



**Helium Arts**

CREATIVITY CHANGES LIVES

# SATURDAY MEET UPS FOR TEENS IN LIMERICK

**Ages 13–15 living with lifelong physical health conditions**

**Make friends, meet new people, see new things, learn new skills and step into a world of possibilities!**

**Site visits, exhibition visits, creative workshops, collage, film-making, expressive painting, textiles, print-making and more...**

## WHEN & WHERE

**Last Saturday of every month  
(Our first meet up will take place on  
Saturday 25th February 2023)**

**Location:** Limerick City\*  
Morning and afternoon sessions available

**Please email [hello@helium.ie](mailto:hello@helium.ie)  
to request a booking form**

\*Venues will change each month depending on the activity and will be confirmed with participants in advance.

## ALL MEET UPS ARE...

- 🕒 Free of charge
- 🎨 Delivered by professional artists
- ♿ Accessible
- 👩 Overseen by paramedics
- 👥 Supported by volunteers



Scan for more info



Clár Éire Ildánach  
Creative Ireland  
Programme  
2017–2022



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