

Community

Resources

Contents

Social Clubs	4
The Butterfly Club	4
Mother and toddler groups	5
Ballynanty Youth Club	6
King's Island Youth Club	7
Domain Youth Club	7
Sports & Movement	7
IPLAY	8
Limerick Cycling Classes:	9
Learn 2 Cycle	9
Inclusive Cycling Club	9
Limerick Sports Partnership	10
Cool Movers	10
Teenage Inclusion Club	10
Physio Fun	11
Massage for Children with Autism	11
The Benefits of Massage/Touch Therapy	11
Appointments:	12
Fitness For All	12
Liskennett Farm – Equine Therapy	13
Special Olympics Ireland – Limerick	13
Climb 4 All – Adaptive Indoor Rock Climbing for Children with Disabilities	13
Music & Art	14
Parent and Infant Music Mornings	14
Music Therapy Ireland – School Aged Children	15
INCLUSIVE DANCE CLUB	16
Blue Box Art Therapy	16
Helium Arts	17
Music Generation	17
For Parents	17
Dochas Parent Supports	17
Counselling Services	18

Limerick Social Service Council	18
Parent and Family Support Programme	18
Teen Parents Support Programme	19
Community Mothers	19
Barnardos Family Support.....	19
Family Carers Ireland Information & Supports	20
Northside Family Resource Centre	20
Circles of Security Parenting Programme	20
Parent & Toddler Outdoor Group:.....	20
Parenting Support groups for kids with Additional needs.....	21
Tech.....	22
Whizzkids Discover IT.....	22
CoderDojo	23
Autism-Specific Activities	24
Autism Supporting Diversity	24
Siblings	24
Dóchas Limerick	25

Social Clubs



The Butterfly Club

The Butterfly Club is a voluntary organisation. Our aim is to provide leisure activities in a safe, fun filled environment for children and young adults with special needs, while providing respite for parents/guardians.

In 2004 we started with 3 groups based in Coláiste na Trócaire, Rathkeale. Each group had it's own Saturday each month. When Croí na nÓg was built we moved our club into it.

In 2009 we expanded to Abbeyfeale where a club was set up. This meant that children from the locality didn't have to travel to Rathkeale, they were able to attend the club in Abbeyfeale. It also frees up spaces in the Rathkeale club so that new children can join in both Rathkeale and Abbeyfeale.

Our Saturday club is now divided into 5 groups. Each group of children attend club once a month from 1pm – 5pm. 4 of the groups which includes a Youth Club are based in Croí na nÓg, Rathkeale and one other club is based in Abbeyfeale.

Due to the growing needs of the number of children wishing to attend the club we have now grown into a club with 63 children.

Location

Rathkeale
Abbeyfeale

Address

Rathkeale Industrial Estate,, Rathkeale, Ireland

Telephone

+353 86 2120023

Email

thebutterflyclubrathkeale@gmail.com

More Info

www.facebook.com/TheButterflyClubRathkeale

Mother and toddler groups

Adapt Services Parent & Toddler Group

For more information contact:

Katriona Reynolds

Tel: 061 412354

Email: ccp2@adaptservices.ie

Babbling Babies

Day: Wednesdays

Time: 9.00 am

Venue: St. Mary's National School, Bishop Street

For more information contact:

Laura

Tel: 085 7238896

Garryowen Community Project

Day: Tuesdays

Time: 9.30 am- 11.00 am

Venue: 2 Garryowen Road, Limerick. V94 YW2

For more information contact:

Sue Gaffney

Tel: 089 608 5304

Email: ParentChildPlus@GarryowenCDP.com

Limerick Social Service Centre (Child & Family Centre)

Day: Tuesday

Time: 10.00 – 11.30 am

Venue: Child & Family Centre, Roxboro, Limerick V94 725D

For more information contact:

Eithne Egan

Tel: 061 314 111

Email: eithne.egan@lssc.ie

Limerick Social Service Centre (City Centre)

Day: Friday

Time: 10.30 am- 12.00 pm

Venue: Limerick Social Service Centre, Henry Street, Limerick V94 2W14

For more information contact:

