

Community Resources for School Age Children in Limerick



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Limerick Learning Hub

Service Description

The Learning Hub works in partnership with parents, education providers, statutory agencies and the wider Limerick community to provide a safe, welcoming and inspiring learning environment where young people can reach their true potential. Most activities are after school and are linked to primary level curriculum.

Services Overview

- STEM Projects within primary schools.
- Science hub- based on 'Learning Buddies' model which partners young people with undergraduate mentors.
- Music hub- music classes as part of after-school programme.
- Art hub- art classes as part of after-school programme.
- Story hub- engage young people in creative writing & story telling.
- Digi hub- Science and Multimedia Camps, 6-week workshops.
- Health and well-being- Kickboxing, dance classes, cooking programmes.



Eligibility

Learning hub prioritise school age children 8-12 years old attending local DEIS schools but aim to reserve over 40% of our place for children from other areas of the city attending non DEIS schools also. They operate a waiting list for most of their after-school programmes and registration happens in early September each year.

Location & Contact Details

Address: 3rd Floor, Arthur's Quay House, Arthur's Quay, Limerick.

Email: jennifer@learninghub.ie

Telephone: 061 453099

Website: www.learninghub.ie

Limerick Youth Service

Service Description

Limerick community-led initiative working with young people to provide a diverse range of educational, social, training, and personal development programmes.



Services Overview

- 'Moving on up' transition from primary to secondary school.
- 'Youth bank'- personal development programme to build on young people's self-esteem and confidence.
- Information services cover subjects including social media use, education, careers, employment, health, accommodation, youth work, research & travel.
- Youth Projects for young people aged 10-21 years in Limerick city, Galvone, Ballynanty and Rathkeale.
- Education & Training- for 16-21 years olds offering skill development for employability, retail, catering, baking, hospitality & early childhood care.
- Youth cafes for young people aged 14-19 years in Glenworth street, Ballynanty and the Factory Southside.
- Youth Mental Health services support young people with issues including school, relationships, emotions, grief, and substance misuse. The service provides free counselling, support and advice.

Eligibility

Young people aged between 10- 21 who are socially or economically disadvantaged living in Limerick City & County.

Location & Contact Details

Address: 5 Lower Glentworth Street, Limerick.

Email: lys@limerickyouthservice.com

Telephone: 061 412 444

Website: www.limerickyouthservice.com

Limerick Youth Service- Youth Cafes

Service Description

Youth Cafes are youth-led projects across Limerick City And County providing a fun, friendly, active and engaging environment for Limerick's vibrant and diverse young people.



Services Overview & Contact Details

- Lava Java's Café, Lower Glentworth Street- Activities include training and development workshops, music, ultimate Frisbee, trips away and many more. Open Thursdays 4.30-8pm, Fridays 4-9pm & Saturdays 3-8pm. Contact John Real at johnr@limerickyouthservice.com or call 061-412444.
- Steps Youth Café, Ballynanty- Activities include Creative arts, Beauty & make up, Health and nutrition, Fitness, Mental health & wellbeing and Variety Shows. Open Thursday, 4-8pm and Friday, 4-8pm. Contact Gillian Boland, Youth Worker at gillian.boland@limerickyouthservice.com or call 086-6077646.
- Laff Café, Factory Southside Youthspace- Young people attending the cafe are involved in the planning, researching, decision-making, fundraising and running of the café. Contact Frances Campbell, Youth Worker at francesc@limerickyouthservice.com or call 061-422385.
- Rathkeale Youth Space- Abbey Court Rathkeale- Activities include Civic & Social Development, Health & Fitness, Programmes, Issue based programmes e.g. sexual wellbeing & drug awareness, Travellers Boys/Girls Only Drop-in Groups. RK Youth Cafe open every Wednesday 4-7pm. Contact Lisa Quirke, Youth Work Coordinator at lisaq@limerickyouthservice.com or call 087-32904304.

Eligibility

Young people aged between 14-19 years who are socially or economically disadvantaged living in Limerick City & County.

Our Lady of Lourdes Community Services- Child & Youth Services

Service Description

Our Lady of Lourdes Community Services Group provides a range of services for children and young people.

