



**Corlann**  
The Future is Ours to Shape

# **ADULT SERVICES INFORMATION**

**West Limerick Children's Services**

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# **Brief Overview**

## **College Courses and Schemes**

College courses and schemes can help people with disabilities to gain new skills, pursue their passions, increase independence, and enhance career opportunities. Inclusive education empowers them to achieve personal goals, build confidence, and participate fully in society.

## **Residential and Day Services**

People with disabilities may be interested in residential and day services for support, social connection, and personal development. These services offer safe, structured environments where individuals can build life skills, take part in meaningful activities, and enjoy greater independence while receiving the care they need.

## **Employment Services**

Employment Services support people with disabilities and health conditions in accessing meaningful employment. They provide a bridge between jobseekers and employers, offering tailored guidance and inclusive practices to support sustainable employment. They can provide help with career planning, creating a CV and interview preparation, job matching and coaching, workplace supports, and offer disability awareness training for employers.

# Brief Overview

## Autism Services

Autistic individuals may be interested in autism services to receive personalised support that helps them navigate daily life, build social and communication skills, and achieve greater independence. These services can include therapy, education support, and community programs tailored to their unique strengths and needs, promoting overall well-being and inclusion.

## Resource Centres

Resource centres are dedicated to assisting individuals with disabilities in achieving their full potential and enhancing their quality of life. They offer a variety of supports and activities tailored to the interests and needs of its attendees. These activities may include art and crafts, drama, horticulture, leisure activities, cookery, independent living skills, sports, dancing, group excursions, and more.

## Advocacy Services

People with disabilities may be interested in advocacy services to ensure their voices are heard, rights are protected, and needs are met. These services empower individuals to speak up for themselves or receive support in doing so, promoting equality, inclusion, and access to essential services and opportunities.

## Mental Health Services

Mental health services are available to support emotional well-being, manage stress, and cope with life's challenges. These services provide a safe space to talk, access to therapies and resources, and help in building resilience and confidence for a better quality of life.

# Brief Overview

## **Social Supports**

Social supports are designed to help individuals and families build connections, access essential resources, and strengthen their overall quality of life. These services may provide guidance, community engagement, and practical assistance in areas such as housing, caregiving, independent living, and social prescribing, depending on each person's circumstances and needs. Social support organisations work to reduce isolation, promote inclusion, and empower individuals to participate fully in their communities.

## **Neurological Supports**

Neurological supports are available to assist individuals living with conditions that affect the brain and nervous system, such as acquired brain injury, epilepsy, or other neurological challenges. They aim to help individuals adapt to changes, rebuild confidence, and participate fully in everyday life. By offering both professional and community-based supports, organisations ensure that people living with neurological conditions can access the care and assistance they need.

## **Physical Supports**

Physical supports are available to assist individuals living with physical disabilities or long-term conditions in managing daily challenges, building independence, and enhancing their quality of life. These services offer practical resources, therapies, and community programmes that promote mobility, well-being, and social inclusion. They aim to empower individuals to live independently, access opportunities, and participate fully in society while ensuring their voices are represented and their rights are protected.

# COLLEGE COURSES AND SCHEMES

## 'Advocacy Leadership and Independent Living'

Technological University of Shannon (TUS)



**TUS**

**Technological University of the Shannon:  
Midlands Midwest**

Ollscoil Teicneolaíochta na Sionainne:  
Lár Tíre Iarthar Láir

### Course Details

**Course Name:** Advocacy Leadership and Independent Living

**Qualification:** Certificate of Attendance

**Attendance Options:** 1 day per week for 14 weeks

**Course description:** This program aims to assist people with intellectual disability to take control of their lives by developing their knowledge and understanding of advocacy and leadership. It aims to develop participants' ability to make choices based on their understanding of rights. The overarching aim of the programme is to enhance people's independent living skills.