Community Mother

Tel: 061 314 111

Northside Family Resource Centre

Day: Tuesdays

Time: 10.30 am- 12.00 pm

Venue: Northside Family Resource Centre, Ballynanty, Limerick V94 APX8

Indoor/Outdoor (weather permitting)

For more information contact:

Rosie Donelon

Tel: 061 326623

Email: rosiedonelan@northsidefrfc.ie

Pery Square 'Park & Play' – St. Michael's Church

Day: Thursday

Time: 10.00 am- 12.00 pm

Venue: St. Michael's Church Hall, Pery Square, Limerick V94 A0Y3 (Closed Bank Holidays)

For more information: <https://www.facebook.com/search/top?q=parkandplaygroup>

Watch House Cross Library

Day: Fridays

Time: 10.30 am- 12.00 pm

Venue: Watch House Cross Library, Kileely Road, Limerick V94 NH51

For more information contact:

Watch House Cross Library

Tel: 061 557726

Westbury Parent & Toddler Group

Day: Tuesdays

Time: 9.30 am – 11.00 am

Venue: SeanChoil Sport Complex, Parteen, Co. Clare

For more information contact:

Melissa

Tel: 085 2372099

Email: melissahayes276@gmail.com

Ballynanty Youth Club

Ballynanty Youth Club is suitable for young people from 5th & 6th class who would like to spend their friends, meet new pals & have lots of fun!

Programmes & activities

Arts & Crafts, Dancing, Foosball, Music, Healthy Eating Programmes, Interclub activities, Sports Tournaments, Youth Discos

- Mondays, 6:30-8pm
- Northside Youth Space, Ballynanty, Limerick
- Contacts
 - Stacey Lyons.
 - [083-8546757](tel:083-8546757)
 - staceyl@limerickyouthservice.org

King's Island Youth Club

Meeting two nights a week, Tuesday and Thursday, our members are between 10 to 13 years and come from the St. Mary's Parish area. We have Boys and Girls only groups.

Programmes

Arts & Crafts, bowling, cinema trips, Drug Awareness & Healthy Eating Programmes & youth discos

- Tue (Boys) 19:00-20:30pm
Thur (Girls) 19:00-20:30pm
- King's Island Community Centre, St. Mary's Park, Limerick
- Contacts
 - Ger Curtin
 - [061 412 444](tel:061412444)
 - lys@limerickyouthservice.com

Domain Youth Club

works with young people, some of whom may have additional needs in the West Limerick area. The youth club provides an array of activities for young people and are always looking for volunteers.

Programmes & activities

Arts & Crafts, dancing, foosball (table soccer), Healthy Eating Programmes, Interclub activities, sports tournaments & youth discos.

Contact : Eithne Stembridge

087-9273926

eithnes@limerickyouthservice.org

Sports & Movement

IPLAY



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) Dept. here at the University of Limerick. The main goal of this weekly programme is to engage participants in various physical activities (dance, games, HRA, etc.) throughout the academic semester. Each participant will be paired with one of our pre-service Physical Education students receiving individual attention, support, and encouragement. The focus will be on promoting physical activity for young people; incorporating it into their daily life (i.e., school, after school, and at home). The main goals of the programme are:

- To provide children and young people with special needs the opportunity to play and interact socially with peers,
- To provide pre-service Physical Education teachers with the opportunity to gain experience in planning and assisting youth with special needs as it relates to the physical activity setting, and
- To provide families an opportunity to connect with one another as a way to support each other and their children with special needs.

Important Information:

When: Thursdays from 4:30-5:30pm throughout the UL Autumn and Spring semesters.

Where: All sessions will take place in the PESS Building (**Building #19** on the [UL Campus Map](#))

Fee: A registration fee of €20 (cash preferred) is required prior to participation in the sessions.

Session Dates:

1. *February 13th*
2. *February 20th*
3. *February 27th*
4. *March 6th*
5. *March 13th*
6. *March 20th*
7. *March 27th*

8. *April 3rd*
9. *April 10th - TBD (Student Race Day - Limerick Race Course)*
10. *April 17th - CANCELLED (Easter Break UL)*

How to apply?

