactive workshops on different aspects of parenting. Hosted by Parenting Limerick. Participants can go to the link on Love Parenting's page where parents can **register** for our Positive Parenting event:

<http://loveparenting.ie/limerick-lifelong-learning-festival-positive-parenting-event/>

Contact: Margaret Mastriani 061-483453

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Garryowen CDP Adult Education Showcase

Venue: Garryowen Community Development Project, 2 Garryowen Rodd (Band Hall), Garryowen, Limerick

Time: 10:00am - 12:00 noon

The Garryowen Community Development Project will be highlighting the services they provide in the community. We will be showcasing pieces of work from the adult education classes which include art, crafts, silk painting and woodwork. All welcome. This event is supported by the Limerick Community Education Network (LCEN)

Contact: Suzi Cronin / Sarah O' Shaughnessy 061 319883

I

Tour of King John's Castle

Venue: King John's Castle, Nicholas Street, Limerick

Time: 10.00am – 12.30pm

Guided tour of St John's Castle followed by coffee break in Castle Café. Meeting outside the castle at 10am. For members of Limerick Women's Network and affiliated women's groups. For anyone interested in people centred therapies or those working in caring professions or the community, from Social Workers to Gardai. This event is supported by Limerick Community Education Network (LCEN).

Contact: Liz Price 087 3283746

I

Motivational Interviewing – Intermediate

Venue: West End Youth Centre, Childers Road, Rosebrien, Limerick

Time: 10.00am – 4.00pm

This one- day course builds on previous knowledge of Motivational Interview (M.I) though is accessible to those with an interest in therapy or with experience of a caring profession. The course is based around relaxed and interactive activities.

Contact: William Priestly Willia.priestly@ololcsg.ie 085 763 48 71 **Booking essential**

I

Open Morning – Computer Assembly Demonstration

Venue: National Learning Network, Raheen Business Park, Limerick

Time: 10.30 - 12.30pm

Open Morning to view our various programmes and facilities and meet Tutors and Staff – with Computer Assembly Demonstration at 11.30am. Of particular interest to people out of work through accident, illness or disability or early school leavers.

Contact: Patricia Hynes 061 229777

U

Munster Rugby Experience Museum

Venue: Munster Rugby Experience Museum, Thomond Park Stadium, Old Cratloe Road, Limerick

Time: 11.00am **pre booking essential**

Free entry to the Museum for the week of the Limerick Lifelong Learning Festival.

Contact: Cathie Noble, 061 421129 museum@thomondpark.ie

U

Celebrating the Century

Venue: LCETB Further Education & Training Abbeyfeale Campus (old Vocational School), Abbeyfeale, Co. Limerick.

Time: 11.00am – 2.00pm

Exhibition of student and community projects exploring different aspects of the 1916 rising through the medium of Art, Music & Drama. Open to all.

Contact: Sile O'Riordan, Further Education & Training, Newcastle West Campus, Station Rd, Newcastle West Co. Limerick

U

Guided Tour of the Frank Mc Court Museum

Venue: Frank Mc Court Museum, Hartstonge Street, Limerick

Time: 11.00am - 4.00pm Tour 1.5hr approx.

Take a tour of Frank Mc Court's old classroom and living quarters, preserved to their 1930's standard. Find out more about the local area, and how it was in the past. This event is for anyone from the local area, interested in the history of Limerick, interested in Frank McCourt or looking to get a real sense of the hardships in the 1930s.

Contact: Úna Heaton, 061-319710 **Ring in advance to book your place**

I

Spring into Summer: Bedding and Gardening Workshop for the Summer Months

Venue: Southill Community Garden, Southill Area Centre, O'Malley Park, Southill, Limerick

Time: 11.00am – 12.00pm

A workshop on getting your garden summer ready, what to plant when and how to take care of it. For all ages and abilities with an interest in gardening.

Contact: Barbara Mulcahy 061 603710



Using the Library

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

Time: 11.00am and 7.00pm

The Library is a place of welcome facilitating access to information, IT facilities and cultural experiences for all ages. This open event shows how to make best use of your library on your lifelong learning journey. Open to all, light refreshments available.