Services Overview

- Creative Kids Club- runs on Saturdays for children aged 4-10 years.
- OLOL After-schools Programmes.
- West End Youth Centre- provides numerous activities for young people between the ages of 7- 22 years old including dance, fitness, pool, a youth café, clubs for primary & secondary school kids and social activities.
- SICAP – Social Inclusion and Community Activation Programme for young people aged 15 or over.



Eligibility

Our Lady of Lourdes is committed to identifying and supporting the needs of people of all ages living in the local community of Ballinacurra Weston, Greenfields and Prospect through the provision of people centred services.

Location & Contact Details

Address: Childers Road, Rosbrien, Limerick.

Email: enquiries@ololcsg.ie

Telephone: 061 22 85 96

Website: www.ololcsg.ie

SPORTS & RECREATION



Limerick Sports Partnership

Service Description

The aim of Limerick Sports Partnership is “Getting Limerick Active” through increasing participation in sport. It seeks to ensure local resources are used as effectively as possible.

Services Overview

- Halliwick swimming- teaches physically disabled people balance control and independence.
- Boccia- played by athletes with cerebral palsy or related neurological conditions using a wheelchair every Saturday 3-5pm.
- Cool Movers- Junior Activity Programme.
- Nutrition and Physical Activity Presentations.
- Fit Kidz Walking challenge.
- Badminton / Multi Sport.
- Wheelchair hurling/basketball.
- Sports Inclusion Programmes for children with special needs.
- Gym Inc.- education programme designed to encourage the participation in physical activity.
- Being well- enabling individuals to maintain healthy lifestyles through group initiatives



Eligibility

Limerick Sports Partnership is available to people of all ages across Limerick city and County.

Location & Contact Details

Address: UL Sport, University of Limerick, Castletroy, Limerick. Telephone: 061 333600

Email: info@limericksports.ie

Website: www.limericksports.ie

Limerick Football Club- Football for All

Service Description

Limerick Football Club Academy ABCs section provide soccer skills coaching for children with Agility, Balance, Co-ordination and Concentration difficulties.

Services Overview

- Programme of fundamental soccer skills coaching.
- Training every Saturday at 12pm.



Eligibility

- Limerick Football Club Academy is open to all children with balance and motor co-ordination difficulties. Contact team administrator Anne Mullen for further information.

Location & Contact Details

Address: Delta Retail Park, Ballysimon Rd, Crabb's-Land, Limerick

Telephone: 061-389821

Website: www.limerickfc.ie/academy/abcs

Aisling Annacotty AFC- Football for All

Service Description

Aisling Annacotty AFC's 'Football for All' programme takes place at the all-weather pitch in Annacotty where children can try out soccer and participate in a fun activity.

Services Overview

- Programme of fundamental soccer skills coaching.
- Training every Saturday at 5pm.

Eligibility

Aisling Annacotty AFC supports children of all ages with disabilities to participate in sport.

Location & Contact Details

Address: Annacotty, Woodstown, Limerick.

Email: patcleary16@eircom.net

Telephone: 086-3892441

Website: www.aislingannacotty.ie



i-Play- Inclusive Play and Leisure Activities for Youth

Service Description

i-PLAY is a weekly physical activity programme designed for children, youth, and young people (ages 5-21) with special needs held within the Physical Education & Sports Science (PESS) Department at the University of Limerick. The main goal of this weekly programme is to engage participants in various physical activities.

Services Overview

- Each child has their own coach or peer buddies.
- Aquatics.
- Gymnastics.
- Outdoor Adventures.
- Dance.
- Games.
- Social interactions with peers.
- Every Thursday during semester times- cost for 10 weeks of €20.



Eligibility

Due to popularity, a waiting list has been created for both the 5-10 year old group and 11-15 year old group. Please contact one of the Co-Directors (Daniel or Brigitte) to see if spaces are available.

Location & Contact Details

Address: PESS Building, University of Limerick, Castletroy.

Email: Daniel.Tindall@ul.ie; Brigitte.Moody@ul.ie

Telephone: 061 202896

Website: www.ul.ie/pess/undergraduate/i-play

Limerick Autism Camps

Service Description

The camp was set up by parents of children with ASD as children with autism (ASD) may not be able attend regular camps due to their condition, therefore, these camps offers wonderful opportunities.