To inquire about space on the program, please contact Daniel Tindall via email at Daniel.Tindall@ul.ie



Limerick Cycling Classes:

Learn 2 Cycle aims to assist children and teenagers with a disability or additional needs to cycle independently. It is designed to teach every child/teenager to cycle by providing the right support, equipment and skills. This programme also focuses on empowering parents and giving them the tools to support their child in learning to cycle. All participants will be guided by our experienced tutors.

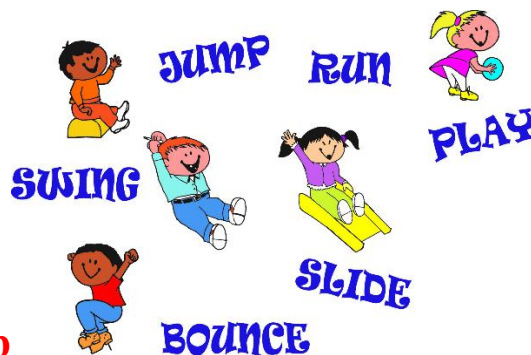
Learn 2 Cycle for 5-11 years and a Beginners/Improvers for 12-17 years.

We run these as 4 day camps during the school holidays.

If you have any queries, please contact Sally by email swilson@limericksports.ie or call 061 – 524976.

Inclusive Cycling Club was established in partnership with Greenmount Cycling Club based in Limerick Racecourse. This club will be inclusive for all ages and abilities where possible. There will also be a number of hand cycles and tandems available for participants to use supported by qualified coaches. There are also Inclusive Cycling Workshops are held during Bike Week each year and provide information on Safe Cycling and cycling tips and techniques.

For further information, please contact Sally at swilson@limericksports.ie.



Limerick Sports Partnership

Cool Movers

Cool Movers is a program designed to introduce children with disabilities aged 5-17 years to essential physical skills through fun and engaging activities. It recognises that not all children enjoy traditional team sports or competitive games, Cool Movers offers an inclusive, supportive environment where kids can explore activities tailored to their abilities. The program focuses on developing FUNdamental skills such as balance, throwing, catching and gross motor skills.

Through these activities, children build strength, confidence, and coordination, meeting physical activity needs that are crucial for a healthy lifestyle. The non-competitive, inclusive approach encourages interaction among children of all ability levels, celebrating each child's unique skills. Cool Movers focuses on ability over disability, ensuring that every child feels successful and supported while learning essential movement skills that set the stage for future, more complex activities.

Teenage Inclusion Club

Teenage Inclusion Club is for teenagers with disabilities aged from 13-17 years of age.

This club offers people with disabilities opportunities to participate in a range of different sports and activities provided by development officers and disability organisations that are adapted to meet individual abilities and needs. Organisations that have been involved include Triathlon Ireland, Swim Ireland, Judo Assist and FAI Soccer.

This teenage inclusion club will focus on fun games and activities that work on fine motor skills and gross motor skills.

It will also help teenagers get 30 minutes towards their daily exercise and physical activity requirements, which is important for a healthy lifestyle.

The programme will be interactive, and there will be lots of different activities each week to keep teenagers entertained and enjoying themselves while exercising.

If you have any queries, please contact Sally by email swilson@limericksports.ie or call 061 – 524976.

Physio Fun

Massage for Children with Autism

Lillian Edwards is a paediatric Chartered Physiotherapist and has worked with children with special needs for over 20 years.

She is also a Certified Infant Massage Instructor and have a diploma in Baby Yoga from Birthlight. She has completed a course in Massage for Children with Autism.

Massage for children with Autism Spectrum Disorder may provide relaxation, stress reduction and calm muscle spasm. Over time touch therapy may also help children to become more accustomed to tactile stimulation and aid body awareness. By incorporating massage therapy into daily routines, children with Autism experience decreased issues with sleeping.

Research has demonstrated that massage for children with Autism Spectrum Disorder may promote more on-task and social behaviour during play. Children show less erratic behavior and are more attentive after receiving massage therapy.

This safe nurturing touch is beneficial in reducing inattentiveness, touch aversion and withdrawal.