Contact: Noreen O'Neill, Kilmallock Library, 063 20306



Tour of Exhibition: Limerick and the 1916 Rising exhibition

Venue: The Hunt Museum, Rithland Street, Limerick

Time: 11am

The Hunt Museum will display the Daly Collection from The Glucksman Library, of University Limerick. It consists of mostly letters which paint a picture of direct personal involvement with 1916 through the activities of a Limerick family. These include letters of sympathy following the executions in 1916. The collection also consists of portraits of the Daly sisters and a poem referencing the execution of Roger Casement. All welcome.

Contact: 061-312833 education@huntmuseum.com



Adults Art Appreciation Class

Venue: The Hunt Museum, Rutland Street, Limerick.

Time: 12.00pm - 1.30pm

Come join us at the Hunt Museum for a crash course in art appreciation. We will discuss paintings and art works in the museum's collection touching on composition, artistic style and context.

Contact: (Booking required) 061-312833 education@huntmuseum.com



Why Using Lean to Organize Your Own Work Makes Sense

Venue: Millstream Common Room, Graduate Attributes Hub, University of Limerick

Time: 1.00pm

This workshop is about how Lean can be used to improve all aspects of your working life – and some of your personal life. People working independently or in support functions or organisation would be interested in this workshop.

Contact: Gene Leonard 087 2450948 Email: geneleonard@lbspartners.ie
Catherine.McCarthy@ul.ie



General Campus Tour

Venue: Visitor Centre, University of Limerick Campus

Time: 1.15pm **pre booking is essential**

Welcome to the University of Limerick tour. Incorporating 134 hectares on both sides of the River Shannon, the campus features many striking buildings while retaining its beautiful scenic surroundings. On this tour you will encounter some of these noteworthy buildings, artistic features and parkland beauty which makes the University of Limerick Ireland's most beautiful campus. For the general public.

Contact: William Banks, General Manager, UL Visitor Centre 061 202058 william.banks@ul.ie



Building Fairer Communities: Restorative Tools for Community Engagement

Venue: Southill Area Centre, O'Malley Park, Southill, Limerick

Time: 2.00pm - 3.30pm

An introduction to using restorative methods to engage communities in. Hosted by Restorative Practices Project Limerick and Southill Area Centre. Of interest to community groups and project/youth groups/residents groups/interested citizens.

Contact: Jennifer O'Brien 061 60371



Genealogy Workshops

Venue: Innovate Limerick, the LEDP Boardroom on the Roxboro Road, Limerick

Time: 2:30pm – 3.3.0pm

Teaching the skills of Genealogy: How to trace and map family trees. For genealogy enthusiasts.

Contact: Lorna Moloney 085 8721184, Meriman Research and Training, merrimanresearch@gmail.com



1916: Drama Workshop

Venue: Mary Immaculate College, Southcircular Road, Limerick

Time: 3.30pm - 5.00pm

This exciting drama workshop will provide children (3rd – 6th class) with an opportunity to explore the events of the Easter rising. Children will get an opportunity to practically engage in drama activities to support their understanding of 1916. Prior experience of drama is not required.

Hosted by the Dept. of Arts Education and Physical Education.

Contact: Margaret O'Keefe Margaret.okeeffe@mic.ul.ie Tel: 061 774786 www.mic.ul.ie



Buddy Bench Programme

Venue: Rathkeale Youth Space, Abbey Court, Rathkeale, Co. Limerick

Time: 3.30pm - 6.00pm

Suitable for 10-12yr olds, this programme is focused on the production & design of a 'buddy bench' with a focus on developing a programme on friendship, built around the concept of the 'buddy bench'. For young people and parents/guardians of young people aged 14 – 18 years. Hosted by Limerick Youth Service.

Contact: Lisa Quirke, 069-64601





Volunteer/Junior Leader

Venue: Rathkeale Youth Space, Abbey Court, Rathkeale, Co. Limerick
Time: 4.00pm – 5.30pm
This is a youth-led activity focussing on developing volunteerism and working toward the opening of our volunteer and youth-led Youth Café at Rathkeale Youth Space. For young people and parents/guardians of young people aged 10 – 12 years. Hosted by Limerick Youth Service.
Contact: Lisa Quirke, 069-64601



Computers for the Terrified

Venue: Limerick Youth Service 5 Lower Glentworth St, Limerick
Time: 4.00pm - 5.30pm
A beginners guide to the internet, social media inc Facebook, Twitter, YouTube & more
Contact: Rose Shanahan, 061-412444



