

# FREE Creative Workshops in Limerick / Ennis with Helium Arts

Hello from Helium Arts,

We are an award-winning Irish children's charity that aims to improve the well-being of children and young people living with **lifelong physical health conditions** by providing **free creative workshops in-person** and **online**, tailored to different age groups from **ages 6-16**.

## Why?

We support children to realise their potential. Beyond lifelong health conditions. We use creativity and art to **build community**, spark **friendships**, unlock **skills and new interests** that can help children to **overcome adversity**.

We believe that **creativity empowers children to feel confident, worthwhile and respected and this helps them to become more prepared and capable in daily life**.

We conducted an independent evaluation report on the impact of our work in the community last year, and the results are amazing:

**93% of parents indicate that Helium Arts had improved their child's physical health & well-being.**

Supported conditions include **diabetes, epilepsy, cystic fibrosis, allergies, heart conditions, asthma, spina bifida, juvenile arthritis, rare or complex conditions** and many more.

[Register Your Interest to participate in our workshops at any time.](#)

**Registrations are now OPEN for our FREE Spring Workshops in Limerick / Ennis and online.**

**Ages 6-8** [Online Spring Saturdays](#) - 6 Apr - 11 May

## **Ages 8-12**

1) [In-Person Ennis Easter Camp](#) - 26-28 Mar

2) [In-Person Spring Saturdays](#) - Starts 13 April!

3) [Online Spring Saturdays](#) - Every Saturday from 6 Apr - 11 May

**Ages 13-16** - [In-Person Saturday Meet Ups](#) - Starts 23 March!

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All of our in-person workshops are supported by professional artists, volunteers and on-site medical care.

If you have any questions at all please don't hesitate to contact me.

Thank you,

Cathy.

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