Services Overview

- Camps run over Easter, Summer, Halloween & Christmas.
- Sport including boxing and martial arts.
- Cooking, Music Therapy, Sensory games, Art & Crafts.



Eligibility

Limerick Autism Camps have developed a socially inclusive camp for children on the autism spectrum. They are currently catering for 100 children.

Location & Contact Details

Address: 148 Carraig Midhe, Corbally, Limerick Telephone: 089 229 0898

Email: limerickautismcamp@gmail.com

Website: www.facebook.com/limerickautismcamps

Liskennett Farm for Children with Autism & Intellectual Disability

Service Description

This farm which offers horse riding and equine therapy is available to children and adults with disabilities external to St. Joseph's Foundation. Open days for families every second Saturday of each month.

Services Overview

- Horse Boy method Equine Therapy- movement of the horse is beneficial for improving circulation, muscle control, and co-ordination.
- Autistic riders/handlers learn to communicate verbally and physically with their horse.
- Equine Assisted Learning.
- Equine Care.
- Animal Therapy.
- Horse Riding.



Eligibility

Liskennett Farm was set up as part of St Joseph's Foundation. Services are available to children aged 6 years or over and adults with ASD and intellectual disabilities. Medical consent form to be completed in advance of riding. No charge, however donations are appreciated.

Location & Contact Details

Address: Liskennett Equestrian Centre, Granagh, Croom, Limerick

Telephone: 087-2734150

Email: ddoyle@stjosephsfoundation.ie

Website: www.stjosephsfoundation.ie/What-We-Do/Facilities/Liskennett-Farm/Horse-Boy-Method

Special Olympics Ireland

Service Description

Special Olympics Ireland provide sports training and athletic competition in a variety of sports for children and adults with an intellectual disability, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendships with their families, other athletes and the community.



Special Olympics
Ireland

Locations and Contact Details

- **Brothers of Charity**- Limerick City and County. Sports include golf, football, and bowling. Contact Cyril Garvey by email: cyrilgarvey@hotmail.com.
- **Bruff All Stars Special Olympics Club**- Bruff. Sports include Athletics and Bocce. Contact Margaret Moloney by email: mmoloney147@live.co.uk
- **Limerick City Special Olympics Club**- Limerick City. Sports include: Athletics, Swimming, Basketball. Contact Sara Brazil by email limcityso@gmail.com.
- **Limerick FC Special Olympics Club Community Club**- Bawnmore. Sports include Football. Contact Michael Kenny by email micktkenny4@gmail.com.
- **Limerick West Special Olympics Club Community Club**- Newcastle West. Sports include Bocce. Contact Margaret Larkin by email magslarkin72@gmail.com.
- **Lisnagry Special Olympics School/Service**- Limerick City. Sports include Athletics, Basketball, Bocce, Swimming, Football, Golf, Gymnastics (Artistic), Gymnastics (Rhythmic), MATP, Floorball. Contact Susan Kenny by email susan.kenny@lim-docservice.ie.
- **Rehabcare Limerick School/Service**- Limerick City. Sports include Equestrian and Bowling. Contact Michael Quinn by email michael.quinn@rehabcare.ie.

The Butterfly Club

Service Description

This club is a volunteer-led service with a primary aim of providing respite to parent of children with special needs living in Limerick. Centres are in Rathkeale and Abbeyfeale.

Services Overview

- Activities include bowling, drama, games, music therapy, swimming, physical activity, art, parties & summer camp.
- Children attend club once a month on Saturdays from 1 – 5pm.

Eligibility

The club is a social club for children and teenagers with special needs and caters for those aged 3-18 years from all areas of Limerick.