Science Hub Showcase

Venue: Learning Hub Limerick, Kileely House, New Road, Thomondgate, Limerick
Time: : 4.00pm – 5.00pm
The aim of this event is to allow the children who attend our weekly Science Workshops to share what they have learned with parents and other adults within the community. The children will guide attendees through a selection experiments they have done. Open to all, parents particularly welcome.
Contact: Sean O'Brien, 061453099 Cathie Noble 061 421 129 museum@thomondpark.ie



Arabic Language Crash Course Lesson

Venue: Innovation Works, National Technology Park, Castletroy, Limerick
Time: 6.30pm – 7.30pm
Join Limerick International Study Centre (LISC) for a one-hour language crash course at Innovation Works, National Technology Park, Castletroy, Limerick. The complete beginner lesson will begin at 6.30pm. After your one-hour group lesson, personalized language assessments will be offered over yummy food in the student lounge!
Contact: Anthony Chung : 061-951671



Traditional Photography and Darkroom Printing

Venue: Hall 2, Limerick College of Further Education, Mulgrave Street, Limerick
Time: 6.30pm – 9.00pm
Learners will discover the traditional way of producing photographic images. All welcome.
Contact: Dan Kenny Email: dan.kenny@lcefb.ie 087 9872955
Please email or phone to book a place on this course – Max number for class is 8



DEATH CAFÉ LIMERICK

Venue: Hook and Ladder Café, 7 Sarsfield St., Limerick
Time: 7:00pm - 9:00pm
Death Cafe Limerick is a free community event for those interested in talking about and celebrating our own finite lives - and eating cake! Death Cafes are facilitated conversations and are not intended to be educational, bereavement support, instructional or religious events. Death Cafes aim to be comfortable, interesting, uplifting, meaningful and fun. Of interest to adults (18+) in the greater Limerick area.
Contact: Jennifer Moran Stritch, Loss and Grief Research Group at Limerick Institute of Technology.
Email: Jennifer.stritch@lit.ie



Indian Clubs Workshop

Venue: Limerick School Project, O'Connell Avenue, Limerick
Time: 7.00pm
Try out Indian Clubs in a fun & friendly workshop taught by a qualified Indian Club Instructor. Indian clubs are a type of exercise equipment used for developing strength. They comprise bowling-pin shaped wooden clubs of varying sizes and weights, which are swung in certain patterns as part of an exercise program.
Contact: Cillin: 087 6661809 FKClimerick@gmail.com **Booking essential**



Launch of 'Is It Him?' - A Short Film by St. Saviour's Drama Group



Venue: Imperial Bar, Upper Carey's Road, Limerick
Time: 7.00pm
St. Saviour's Drama Group, supported by Limerick and Clare Education and Training Board, has produced an original short film 'Is It Him?'. Recorded locally the film centres around tragedy and a family secret. This launch event is supported by the Limerick Community Education Network (LCEN).
Contact: St. Saviour's/Queen of Peace Adult Education Group 087 2601567 and/or Karen Fitzgibbon 086 4085498



Using the Library

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

Time: 7.00pm

The Library is a place of welcome facilitating access to information, IT facilities and cultural experiences for all ages. This open event shows how to make best use of your library on your lifelong learning journey. Open to all, light refreshments available.

Contact: Noreen O'Neill, Kilmallock Library, 063 20306



Basic First Aid for Parents

Venue: Millennium Centre, Caherconlish, Co. Limerick

Time: 7:30pm - 10.00pm

Basic First Aid training which includes Heart saver CPR/AER training for infants, children and adults CPR, choking and recovery position

Contact: Limerick Childcare Committee, Croom Mills, Croom, Co. Limerick 061 600918

info@limerickchildcare.ie www.limerickchildcare.ie



First Limerick Trialogue

Venue: Quaker Meeting House, Southville Gardens, Punches Cross, Limerick

Time: 7.30pm – 9.30pm

'Triologue' is an open forum. In a neutral setting people talk about mental health matters: experience, fears, hopes and ideas, on an even basis with mutual respect. What is working what needs changing. This is an exploration, not a therapeutic intervention. Welcome to those with an interest in mental health.

Contact: Angie Lindenau 087 6886595



Salon Du Chat at The Limerick Spring

Venue: Ormston House, Patrick St. Limerick

Time: 8.00pm - 9.45pm

Adding a touch of theatre and the surreal to the art of conversation. Relax with a hot cuppa and a rice krispie bun as you choose from a Conversation Menu of topical themes and have chat without the chit. See www.limerickspring.com for more details. Open to all.