### Contact Information

**Website link:** <https://inhef.ie/advocacy-leadership-and-independent-living-lit/>

**Course coordinator:** Martine Neylon

**Telephone:** +353 87 125 7208

**Email:** [martina.neylon@tus.ie](mailto:martina.neylon@tus.ie)

<https://inhef.ie/advocacy-leadership-and-independent-living-lit/>

# COLLEGE COURSES AND SCHEMES

## ‘Applied Learning and Skills Development’

Technological University of Shannon (TUS)



**TUS**

Technological University of the Shannon:  
Midlands Midwest

Ollscoil Teicneolaíochta na Sionainne:  
Lár Tíre Iarthar Láir

### Course Details

**Course Name:** Applied Learning and Skills Development

**Qualification:** Certificate of Attendance

**Course description:** The aim of this certificate course is to equip students with an intellectual disability with the skills, knowledge and confidence necessary to participate fully in higher education and to develop work-related competencies which facilitate meaningful employment. Its focus, therefore, is on inclusivity, personal, academic and social development and preparation for professional life. Upon successful completion of the course, students may continue to further study or avail of work-related opportunities in the community.

### Entry Requirements

- Have an Intellectual disability
- Be 18 years of age or over
- Have reading and comprehension skills at a capacity consistent with QQI Level 4 or above

### Contact Information

**Telephone:** +353 090 6468000

**Email:** appliedlearning.midwest@tus.ie

# COLLEGE COURSES AND SCHEMES

## ‘MIC Ability Pathways (MAP)’

Mary Immaculate College (MIC)



### Course Details

**Course Name:** MIC Ability Pathways

**Course description:** The MIC Ability Pathways (MAP) Project aims to provide a pathway to meaningful community engagement for people with intellectual disability, in an inclusive third level environment which has an established history of educational excellence and community inclusion. The project aims to provide education, training and meaningful employment opportunities for people with an intellectual disability who are committed to lifelong learning.

### Contact Information

**Course Coordinator:** Orla Slattery

**Telephone:** +353 61 204300

**Email:** MAP@mic.ul.ie

<https://www.mic.ul.ie/faculty-of-education/programme/mic-ability-pathways-map-project-mapping-inclusive-futures?index=0>

# COLLEGE COURSES AND SCHEMES

## DARE Scheme

### Disability Access Route To Education



Disability Access Route To Education

#### Details

DARE is a third level alternative admissions scheme for school-leavers under the age of 23 as of 1 January 2025 whose disabilities have had an impact on their second level education.

Applicants to DARE can present with an Irish Leaving Certificate, A-Levels and/or other EU qualifications.

DARE offers reduced points places to school leavers who, as a result of having a disability, have experienced additional educational challenges in second level education.

#### Contact Information

**Website link:** <https://accesscollege.ie/dare/what-is-dare/>

**Contact link:** <https://accesscollege.ie/dare/contact-us/>

<https://accesscollege.ie/dare/what-is-dare/>

# COLLEGE COURSES AND SCHEMES

## HEAR Scheme

### Higher Education Access Route



#### Details

The Higher Education Access Route (HEAR) is a higher education admissions scheme for Leaving certificate students (under 23) whose economic or social background are underrepresented. If you apply to HEAR and meet the application criteria (that is, are deemed eligible for HEAR) you may be offered a place even if you do not have enough Leaving Certificate points for your preferred course. Each participating college and university has a reserved number of places to offer eligible HEAR applicants at lower or reduced Leaving Certificate points. If you get a place through HEAR, you will receive a variety of academic, personal and social supports while at college.

#### College supports may include:

- An Orientation Programme to introduce you to university/college.
- Extra tuition if required, study skills and exam preparation.
- One-to-one meetings with student advisers.
- Social gatherings/mentoring.
- Extra financial assistance when available/ advice regarding grants and scholarships.
- Prioritisation of Applicants Eligible for both DARE & HEAR.

#### Contact Information

**Email:** [info@iua.ie](mailto:info@iua.ie)

<https://accesscollege.ie/hear/>

# COLLEGE COURSES AND SCHEMES

## 'Career Start'

### National Learning Network Rehab Group (Raheen)



National Learning Network

Think *Possible*

#### Details

NLN provides free courses tailored to individuals who have experienced accidents, illnesses, injuries, or have disabilities and require extra support. These courses aim to build confidence and equip students with practical job-seeking skills, facilitating their progression to employment or further training.