The Benefits of Massage/Touch Therapy

For child:

- may provide relaxation
- may help child to become more accustomed to tactile stimulation
- may aid body awareness
- may promote more on-task behaviour
- may decrease issues with sleeping
- may increase trust and bond with carers

For parents & carers:

- may increase confidence in parenting skills
- provides a special time to bond with your child
- encourages and may increase communication with your child
- provides an opportunity to learn your child's cues and unique forms of communication
- promotes the release of nurturing hormones and provides relaxation
- may decrease the release of stress hormone

Nurturing touch and massage therapy may also be beneficial to children with a diagnosis of:

- Attention Deficit Disorder
- Attention Deficit Hyperactivity Disorder
- Dyspraxia
- Movement Disorder
- Sensory Processing Disorder

Appointments:

Appointments for massage for children with ASD are on a 1:1 basis.

Contact:

Phone: +353 (86) 150 8326

Email: lilianedwardsphysio@gmail.com

Fitness For All

We are an inclusive facility; we cater for all age groups, all fitness levels and all abilities.

We are registered with the Sports Inclusion Disability Charter.

All our staff receive CARA Inclusive Training.

We participate in Fit4All every year.

We collaborate with the Brothers of Charity, Limerick Sports Partnership, Enable Ireland, Gortboy HSE Group, Foroige, Arra Active Retirement Group, Limerick and Clare ETB, West Limerick Resources, West Limerick Institute of Sport and Fitness and 14 local Primary and Secondary Schools.

If you or your group / organisation would like to get involved please contact us.

Phone or Email

Phone: (069) 77 551

Enquiries: staff@wlsc.ie

Customer Comments/Feedback: staff@wlsc.ie

Data Protection Officer: Michelle Shiels

Address

West Limerick Sports Complex

Killeline

Newcastle West

Co. Limerick

V42YT73

Liskennett Farm – Equine Therapy

Liskennett Farm provides horse riding and equine therapy to children aged 6+ and adults with autism and intellectual disabilities. Using the Horse Boy Method, the therapy supports sensory integration, communication, muscle control, and coordination. Equine Assisted Learning and Animal Therapy are also offered. Open days for families are held every second Saturday monthly.

📍 Location: Granagh, Croom, Co. Limerick

If you have any enquiries about bookings, please email us at horseboy@sjf.ie or call on 083-4776179

Families have access to:

- The Playground and Sensory Room
- Stable Area
- Kitchen (tea/coffee making facilities)
- Walkways
- Outdoor Sand arena
- Horse riding
- Sensory Trail

Special Olympics Ireland – Limerick

Special Olympics clubs across Limerick offer a range of sports such as athletics, swimming, bocce, football, and gymnastics for children and adults with intellectual disabilities. These programs help build physical fitness, confidence, and friendships while encouraging community inclusion.

✉ limcityso@gmail.com (Limerick City Club)

📞 For more clubs and contacts, visit: www.specialolympics.ie

Climb 4 All – Adaptive Indoor Rock Climbing for Children with Disabilities

Climb 4 All is an inclusive indoor rock climbing program designed specifically for children with disabilities aged 8-14 yrs. Our goal is to provide a safe, supportive, and fun environment where every child can experience the excitement and benefits of climbing.

With the guidance of experienced instructors and specialized adaptive equipment, participants can develop confidence, strength, and coordination while making new friends. Our sessions are tailored to individual needs, ensuring that every child has the opportunity to challenge themselves and celebrate their achievements.

Whether your child is a first-time climber or has prior experience, Climb 4 All welcomes them to a world of adventure, growth, and empowerment—because climbing is for everyone!

Key Features:

Adaptive climbing techniques & equipment

Supportive and trained instructors

Small group sessions for personalized attention

Focus on confidence, motor skills, and social engagement

Join us and reach new heights!

Programme Duration: 3 Weeks

Date: 30th April to 14th May

Day & Time: Wednesdays 5pm-6.30pm

Cost: €25.00 total

Location: UL Arena, Castletroy V94 XT66

Music & Art

Parent and Infant Music Mornings

Parents, grandparents, caregivers, and your little ones, join us on Friday mornings from 10.30am - 12pm for songs, stories and rhymes.