The Butterfly Club

Location & Contact Details

Address: Rathkeale Community Childcare, New Line, Rathkeale, Limerick. Telephone: 0862120023

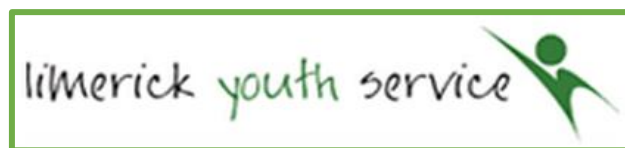
Email: thebutterflyclub@eircom.net

Website: www.thebutterflyclub.ie

Limerick Youth Service- Youth Clubs

Service Description

Limerick Youth Service runs volunteer-led youth clubs across Limerick. Activities include: Arts and Crafts, Bowling, Cinema trips, Table football, Pool, Sports programmes, Drug Awareness, Healthy Eating, Sexual Wellbeing Programmes, Interclub activities, Sports tournaments and Youth discos.



Locations and Contact Details

- **Abbeyfeale** (10-17yrs) every Friday 7-9.30pm; contact eithnes@limerickyouthservice.com or call 087-0549343.
- **Annacotty-Castletroy** (12-16yrs) every Friday 6.30-8pm; contact maryduhig@limerickyouthservice.com or call 083-4730969.
- **Askeaton-Ballysteen** (11-17yrs) every Friday 7-9.30pm; contact eithnes@limerickyouthservice.com or call 087-0549343.
- **Ballingarry** (10-16yrs) every Friday 7-10pm; contact joew@limerickyouthservice.com or call 083-3718793.
- **Ballynanty** (10-14yrs) every Wednesday 6.30-8pm; contact damianl@limerickyouthservice.com or call 061-412444.
- **Castleconnell** (10-17yrs) every Friday 7-9.30pm; contact shaym@limerickyouthservice.com or call 086-8907671.
- **Clonlara** (12-15yrs) every Friday 8-9.45pm; contact shaym@limerickyouthservice.com or call 086-8907671.
- **Fedamore** (10-15yrs) every Friday 7-10pm; contact shaym@limerickyouthservice.com or call 086-8907671.
- **Kildimo** (10-16yrs) every Friday 7.30-9pm; contact eithnes@limerickyouthservice.com or call 087-0549343.
- **Killeedy** (10-16yrs) every Friday 7-9.30pm; contact eithnes@limerickyouthservice.com or call 087-0549343.
- **Killmallock** (10-16yrs) every Friday 8.15-10pm; lisaoc@limerickyouthservice.com or call 083-4003138.
- **Newcastlewest** (10-17yrs) every Friday 7-9.30pm; contact eithnes@limerickyouthservice.com or call 087-0549343.
- **Pallaskenry** (10-17yrs) every Friday 7-9.30pm; contact eithnes@limerickyouthservice.com or call 087-0549343.
- **St Mary's Parish** (10-13yrs) Boys only on Tuesdays 7-8.30pm, Girls only on Thursdays 7-8.30pm; contact Mary at lys@limerickyouthservice.com or call 061-412444.
- **St Senan's, Foynes** (10-15yrs) every Friday 8-10pm, contact eithnes@limerickyouthservice.com or call 087-0549343.
- **Stakers, Kilbreedy** (10-15yrs) every Friday 8-10pm, contact eithnes@limerickyouthservice.com or call 087-0549343.

CHILD & FAMILY SUPPORTS



Blue Box Creative Arts Therapy

Service Description

Blue Box works with schools and families in Limerick City and surrounding areas to guide them through difficult times through supporting emotional and psychological development in children.



**CREATIVE ARTS THERAPY
FOR CHILDREN & YOUNG PEOPLE**
LIFE CHANGING INTERVENTION

Services Overview

- Art Therapy- offers young people a safe environment to explore issues which may be affecting them.
- Music Therapy- explore and express their feelings, emotions, and experiences through music.
- Play Therapy- enables young people to express themselves and make sense of the world through play.
- Dance Movement Therapy – uses movement and dance to express emotions.
- A Leanbh Project- Music and play group for engaging young children & families.

Eligibility

Blue Box offers therapies to schools, school completion programmes, outreach projects and preschools in marginalised communities in Limerick City. Private referrals and TUSLA clients are also seen by Blue Box.

Location & Contact Details

Address: LEDP, Roxboro Road, Limerick.