Contact: Tara Robinson/Jennifer Moroney Ward 083-4591508



Are My Roots Showing? One-to-One Consultations

Venue: Lissanalta House, Dooradoyle, Limerick

Time: – 50 minute consultations

Sit down with the genealogist and start the search for your ancestors or get some expert help with that brick wall. Hosted by Limerick Genealogy.

Contact: Catriona/Aoife 061 496542 research@limerickgenealogy.com



Digital Media



Venue: VTOS Shanagolden, Shanagolden, Co. Limerick

Time: 10.00am - 12.00 noon

Learn some basic elements about use of digital media from VTOS learners. This is open to members of the public. Please bring your own camera/phone and cables.

Contact: Melanie Casey 069 60106



How to Get Your Voice Heard



Venue: Wired FM, Mary Immaculate College, South Circular Road, Limerick

Time: 10.30am 2 ½ Hours. There is also a second workshop at 2.30 pm.

An introductory workshop to community radio. A brief history of community radio, and Wired FM's place in it. Production and Presentation skills. Participants will get to produce a short piece for broadcast.

Contact: Ray Burke. 061 315773 or 087 169 6999



Open Morning – To View Our Various Programmes

Venue: National Learning Network, Raheen Business Park, Limerick

Time: 10.30am - 12.30pm

Open Morning to view our various programmes and facilities and meet Tutors and Staff. Of particular interest to people out of work through accident, illness or disability or early school leavers.

Contact: Patricia Hynes 061 229777



Munster Rugby Experience Museum

Venue: Munster Rugby Experience Museum, Thomond Park Stadium, Old Cratloe Road, Limerick

Time: 11.00am **pre booking essential**

Free entry to the Museum for the week of the Limerick Lifelong Learning Festival.

Contact: Cathie Noble, 061 421129 museum@thomondpark.ie





West Limerick Education & Training Showcase

Venue: The Red Door, The Square, Newcastle West, Co. Limerick

Time: 11.00am - 2.00pm

One stop shop for exploring possibilities for education or training locally based in West Limerick. Find out about further and higher education and other training possibilities. Meet with advocates who can help you decide what is suitable for you as well as discussing the financial issues that come up with returning to Education. Check out the possibility of getting a new qualification that in turn may lead to new employment opportunities. Of particular interest to the unemployed, those in receipt of a Social Welfare payment, early school leavers.

Contact: Adrienne O'Connell, West Limerick Resources. 087 2773294



Achieving Fulfilment & Success

Venue: , 4A02, Limerick Institute of Technology, Moylish Park, Limerick

Time: 12.00 noon - 1.00pm

This hugely interactive and thought-provoking talk will enable you to start the process of living a more fulfilled life and utilise more of your potential. Open to all.

Contact: Anna Murphy 061-293130 anna.murphy@lit.ie



OUTDOOR Indian Clubs Workshop

Venue: : Meet in **Eats of Eden**, Thomas Street, Limerick, for a 1 hour workshop outside in the Urban Garden.

Time: 1.00pm sharp

Interested in trying out Indian Clubs? Then make sure you book your place for our **FREE OUTDOOR INDIAN CLUBS Workshop** in the city. This will be a fun and friendly introduction to Indian Clubs taught by qualified instructors. Indian clubs are a type of exercise equipment used for developing strength. They comprise bowling-pin shaped wooden clubs of varying sizes and weights, which are swung in certain patterns as part of an exercise program. (This is a weather dependent event, fingers crossed!) Open to anyone interested in health, fitness and well-being. Over 16's.

Contact: Cillin: 087 6661809 FKLimerick@gmail.com **Booking essential and weather permitting.**



The Truth about Cholesterol Workshop

Venue: Eats of Eden, Thomas Street, Limerick

Time: 2.00pm

Confused about Cholesterol? Fear not! Nancy Flexman, PhD and founder of Eats of Eden will be on hand to discuss the facts about Cholesterol and offer fascinating insight into this miss-understood lipid.

Contact: Eats of Eden, Thomas Street, Limerick 061 316693



Upcycling Clothing Workshop

Venue: Back2New Community Upcycling, Unit 2, Enterprise Centre, Sheehan's Road, Newcastle West, Co. Limerick

Time: 2.00pm - 4.00pm

Change your unused t-shirt into a bespoke piece of jewellery or a tote bag. Be inspired with upcycling ideas & learn how to use a sewing machine. For all those interested in learning a new skill. Hosted by West Limerick Resources.