Location

Limerick City

Address

Watch House Cross Community Library,
Watch House Cross Shopping Centre,
Moross,
Limerick

Telephone

+353 61 557726

Email

watchhousecrosslibrary@limerick.ie

More Info

www.facebook.com/WHCCCommunityLibrary

Price(s)

Free

There are more than 50 Parent Baby and Toddler Groups running across East Limerick, West Limerick and Limerick City. Some Parent Baby and Toddler Group are parent-led and other are supported by organisations. The groups provide a welcoming and lively space for parents and children to gather and grow. The Baby and Toddler Groups are also a springboard to other supports (workshops, parenting programmes etc.) and play an important role in sign-posting parents and carers to other services and agencies. Some community-based Parent Baby and Toddler Groups are listed below. For a full listing of groups go to www.loveparenting.ie/baby-toddler-groups/ or contact Limerick Childcare Committee <http://www.limerickchildcare.ie> / 061-600918

Music Therapy Ireland – School Aged Children

Music Therapy Ireland offers a creative space to help the lives of people who are healthy and those with disabilities.

Music Therapy Ireland offers a creative space to help the lives of people who are healthy and those with disabilities.

Music Therapy Children AGED 7-18 YEARS

Music Therapy for children promotes social interaction, emotional expression and it gives the person the opportunity to communicate in a way that is meaningful to them.

Music Therapy for Children is a child Therapy that works for children and teenagers who have: Autism, Down Syndrome, Rett Syndrome, Tourette Syndrome, Physical disabilities, Developmental delay, Cancer, Attention Deficit/Hyperactivity Disorder (ADHD), Social/Emotional problems, etc.

Music Therapy is ideal for this population as it covers:

A multi-sensory experience (auditory, visual, tactile, kinesthetic/vibroacoustic)

A very enjoyable, motivating stimulus

A creative way to achieve therapeutic outcomes

Address

St Clements old College
South Circular Rd
Limerick

Telephone

+353 61 748468

More Info

<http://www.musictherapyireland.com>

INCLUSIVE DANCE CLUB

inspiring creative dance project, led by DL.Bridge artist Katy Hewison, for young people aged 7-16yrs with a physical disability/learning difficulty. Involving inspirational workshops, an advisory group for family members & a supportive training program for a team of dance artists to deliver & learn together.

Inclusive Dance Club enables participants to learn new dance skills and gain a sense of belonging to a group. It is an opportunity for them to carry out a dance activity in an out of school environment, making new friends and meeting new role models that understand and support their needs. All of this has proven to increase their self-esteem, confidence and team work skills, improving their physical and mental health.

The project allows parents and wider family members to be part of a new community and regular meet-up group. Their feedback will inform and enable new opportunities in the future and families will see the positive impact dance workshops have on children and young people throughout the project and particularly during any sharing opportunities that may arise during the project.

If you have any questions or would like to discuss access support please email Katy Hewison at katy@dancelimerick.ie

Blue Box Art Therapy

The mission of Blue Box is to provide psychotherapy services to vulnerable children, young people and their families to realise their full potential through research-based, innovative, professional, accredited Creative Arts Therapies. Priority is given to the most socially & economically disadvantaged children in Limerick.

Target Group

Blue Box provides services to children from disadvantaged areas across Limerick City. Therapy is provided in Deis schools and in Blue Box premises.

Referral

Children can be referred for Blue Box therapy through their school, social worker, CAMHS, & Tusla.

Helium Arts

We deliver workshops and camps open to children and young people ages 6-16 years, living with a lifelong physical health condition. Workshops are delivered in person in Limerick and online.

Target Group: children and young people ages 6-16 years, living with a lifelong physical health condition

Referral: Go to www.helium.ie to register interest in workshops

Music Generation

Music Generation is Ireland's National Music Education Programme. It aims to help children and young people to access vocal and instrumental tuition in their own locality. Music Generation offers funding and support to establish Music Education Partnerships throughout Ireland. There are two local music education partnerships operating under the auspices of Limerick and Clare Education and Training Board. These are Music Generation Limerick City and Music Generation Limerick County.

TEL: 061 578 050

Email: boris.hunka@lcetb.ie

facebook.com/MusicGenerationLimerickCity

Address : Music Generation Limerick City, Creative Centre, 30 Cecil Street, Limerick City.