Email: info@bluebox.ie

Telephone: 061 315070

Website: www.bluebox.ie

Compass Child and Family Services

Service Description

Compass work with families and individuals to support and encourage the effective functioning of families. Their focus lies in family-strengthening interventions, both in community based and out of home settings. The service seeks to deliver flexible interventions closely orientated on the needs of the individual person(s) considering their resources within their social context.

Services Overview

- Relationships That Work Programme- Module based intensive family support delivered over six months at home and in the community.
- Family Solutions- an individual approach to specific family difficulties, conflict or crisis situations where families benefit from a problem-solving intervention.
- Parenting programmes- addressing common parenting challenges and deal with specific challenges to help parents and carers to manage their resources.



Eligibility

Young people and families living in Limerick, Clare and North Tipperary can access Compass services through a referral by TUSLA Child and Family Agency.

Location & Contact Details

Address: Unit 8A, Convent Hill, Killaloe, Co. Clare.

Email: info@compasscfs.ie

Telephone: 061 22 85 96

Website: www.compasscfs.ie

Children's Grief Centre

Service Description

Children's Grief Centre is a support service for school-aged children and young people affected by loss through death, separation or divorce.

Services Overview

- One-to-one support and Teacher support.
- Community Education Workshops.

Eligibility

Young people, families and their teachers living in Limerick.

Location & Contact Details

Address: Westbourne, Ashbourne Avenue, South Circular Road, Limerick.

Email: info@childrensgriefcentre.ie

Telephone: 061 224 627

Website: www.childrensgriefcentre.ie



South Hill Area Centre

Service Description

South Hill Area Centre supports children, young people and their families to combat disadvantage and improve the functioning of the family unit. The programme emphasises involving local communities in tackling their problems and creating successful partnerships between voluntary and statutory agencies at community level.

Services Overview

- Training & workshops for parents including mindfulness.
- Crèche, Pre-school, music classes.
- Counselling service.
- Adult Community Education Courses and Classes.

Eligibility

Young people and families living within the catchment area.

Location & Contact Details

Address: 267-268 Avondale Court, O'Malley Park, Southill, Limerick.

Email: omalleypark@eircom.net

Telephone: 061 440250

Website: <http://www.southillareacentre.ie>



Northside Family Resource Centre

Service Description

The centre responds to the needs of the local community members by providing tailored services and supports.

Services Overview

- Incredible years training- designed to reduce challenging behaviours in children & increase their social & self-control skills.
- Family support worker- one-to-one support for parents.
- Parent and Toddler Groups.
- Childcare centre includes a creche, Montessori and pre-school.
- Limerick Assessment of Needs System- identify needs, develop action plan with regular review of progress.
- Youth work projects engage young people with art, computers, after-school, and homework clubs.



Eligibility

Young people and families living in Moyross, Ballynanty, Kileely and Thomondgate Shelbourne and Ennis Road, Farranshane, Caherdavin, Woodview, Red Gate and anywhere else demand exists.

Location & Contact Details

Address: Clonconnane Road, Ballynanty, Limerick.

Email: info@stmunchinsfrc.ie

Telephone: 061 326 623

Website: <http://www.stmunchinsfrc.ie>

ABC Start Right

Service Description

ABC Start Right provides age and stage appropriate developmental checks, information and parenting supports by working in partnership with relevant agencies through the Community Wraparound Model.

Services Overview

- Little Voices Oral Language Programme.
- Creative Therapies.
- Psychology supports.
- Positive Parenting Population Approach campaign.
- Homemaker Family Support Service- practical support with routines, budgeting, parenting and household management for families with at least one child aged 0 - 6 years, finding daily life too demanding.



Eligibility

Services are available to parents of children aged 0-6 years old in the Northside and City Centre of Limerick.

Location & Contact Details

Address: PAUL Partnership, Unit 25a Tait Business Centre, Dominic Street, Limerick.

Telephone: 061-419388

Email: info@loveparenting.ie

Website: www.loveparenting.ie

Barnardos Family Support

Service Description

The goal of the service is to support children's learning, development, and emotional well-being by working in partnership with their families and the wider community. Barnardos responds to individual children and family circumstances by assessing children's needs and tailoring supports around families.