#### Contact Information

**Website link:** <https://rehab.ie/national-learning-network/centres/national-learning-network-raheen/>

**Email:** [limerick@nlm.ie](mailto:limerick@nlm.ie)

**Telephone:** 061 229 777

#### Course Details

This course provides students with personal, social and work-related skills that will help them to identify further education or employment. Ideally suited to school leavers or early school leavers with extra support needs, they will learn to identify their strengths and goals for their future. Training is tailored to meet each student's individual needs with a strong focus on strengthening confidence, teamwork, social skills and independence. Suitable candidates may progress to other programmes in Limerick, further education or to employment on completion of this programme.

<https://rehab.ie/national-learning-network/centres/national-learning-network-raheen/>

# COLLEGE COURSES AND SCHEMES

## ‘PC Maintenance & IT Systems’

**National Learning Network Rehab Group (Raheen)**



National Learning Network

Think *Possible*

### Details

NLN provides free courses tailored to individuals who have experienced accidents, illnesses, injuries, or have disabilities and require extra support. These courses aim to build confidence and equip students with practical job-seeking skills, facilitating their progression to employment or further training.

### Course Details

This course Provides students with the knowledge, skills and attitudes required to gain employment in the computer industry or to progress to further training/education. Modules that students will become proficient in include: Introduction to Computers, Building your own Personal Computer, Overview of Computer Networking, Preventative Maintenance etc.

### Contact Information

**Email:** [limerick@nlm.ie](mailto:limerick@nlm.ie)

**Telephone:** 061 229 777

<https://rehab.ie/national-learning-network/centres/national-learning-network-raheen/>

# COLLEGE COURSES AND SCHEMES

## 'Catering'

**National Learning Network Rehab Group (Raheen)**



National Learning Network

Think *Possible*

### Details

NLN provides free courses tailored to individuals who have experienced accidents, illnesses, injuries, or have disabilities and require extra support. These courses aim to build confidence and equip students with practical job-seeking skills, facilitating their progression to employment or further training.

### Course Details

This is a competency based catering course certified by QQI. Work experience is a significant element of the course. The course is designed to give students the skills needed to get and keep a job in the hotel, catering and tourism sector.

### Contact Information

**Email:** [limerick@nlm.ie](mailto:limerick@nlm.ie)

**Telephone:** 061 229 777

<https://rehab.ie/national-learning-network/centres/national-learning-network-raheen/>

# COLLEGE COURSES AND SCHEMES

## 'Information Technology and Office Skills'

National Learning Network Rehab Group (Raheen)



National Learning Network

Think *Possible*

### Details

NLN provides free courses tailored to individuals who have experienced accidents, illnesses, injuries, or have disabilities and require extra support. These courses aim to build confidence and equip students with practical job-seeking skills, facilitating their progression to employment or further training.

### Course Details

This course will provide you with a wide range of office, administrative and IT Skills. It helps students to get the skills that are required to get a job in an administration role or to continue with further or higher level of training or education.

### Contact Information

**Email:** [limerick@nlm.ie](mailto:limerick@nlm.ie)

**Telephone:** 061 229 777

<https://rehab.ie/national-learning-network/centres/national-learning-network-raheen/>

# COLLEGE COURSES AND SCHEMES

## ‘Employer Based Training’

**National Learning Network Rehab Group (Raheen)**



National Learning Network

Think *Possible*

### Details

NLN provides free courses tailored to individuals who have experienced accidents, illnesses, injuries, or have disabilities and require extra support. These courses aim to build confidence and equip students with practical job-seeking skills, facilitating their progression to employment or further training.

### Course Details

Employer Based Training supports students to acquire practical skills with a company in an area of their choice. The course is a combination of 60% on-the-job and 40% in-centre training. The Employer Based Training instructor supports both the student and the employer. Students choose a training area that interests and suits them and the Employer Based Training instructor finds a suitable company to accommodate them in their locality.

### Contact Information

**Email:** [limerick@nlm.ie](mailto:limerick@nlm.ie)

**Telephone:** 061 229 777

<https://rehab.ie/national-learning-network/centres/national-learning-network-raheen/>

# RESIDENTIAL AND DAY SERVICES

## Corlann



# Corlann

The Future is Ours to Shape

**Previously Brothers of Charity Services**

### Details

Corlann supports adults with intellectual disabilities through Day and Residential Services, aiming to promote independence, community participation, and personal development.