For Parents

Dochas Parent Supports

Advocacy, advice and information

From recent experiences, we have noted the need to develop a new service here at Dóchas. Some families who are new to the Autism Journey or are finding a diagnosis particularly difficult are contacting us and feeling very overwhelmed. We began discussions with a parent who has been through the journey twice before and is currently studying in Advocacy & Information. We are looking to aid with information and guidance parents may need.

This will include:

- A friendly ear to listen
- Assist people to access and understand appropriate information and services.
- Based on own personal journey / experiences
- Offer advice on processes / techniques
- Information on services and resources available
- Advocacy, Advice only basis

Dóchas will cover the cost of this service, but if any person wishes to donate while attending the service, we would be very grateful. For bookings or further information, please email advice@dochasautism.ie

Counselling Services

The HSE also provides Counselling in Primary Care (CIPC).

This service is for people with mild to moderate psychological difficulties. It is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist.

It is a service for medical card holders, who are 18 years of age or over, and who want help with psychological problems that are appropriate for time limited counselling in primary care.

The service is suitable for people who are experiencing certain difficulties such as:

- depression
- anxiety
- panic reactions
- relationship problems
- loss issues
- stress

Standardised CIPC Information leaflets and referral forms about Counselling in Primary Care can be downloaded by clicking on the below links:

Contact details for CIPC Counselling Co-

Ordinators: <https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/cipc.pdf>

<https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/>

Limerick Social Service Council

Child and Family Service
Limerick Social Service Centre,
Upper Henry Street, Limerick

Tel 061-314111

Email cfsreferral@lssc.ie

Web www.lssc.ie

Parent and Family Support Programme

Limerick Social Service Council's Parenting and Family Support Programme provides information, support and practical assistance with parenting, child development and childcare. All programmes are aimed at improving the quality of life for children and families. The following services are offered: one to one support, outreach, parent support groups, parenting workshops, parenting training programmes, information and support for parents experiencing separation. The service also includes Community Social Workers, who provide one to one home-based support, undertake assessments using the Meitheal model and develop and implement parenting support plans.

Teen Parents Support Programme

The Teen Parents Support Programme is a confidential programme for young people who are pregnant or who are parents and offers the following services: group peer support, one to one support, supports for young expectant parents and young parents in education. Support is also available to the young person's partner and members of their extended families.

Community Mothers

Community Mothers is a home visiting service for parents with new babies or young children. A Community Mother is an experienced mother who is trained to visit parents in their homes and to encourage them to enjoy and participate more fully in their child's life. It works by offering the following services: one to one support, parenting support, parent and baby/toddler groups, information on child development, activities, services and supports and welfare rights and entitlements. Baby massage, reflexology and weaning support are also offered

Barnardos Family Support

Barnardos Family Support Service, Limerick South,
373/374 Roseview Drive, O'Malley Park, Southill, Limerick.

Tel 061-319290

Email info@southill.barnardos.ie

Web www.barnardos.ie

Barnardos Family Support Service, Limerick North, 1/2
Pineview Gardens, Moyross, Limerick.

Tel 061-329298

Email info_moyross@barnardos.ie

Web www.barnardos.ie

Barnardos Family Support Services, Limerick North and South, offer direct support, information and advice to children and young people (0-18yrs) and their parents/carers across Limerick City and its environs. Our goal is to support children's learning, development, and emotional well-being by working in partnership with their families and the wider community. We respond to individual children and family circumstances by assessing children's needs and tailoring a package of support that takes into account family views and recognises family strengths. We do this by providing the following services: parenting programmes, practical support to help parents and carers develop better home management routines, family or parent/child work to strengthen communication and repair relationships and individual work with children and young people to help them express their feelings and

learn positive coping skills. We provide a number of Group Work Programmes to parents and children, which include Parenting Groups and Parent/Toddler Groups, Breakfast Clubs, Afterschool Groups and groups to support children to manage grief and loss and develop positive social skills

Family Carers Ireland Information & Supports

Family Carers Ireland is the national charity supporting the 500.000 + family carers across the country who care for loved ones such as children or adults with physical or intellectual disabilities, frail older people, those with palliative care needs or those living with chronic illness, mental ill health or addiction.