Services Overview

- Homemaker Family Support Service- practical support with routines, budgeting, parenting and household management for families with at least one child aged 0 - 8 years, finding daily life too demanding.
- Parenting Programmes.
- Parent and Toddler Groups.
- Breakfast clubs.
- After school groups.
- Family or parent/child work to strengthen communication and repair relationships through individual work.
- Support children and young people to help them express their feelings and learn positive coping skills.
- Family support worker- one-to-one support for parents.



Eligibility

Barnardos Family Support Services, Limerick North and South, offer direct support, information and advice to children and young people and their parents/carers across Limerick City and County.

Location & Contact Details

Address: Limerick North- 1/2 Pineview Gardens, Moyross.

Limerick South- 373/374 Roseview Drive, O'Malley Park, Southill

Email: info_moyross@barnardos.ie ; info@southill.barnardos.ie

Telephone: 061-329298

Telephone: 061-319290

Website: www.barnardos.ie

Limerick Social Service Council- The Child & Family Service

Service Description

The Child & Family Service offers a range of programmes and interventions through intensive work with children and with parents. The service targets the most disadvantaged and vulnerable families in the catchment area, and focuses on improving children's experiences of childhood, parenting skills and child parent relationships.



Services Overview

- Community Mothers Programme- provides one to one support and information regarding child development, local services and supports. It also offers individual parent support, helps with babies' routines and facilitates parent/baby/toddler groups.
- Incredible Years Parent Programmes.
- Parent Support & Outreach Service offers a variety of interventions, including intensive family support.
- Family Support initiative- identify needs, supports and connects individuals and families to services.
- Traveller Health Advocacy Programme.
- Family Advocacy Service- confidential and independent service for parents in Limerick who have children who are either in care or in the process of being placed in the care.

Eligibility

Young people and families living in Limerick City and County, referrals can be made by individuals or health care providers.

Location & Contact Details

Address: LSSC Centre, Henry Street, Limerick.
Email: info@lssc.ie

Telephone: 061 314111
Website: www.lssc.ie

Extern

Service Description

Extern supports children, young people and their families and carers through a range of projects across Limerick who are at risk of entering care, secure care, or custody.



Services Overview

- Janus Programme which provides individually tailored support for young people age 8-17 years old.
- Activity breaks for children and young people and their families/carers in Fermanagh and Down.
- Garda Youth Diversion- multi-agency youth crime prevention initiatives which seek to divert young people at risk or involved in anti-social and/or criminal behaviour.
- Time Out- provides a short-term respite break to children and young people in the age range 8-17 years.

Eligibility

Young people and families living in Limerick aged between 8-18 years old. All referrals to the Garda Youth Diversion Project are identified through the Garda Diversion Referral Committee.

Location & Contact Details

Address: WatchHouse Cross, Moyross, Limerick.
Email: mike.walsh@extern.org

Telephone: 061 457222
Website: www.extern.org

Ballyhoura Development

Service Description

Community members are supported to access childcare and other supports available in their local environments, and to participate in recreational and educational activities. The service focuses on prevention and early intervention in relation to children and young people.

Services Overview

- One to one parent support.
- Family Health and Wellness programmes.
- Parents Plus Parenting Programme.
- Literacy for parents.
- Digital skills for parents.
- Parent and Toddler groups.
- Recreational and educational activities for children and young people.
- Homework Clubs for children.
- Community Food Initiative- offers a range of supports to parents around healthy eating.



Eligibility

Ballyhoura Development works closely with children, young people and families throughout the Ballyhoura area, particularly in areas classified as 'disadvantaged'.

Location & Contact Details

Address: Coote Hall Resource Centre, Killmallock, Co. Limerick
Email: info@ballyhoura.org

Telephone: 063-20555
Website: www.ballyhouradevelopment.com

Croom Family & Resource Centre

Service Description

Croom Family Resource Centre provides a variety of family supports in partnership with Tusla Child and Family Agency. The main focus of these services is on early intervention aiming to promote and protect the health, well-being and rights of all children, young people and their families.

Services Overview

- One to one family support.
- Parent and toddler groups.
- Preschool and Afterschool.
- Paediatric First Aid.
- Counselling.
- Strengthening Families Training.
- Youth Programme.



