



Hello from Helium Arts,

**Do you know a child aged 6-16 living with a lifelong physical health condition who would benefit from connecting with others and expressing themselves through creative activities?**

Helium Arts is a charity supporting children in Ireland with conditions such as diabetes, epilepsy, heart conditions, spina bifida, juvenile arthritis, rare conditions and more. We offer free creative workshops—both in-person and online—where children can build confidence, make friends, and learn new skills.

Our **Autumn/Winter programme** is now open for registration in **Limerick, Ennis, Nenagh** and **online**. All workshops are facilitated by professional artists, supported by friendly volunteers and on-site medical staff.

**[Sign up today!](#)**

**Help us spread the word!**

Feel free to forward this email, or if you'd like, we can provide materials for social media, posters, flyers, and WhatsApp messages.

**Workshop details below:**

**Ages 13-16**

- **[Saturday Meet-Ups](#)**: 21 Sep, 19 Oct, 7 Dec (Limerick City Gallery of Art)
- **[Autumn Camp](#)**: 30 Oct - 1 Nov (Limerick City Gallery of Art)
- **[Online Autumn Camp](#)**: 29 Oct - 2 Nov (Nationwide)

**Ages 8-12**

- **[Nenagh Autumn Camp](#)**: 30 Oct - 1 Nov (Tyone Community Centre)
- **[Ennis Autumn Camp](#)**: 30 Oct - 1 Nov (CBS Primary School)
- **[Limerick Winter Saturdays](#)**: 2 Nov - 7 Dec (Dooradoyle Library)
- **[Online Winter Saturdays](#)**: 9 Nov - 14 Dec (6-week online & offline creative workshops from home)

**Ages 6-8**

- **[Online Winter Saturdays](#)**: 9 Nov - 14 Dec (6-week online & offline creative workshops from home)

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

Kind regards,

**Cathy McGann**

Marketing and Communications Executive

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