Carers can self refer or be referred by Public Health Nurse

Location: Unit 1, Georges Quay House, Georges Quay, Limerick, Co. Limerick, V94 CK06

TEL: 061 310434

Email: limerickcarersupports@familycarers.ie

Northside Family Resource Centre

Northside Family Resource Centre Family Support
Clonconnane Road, Ballynanty, Ballynanty, Limerick

Tel 061-326623

Web www.northsidefrc.ie

Northside Family Resource Centre offers a wide range of services for parents that include parenting programmes such as Incredible Years and Strengthening Families, one to one support and advice, counselling, parent and child groups, classes and literacy support, accredited training courses, rights and entitlement clinics, advocacy, and parent support groups.

Circles of Security Parenting Programme

This course is designed to encourage parents to make sense of what children are really asking from them. The programme is based on secure parentchild relationships being supported and strong.

The course helps parents and carers to:

- Understand their child's emotional world by learning to read emotional needs
- Support their child's ability to successfully manage emotions

Parent & Toddler Outdoor Group:

Children will have the opportunity to socialise in a safe outdoor environment, with outdoor toys, ride-on cars, sand- and water-play available. And not to forget have fun jumping in

muddle puddles! Wet suits can be provided, but as we are guaranteed to get messy, please dress children in old clothing. Warm clothing essential for the colder days, with a recommendation to bring spare clothes.

Parenting Support groups for kids with Additional needs

Location	Description	Contact	Day	Time
Nothside Family Resouce Centre Ballynanty Limerick	We are starting a parent peer support group for parents of children with additional needs in the northside of Limerick. Starting 6th March 2025 from 10-11 every 2 weeks. Group is open to all parents of children with additional needs, mainly living Northside of Limerick city / Clare borders.	Contact Rosie 061-326623 rosiedonelan@northsidefrc.ie	Wednesday Every 2 weeks	10-11 am
Market House, Market Yard, Newcastle West, Co. Limerick V42 Y425	Monthly social peer support meetings for parents/guardians of children with ASD/ADHD/additional needs, or parents/guardians who are neurodiverse themselves.	Andi Mothersoul 085 279 6993 amothersoul@wlr.ie	Monthly, last Friday of the month	20:30-22:00
Southside Child and Family Centre Roxboro Road Limerick V94 725D	Southside parent support group for parents of kids with additional needs. Informal and relaxed get together where parents share information, have tea/coffee, with guest speakers in a supportive environment. Parents don't need to have a child with a diagnosis to attend.	Please contact Sue Lynch 086 4555646 or Michelle Tynan 086 7857663	Group meets the last Wednesday of each month during school term	9:30-11:30

	New parents welcome.			
Unit 1, Georges Quay House, Georges Quay, Limerick, Co. Limerick, V94 CK06	Join our parents support group on the first Wednesday of every month at our FCI office in Limerick. Meet with other parent carers in the area for sharing of experiences and support.	You can turn up on the day or contact Jean at 061 310434 or limerickcarersupports@familycarers.ie	first Wednesday of every month	11:00am - 12:30pm

Tech

Whizzkids Discover IT

Ireland's No. 1 Tech Camp - WhizzKids Summer Camps at UL are suitable for boys & girls aged from 8-15. Classes are broken up by age. Programmes for older children are more advanced but are age-appropriate and do not require previous experience.

All camps run from Monday to Friday and start at 9.30. You can choose to finish at 1PM or 3 PM.

The 9.30 – 1 PM camps cost €130 for 1 or €120 for siblings.

The 9.30 – 3 PM camp is €180 for 1 or €165 for siblings. Top of Form

Whizzkids Discover IT Summer Camp - University of Limerick 2025

2 Camps to choose from Mon-Fri: 7th-11th July or 14th-18th July.

Contact Us

061-339178

whizzkids.ie

CoderDojo

Coderdojo is a global collaboration providing free and open learning to young people, especially in programming technology.

CoderDojo is a movement orientated around running free not-for-profit coding clubs and regular sessions for young people.

At a CoderDojo, young people learn how to code, develop websites, apps, programs, games and more. Dojos are set up, run by and taught at by volunteers. Dojos organise tours of technology companies, bring in guest speakers to talk about their career and what they do, and organise events.