Eligibility

Family Support Services are for families and individuals who need support living in Croom, Ballingarry and various other locations in County Limerick.

Location & Contact Details

Address: High Street, Croom, Co. Limerick.
Email: info@croomfrc.com

Telephone: 061 602878
Website: www.frccroom.com

Hospital Family Resource Centre

Service Description

The overall aim of Hospital FRC is to actively provide support to and highlight issues affecting vulnerable and isolated people in the area and influence change to make their community more inclusive.

Services Overview

- Rainbows Programme- support for children affected by loss or bereavement.
- Peer Support Group for parents of children with disabilities.
- Parenting workshops.
- Parent and toddler groups.
- Strengthening Families Programme.
- Life skills programmes for children.
- Talking with Teens.
- Individual and family counselling.



Eligibility

The catchment area of the service is extensive and includes: Ballylanders, Herbertstown, Killeely, Hospital, Galbally, Caherconlish, Kilmallock and Knocklong. While priority will be given to those within this catchment area, Hospital FRC are open to working with all communities, individuals and families throughout the South East Limerick area.

Location & Contact Details

Address: Knockainey Road, Hospital, Co. Limerick.

Email: mstack@hospitalfrc.com

Telephone: 061-383884

Website: www.hospitalfrc.com

West Limerick Resources

Service Description

West Limerick Resources work in the community is centred on youth support and youth development working both directly with young people but also with their parents and other agencies and educational institutes to identify needs and plan appropriate responses and initiatives.

Services Overview

- Parent and toddler groups.
- One to one parenting support groups.
- Information sessions.
- Group based activities.
- Provides additional supports within the formal education system and in community settings.
- Workshops and opportunities to access other WRL supports such as employment, education, and training.



Eligibility

West Limerick Resources delivers family support in Abbeyfeale and Newcastle West. In addition, family support is also offered in Askeaton and Rathkeale as part of their community development work under the Social Inclusion Community Activation Project.

Location & Contact Details

Address: St. Mary's Road, Newcastle West, Co. Limerick.

Email: info@wlr.ie

Telephone: 069 62222

Website: www.wlr.ie

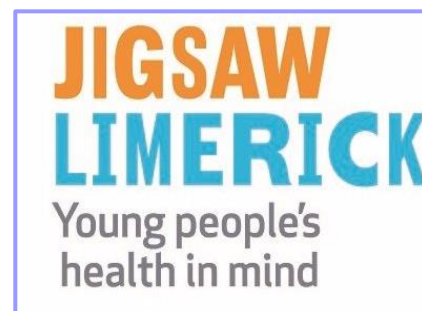
MENTAL HEALTH PROMOTION



Jigsaw Limerick

Service Description

Jigsaw Limerick is early intervention service which provides guidance and support for young people who are going through a difficult or distressing time. The service also provides advice and guidance for anyone who is concerned about a young person in their life.



Services Overview

- Goal-oriented sessions over a period of 6-8 weeks.
- First appointment is scheduled for 1-10 days after referral.
- Initial sessions incorporate assessments to ensure interventions are targeted.
- When goals are met the child is discharged.

Eligibility

Jigsaw Limerick is a free, non-judgemental, and confidential mental health support service for young people aged 12 – 25 living, working, or studying Limerick City and County.

Location & Contact Details

Address: 3rd Floor, Arthur's Quay House, Arthur's Quay, Limerick.
Email: limerick@jigsaw.ie

Telephone: 061 974 510
Website: www.jigsaw.ie

Be Well Team: Youth Mental Health Service

Service Description

Limerick Youth Service supports young people in the promotion of positive mental well-being and in tackling stigma associated with it.



Services Overview

- Youth Mental Health services supports young people with issues including school, relationships, emotions, grief, and substance misuse.
- Provides free counselling, support and advice to young people.
- Provides free guidance and information to parent/guardians on youth mental health
- Youth Mental Health Worker supports young people through raising awareness of mental health and promoting help-seeking culture among young people in schools and youth groups.

Eligibility

Young people aged between 14-25 years who are socially or economically disadvantaged living in Limerick City & County.