**Day Services:** provide varied and stimulating programs tailored to individual goals and preferences. These services focus on skill development, community integration, and preparation for work, including activities like life skills training, creative arts, and work experience. The programs adhere to the National New Directions Policy, emphasising person-centred planning and quality of life outcomes.

**Residential Services** offer supported living arrangements, ranging from independent apartments to shared houses, located in diverse settings such as rural towns and urban areas. The services are designed to meet various needs, including social, medical, and behavioural support, ensuring individuals are valued tenants in their communities. The approach emphasises choice, community engagement, and maintaining natural support networks.

### Contact Information

**Telephone:** 061 308149

[www.corlann.ie](http://www.corlann.ie)

# RESIDENTIAL AND DAY SERVICES

## Enable Ireland



### Details

Enable Ireland provides a range of services in Limerick to support children and adults with intellectual disabilities. Their offerings are designed to promote independence, community integration, and enhance the quality of life for service users.

**Day Services:** Offers both community-based and center-based activities for adults, including physiotherapy, hydrotherapy, music therapy, poetry, cooking, and arts and crafts. The service also encourages community access to promote independence and improve quality of life.

**West Limerick Hub:** Provides day services for individuals over 18, with activities tailored to individual needs, such as hydrotherapy, music therapy, physiotherapy, multisensory room access, art and craft, cookery, and community integration.

**Limerick City Centre Adults Hub:** Opened in 2022, this accessible hub supports the 'Strive Project,' assisting service users in transitioning to newly built homes in the community. service owners can stop by when visiting the city and have access to the facilities they need, get help and support from staff, or simply drop in for a cup of tea and a chat.

### Contact Information

**Telephone:** +353 (0) 8727155

**Email:** [hello@enableireland.ie](mailto:hello@enableireland.ie)

<https://enableireland.ie/>

# RESIDENTIAL AND DAY SERVICES

## St. Joseph's Foundation



St. Joseph's  
Foundation

### Details

St. Joseph's Foundation provides services and supports to adults, and their families, in the North Cork & South Limerick areas (CHO3 & CHO4), who are referred to the service, or are graduating from school services to adult services. Referrals for adults into St. Joseph's Foundation can be submitted directly from a number of sources such as Social Workers, GPs, Public Health Nurses, HSE Disability Offices (Mid-West & South) or directly from an individual/their family/carers.

**Day Service:** St. Joseph's Foundation accepts referrals for adults with a primary diagnosis of an intellectual disability. Day Service Programmes are person centred and adapted to each individual's abilities, choices, and life goals.

**Home Support:** Home support is provided to adults in their own homes, where a carer goes into the service user's home to provide support to the individual and his/her family.

**Respite:** St. Joseph's Foundation operate in 13 residential settings for adults with a variety of care needs throughout North Cork, South West and South East Limerick. Our residences are located in the following Communities: Charleville, Buttevant, Newtown, Dromina, Newmarket, Kilmallock, Ballylanders, Bruree, Ballyagran, & Granagh.

### Rehabilitative Training Programme

St. Joseph's Foundation Rehabilitative Training Programme has been designed as a foundation training programme to meet the needs of individuals with a learning disability.

### Contact Information

**Telephone:** 063-89252

**Email:** reception@sjf.ie

<https://www.sjf.ie/>

# RESIDENTIAL AND DAY SERVICES

## National Disability Services Association



**National Disability  
Services Association**  
Equality through Quality

### Details

The National Disability Association (NDA) is an organisation that focuses on supporting individuals with disabilities. Their services are designed to enhance the quality of life, promote inclusion, and provide advocacy for people with disabilities in the region. They offer a range of supports, including:

- Education
- Training
- Personal assistance
- Community Day Care
- Employment
- Residential
- Respite
- Rehabilitation

They deliver services based on people centred approaches, developed from extensive experience and their voluntary ethos. They Ensure best practice and latest thinking approach is embedded across all services, based on data from across the disability sector. They lead service development by being proactive and innovative and identifying emerging needs. They provide a source of knowledge and experience to public decision makers. They Campaign for the ongoing improvement of disability service provisions.