Contact: Michaela Donegan, Tus Team Leader, 087 2727742



Social & Digital Media & Marketing for Startups

Venue: Limerick Institute of Technology, Moylish Park, Limerick

Time: 2.00pm – 3.30pm

Workshop-based discussion facilitated by LIT Social Media lecturing staff on using social media effectively for startups. For entrepreneurs (existing and potential), students/individuals thinking of starting a business, owner managers.

Contact: Rachel Walsh, Social & Digital Media & marketing lecturer, Department of Business, LIT. Eoghan Sadlier, Head of Department of Business, LIT



The Brain and the Nature of Knowledge

Venue: The Hunt Museum, Ruthland Street, Limerick Captain's Room

Time: 2.00pm - 4.00pm

In this talk you will learn about the relationship between our left and right brain-hemispheres; how they provide differing insights, values and priorities in shaping language and reason and how we understand ourselves in the world and what we choose to learn from it. General audience, all are welcome. **Places are limited to 50 you MUST register in advance to ensure a seat.**

Register here: <https://www.eventbrite.co.uk/e/the-brain-and-the-nature-of-knowledge-tickets-21642007828?aff=erelexpmlt>

Contact: Professor Billy O'Connor, 086 3501107 Graduate Entry School, University of Limerick. Website: Inside-the-Brain



Mosaic Design Session

Venue: Room G27, Limerick College of Further Education, Mulgrave Street, Limerick

Time: 2.30pm - 4.30pm

Learners will get an introduction to the basic skills involved in Mosaic design.

Contact: Meg Kenny meg.kenny@lcebtb.ie 087 9872954

Please email or phone to book your place on this course – Max number for class is 8





How to Get Your Voice Heard

Venue: Wired FM, Mary Immaculate College, South Circular Road, Limerick

Time: 2.30pm for 2 ½ Hours.

An introductory workshop to community radio. A brief history of community radio, and Wired FM's place in it. Production and Presentation skills. Participants will get to produce a short piece for broadcast.

Contact: Ray Burke. 061 315773 or 087 169 6999



Earthing Workshop - The Most Important Health Discovery yet?

Venue: Eats of Eden, Thomas Street, Limerick

Time: 3.00pm

Find out how simply establishing a physical connection with the earth can help improve exercise recovery and sleep quality, reduce inflammation and much, much more. Includes a live demonstration of earthing.

Contact: Eats of Eden, 061 316693



Fab Lab Open Evening

Venue: Fab Lab Limerick, No.7 Rutland Street, Limerick

Time: 5:30pm - 8:30pm

Fab Lab Limerick in conjunction with Limerick Lifelong Learning Festival 2016 will present an Open Evening this April - offering a broad range of exciting and innovative technologies. Learn about open source digital fabrication, take part in creative, digital workshops, and make your own unique designs. Will be of interest to general audience, craft persons, designers, engineers, technologists, arts and hobbies. Admission is free, no previous booking required. Admission is free, no previous bookings required. Of particular interest to Craft persons, Designers, Engineers, Technologists, Artists and Hobbyists. Hosted by Fab Lab Limerick and SAUL School of Architecture, University of Limerick

Contact: Email: Catherine.McCarthy@ul.ie or Gerard Walsh. 087 900 5044. ger.walsh@saul.ie



Annual Tennis Programme – Hospital Tennis Club – Adults & juniors

Venue: Hospital Tennis Club, Kilfrush, Knocklong, Co. Limerick

Time: 7.00pm - 10.00pm

Social Evening at Hospital Tennis Club. An open evening for adults - both members & non-members to come and enjoy a game of tennis. New members are welcome to come and see all that the club has to offer and to try out a game of tennis.

Contact: Elaine Carroll – PRO 087 13085441

Limerick City and County Council Limerick 2020



limerick 2020

Limerick's bid for European Capital of Culture in 2020 comes at a time when the local authority, academic institutions, business communities, cultural practitioners and the wider citizenship are working towards a new vision for Limerick and its future.

The Limerick 2020 bid shows ambition, pride, energy and a unified plan to further harness the vibrancy seen in 2014 and to further showcase Limerick as a creative city that can drive the economic renaissance of our region. We see the potential of this bid to enhance our already solid reputation for innovation and education. We see the opportunities of the bid to create and further build on Limerick's sense of pride and place. We believe a successful bid will develop a cultural environment that is accessible to all.