Location & Contact Details

Address: 5 Lower Glentworth Street, Limerick.
Email: amunoz@limerickyouthservice.com

Telephone: 061 412 444
Website: www.limerickyouthservice.com

Aware- Beat the Blues

Service Description

Beat the Blues is a free programme brought to secondary schools by Aware. The programme promotes positive mental health for senior-cycle students in secondary schools throughout Ireland helping them to cope with challenging life circumstances.

Programme Overview

- Principles for good mental health and actions that can help.
- Looking at the positive aspects of our lives.
- Why similar situations impact people in different ways.
- The role of core beliefs.
- How to prevent or recognise depression and anxiety.
- The importance of resilience and how to build it.
- Introduces 'The Coping Triangle' a tool which students can use in everyday situations to help relieve stress.



Eligibility

Teachers who would like Aware to bring the Beat the Blues programme to their school need to complete an application form available on the www.aware.ie website.

Location & Contact Details

Address: 72 Lower Leeson St, Dublin, Dublin 2.

Email: supportmail@aware.ie

Telephone: 1800 80 48 48

Website: www.aware.ie/services/beat-the-blues

Aware- Life Skills for School

Service Description

Life Skills for School is a free educational programme offered to students aged 15-18 years. The programme contains eight modules and is delivered over four weeks in 75 minutes sessions. The Life Skills programme is not counselling, it is an educational programme designed to help young people learn new ways to deal with concerns and challenges in life using a cognitive behavioural therapy approach (CBT) to support young people with depression and anxiety.

Programme Overview

- Focuses on thinking and behaviour patterns.
- Supports students to make small, practical changes in areas of their life that they find difficult.
- Support experimenting with the 'new ways of thinking'.
- Give students time to reflect on the key learning points.



Eligibility

Teachers who would like Aware to bring the Life Skills for School programme to their school need to complete an application form available on the www.aware.ie website.

Location & Contact Details

Address: 72 Lower Leeson St, Dublin, Dublin 2

Email: supportmail@aware.ie

Telephone: 1800 80 48 48

Website: www.aware.ie/services/life-skills-for-schools

EARLY SCHOOL LEAVERS



National Learning Network

Service Description

The National Learning Network in Limerick provides a range of free courses to people who have had an accident, illness, injury or have a disability or have extra support needs. Courses are tailored to each student's needs, to help them build their confidence while getting practical job-seeking skills to get a job or go on to further training.

Course Overview

- Catering assistant training.
- Employer based training.
- Introductory Skills training.
- IT and office skills training.
- PC Maintenance and Networking.



Eligibility

There are no formal entry requirements. Students just need the will to succeed. Some courses have an assessment period, this is to ensure that the course is suitable for you. Students on National Learning Network courses must be aged 16 years old or over.

Location & Contact Details

Address: Raheen Business Park, Raheen, Limerick
Email: limerick@nln.ie

Telephone: 061 229 777
Website: www.nln.ie

YouthReach

Service Description

Limerick City Youthreach seek to provide a quality educational programme for learners, in a safe, supportive setting, based on mutual trust and respect so that they may progress in learning, life and work.

Course Overview

- Junior Certificate.
- Leaving Certificate.
- Leaving Certificate Applied.
- FETAC courses in Communications, Numeracy/Maths, Interpersonal Skills, Nutrition & Healthy Options, Engineering, Woodturning, Self-Employment, ICT/Internet Skills/Computer Applications, Career Preparation, Art & Design, Home Studies Skills, Preparation for Work, Crime Awareness and Health Related Fitness.
- Give students time to reflect on the key learning points.



Eligibility

Youthreach is for students aged between 15-20 years who have left mainstream school early and want to further their education.

Location & Contact Details

Address: Adult Education Service, O'Connell Avenue, Limerick.
Email: Shane.cullinane@lcaes.ie

Telephone: 061 315358
Website: www.youthreach.ie/centres/limerick

Booklet completed on behalf of St Gabriel's Children Services



Limerick Children's Services

Treehouse Early Intervention Services
Treehouse School Age Services

St Gabriel's Centre, Springfield Drive,
Dooradoyle, Limerick

Tel: 061 302733 Fax: 061 303302



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