In addition to learning to code, members meet like-minded people, show off what they've been working on and so on. CoderDojo makes development and learning to code a fun, sociable, kick ass experience. CoderDojo also puts a strong emphasis on open source and free software, and has a strong network of members and volunteers globally.

CoderDojo has just one rule: "Above All: Be Cool", bullying, lying, wasting people's time and so on is uncool.

Time: Saturdays, 11am - 2pm

What you need to bring:

- A packed lunch.
- If you have one, a laptop.
- A parent! (Very important if you are under 13).

We accept people all the time, so if you want to start just book your place and turn up on the day; the existing members help bring you up to speed.

Location

Limerick City

Address

Limerick Institute of Technology
Moylish Campus
Limerick

Email

limerick@coderdojo.com

More Info

Autism-Specific Activities

Autism Supporting Diversity (formerly known as Limerick Autism Group) provides socially inclusive activities for people with autism and their families. These include Easter and Summer Camps, Sibling Support Groups, and Movement Groups. The organisation also works closely with local businesses to support them to become autism/sensory friendly.

Contact: 1800 71 88 65 Address: Unit 72 Eastlink Business Park, Ballysimon Road, Limerick, V94 0E38

We provide:

- Limerick autism specific camps
- Weekly movement groups
- Psychotherapy counselling
- Music Therapy
- Parking Permits
- Autism Friendly initiative
- Autism ID card
- Training, awareness and employment programmes

Siblings

Life of a sibling of a person with special needs can be extremely challenging, difficult and rewarding. We have developed this sibling support group to help siblings understand their situation and interact with peers. Siblings of someone with special needs can often feel, left out or alone because parents time can be difficult to split evenly between children. This group is facilitated by siblings of children with special needs, that have specific understanding of issues with oversight by professionals with a keen interest in supporting children. In this group siblings can bake, do arts and crafts, play games, learn beauty skills, play pool, PS4 as well as chat and interact with peers with similar interests



Dóchas Limerick

Our social interaction groups provide weekly activity programmes for children and young people. Our staff and volunteers work with our social group members to encourage social interaction, communication, sensory integration and life skills.

The clubs offer participants the opportunity to join a structured group which meets their individual needs, and provide a safe environment for them to socialise in.

Social activities give children and particularly teenagers, the chance to meet others who are interested in the same things. This can help them feel included and reduce their feelings of loneliness or isolation.

We hold a number of organised events every month, such as ten-pin bowling, cinema trips and annual events, such as day trips to Tayto Park and Funderland. We also run Halloween, Easter and Summer camps for club members.

If you are interested in becoming a member or joining the social interaction clubs, please download and complete the membership form, and email this to info@dochasautism.ie or telephone 061 405923 for any questions you may have on the process.

Here are some of the groups that we run ::

Group Name	Age	Description	Time
Little Rugrats	Ages 4 – 6	This group love getting up to all sorts of mischief and particularly enjoy the Art & Craft activities.	Day/Time Saturday Morning 09.00 – 10.00
PlayPals	Ages 7 – 10	There is nothing this group can't do! Music, Art, Gaming and Lego...	Day/Time Saturday Morning 10.00 – 11.00
One to One Fun Club	Ages Mixed Ages	This group love to hang out in our two sensory rooms and the swing is a firm favourite.	Day/Time Saturday Morning 11.00 – 12.00
Curiously Creative	Ages 10 – 13	Along with everything else these bakers have serious taste	Day/Time Saturday Afternoon 12.00 – 13:00

Anything Goes	Ages 13 – 17	This Group love using all of the rooms in the Centre with activities ranging from Dungeons & Dragons to Football to the Gaming and Multisensory Rooms.	Day/Time Saturday Afternoon 13.30 – 15:00
Seniors	Ages 18+	Some serious movie buffs combined with pool & table tennis in this group... sharks!! They have it all.	Day/Time Saturday Afternoon 15.00 – 16:30
Tweenager Club	Ages 9 – 12	Gaming and Multi-sensory room with a game of Dodgeball to finish, this group keeps you moving!	Day/Time Monday Evening 19.00 – 20.30
Fantasy Football Club	Ages 8 – 12	This group love all sports but especially SOCCER.	Day/Time Tuesday Evening 19.00 – 20.30