Limerick 2020 is about developing the cultural heart of the city in tandem with social and economic regeneration. The creative pooling of energy, vision, passion and innovation is showing that together we are more, as a people a city and a region. #Limerick2020



FURTHER EDUCATION & TRAINING

The LCETB provides a wide variety of skills-based programmes that are aimed at individuals who wish to:

- Return to Education and Training or upskill in order to enhance their opportunities for progression to further studies or employment.
- Develop a new skill or hobby, or want to become more involved in their community.

SUPPORTS AVAILABLE:

- BTEA and DSP Allowances
- Childcare

The LCETB Further Education and Training Service offer Full and Part time programmes across a variety of locations including the Limerick and Shannon Training Centres.

- Information & Guidance Service
 - Support Services
 - Youth Work
- QQI Levels 1 – 6
Guidance Support
Traineeships

Further Information on Lifelong Learning Opportunities is available at www.lcetb.ie

T. 061 417688 for further information

Further Education and Training Centre, Kilmallock Road Campus, Limerick

IT ALL STARTS HERE

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FURTHER EDUCATION
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- Wide-ranging employment opportunities

Main Campus
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T 061 414344
F 061 414186

Cappamore Campus
Cappamore, Co. Limerick
T 061 381272
F 061 381759



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www.lcfe.ie

EMAIL
apply@lcfe.ie








Some of the members of the Limerick Lifelong Learning Festival Organising Committee and Steering Group 2016 with the Chairperson of Learning Limerick, Josephine Cotter-Coughlan (*Director of Service, Limerick City and County Council*).

Limerick Lifelong Learning Festival Organising Committee 2016

NAME	ORGANISATION/NETWORK
Anna Rooney	Learning Limerick
Yvonne Lane	Learning Limerick
Yvonne O'Brien	PAUL Partnership
Brid Burke	Limerick City and County Council
Catherine McCarthy	University of Limerick
Patricia Rainsford	Limerick Integration Working Group
Adrienne O'Connell	West Limerick Resources
Eileen O'Keeffe	Ballyhoura Development
Sean O'Carroll	Limerick and Clare Education and Training Board
Sile O'Riordan	Limerick and Clare Education and Training Board
Aine Lyne	Limerick and Clare Education and Training Board
Mary Flannery	Limerick and Clare Education and Training Board



13th PASCAL International Learning Cities Conference -Glasgow, June 2016

Learning Limerick will be showcased at this International Learning Cities Conference – 'Global, local, connected, sustainable, healthy, & resilient', which will focus on directions for Learning Cities at a time of considerable challenge and opportunity for cities, with significant development in the role and contribution of Learning Cities.

Learning Limerick will deliver a paper entitled: 'From Learning city to Learning Region: Connections,

Challenges and Changes' which will explore the role that various connections (geographical, sectoral, cultural, technological, etc.) have had to play in Limerick's journey towards becoming a "learning city-region". Learning Limerick will also showcase the collaborative work of partners and the recent Lifelong Learning Festivals and Thomond Park showcase in visual, video and poster presentations, at the conference.

Our Showcase at Glasgow will also highlight Learning Limerick supporting the Limerick 2020 bid for European Capital of Culture, sharing a common goal of promoting Limerick at international level as a learning and cultural region of excellence.

FESTIVAL SPONSORS 2016

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

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

Also many thanks to the following new festival sponsors this year: -

- Joe Lawlor Coach Hire and Mini Bus Hire www.joelawlor.com
- National Learning Network - Vocational Training www.nln.ie
- Niall O'Sullivan and Associates – Common Sense Accounting <http://www.csal.ie>

If you are interested in participating in future festivals contact:

Yvonne Lane, Festival Co-ordinator

Telephone: 061 419388.

Email: ylane@paulpartnerhsip.ie

All details correct at time of going to press.

The organisers cannot accept responsibility for losses incurred due to cancellation/alteration of events.

Check website for latest details
www.limerick.ie/lovelearning

2016

Saturday April 16 - Friday April 22

Limerick Lifelong
Learning Festival

love learning



Learning Limerick
Together for a brighter future

2016

Saturday April 16 - Friday April 22

Limerick Lifelong Learning Festival

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Festival Sponsors

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