### Contact Information

**Email:** [info@ndsa.ie](mailto:info@ndsa.ie)

<https://www.ndsa.ie/>

# RESIDENTIAL AND DAY SERVICES

## Praxis Care



### Details

Praxis Care is a charity that supports individuals with mental ill health, autism, learning disabilities, and dementia across the UK and Ireland. They provide innovative, professional, and high-quality support services tailored to individuals with complex needs.

#### Services Offered:

**Autism Support:** Praxis Care offers a wide range of dedicated support services to people with autism and their families, understanding that autism affects each individual differently.

**Intellectual Disabilities:** They provide residential and day activity service models to support individuals with intellectual disabilities, empowering them to live the life they choose.

**Mental Health Services:** Praxis Care offers a range of accommodation and support services, including supported living, domiciliary care, day activities, counselling, and befriending services for individuals experiencing mental health conditions.

### Contact Information

**Telephone:** +353 (0) 41 687 1904

<https://www.praxiscare.org/ireland/>

# EMPLOYMENT SERVICES

## EmployAbility Limerick



### Details

EmployAbility Limerick supports people with disabilities and health conditions in accessing meaningful employment. They provide a bridge between jobseekers and employers, offering tailored guidance and inclusive practices to support sustainable employment.

EmployAbility can provide help with career planning, creating a CV and interview preparation, job matching and coaching, workplace supports, and offer disability awareness training for employers.

### Contact Information

**Telephone** : 061 493095

**Email**: [info@employabilitylimerick.ie](mailto:info@employabilitylimerick.ie)

<https://www.employabilitylimerick.ie/>

# AUTISM SERVICES

## ASD Ireland



### Details

ASD Ireland is a charity dedicated to supporting the autistic community in Ireland through a variety of services aimed at enhancing their quality of life and promoting inclusion. Their offerings include

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

### Contact Information

**Telephone:** 1800 71 88 65

<https://www.asdireland.ie/>

# AUTISM SERVICES

## ASPIRE



### Details

Aspire, the Autism Spectrum Association of Ireland, is a national organisation and registered charity established in 1995 by a group of parents to support autistic individuals. Supports include:

**Residential Services:** The organisation manages a residential service that helps individuals develop independent living skills. This person-centred model emphasises community engagement and supports residents in becoming active members of their communities.

**Social Enterprise – Aspire Designs:** Aspire operates a social enterprise called Aspire Designs, a media production company providing paid employment, training, and engagement opportunities for autistic adults

**Social Groups and Support Programs:** They run various social meet-up groups and support programs for both adults and youths,

**Training and Educational Support:** offers training and support to schools, colleges, workplaces, and community services to enhance understanding and inclusion of autistic individuals.

**Resources and Guidance:** provide resources, easy-read guides, and information to assist autistic individuals and their families

### Contact Information

**Telephone:** 089 465 2026

**Email:** [info@aspireireland.ie](mailto:info@aspireireland.ie)

<https://aspireireland.ie/about-what-we-do/>

# AUTISM SERVICES

## Irish Society for Autism



**Irish Society  
for Autism**

[www.autism.ie](http://www.autism.ie)

### Details

The Irish Society for Autism, founded in 1963, is dedicated to supporting autistic individuals and their families in Ireland. Their services include:

- **Information Services:** Providing resources through their website, email, phone line, and printed publications to assist autistic individuals, families, educators, and the public.
- **Training Programs:** Offering autism training across various sectors, including for parents, professionals, health sector workers, and organisations such as sporting bodies and businesses.
- **Educational Programs:** Collaborating with primary and secondary schools to provide information and education programs about autism.
- **Residential Facilities:** Establishing residential services for autistic adults in counties including Dublin, Galway, Kildare, Meath, Westmeath, and Wexford.
- **Advocacy and Collaboration:** Actively participating in national and international organisations to advocate for the rights of autistic individuals.
- **Research and Publications:** Conducting and disseminating research to improve the quality of life for autistic individuals and their families.

### Contact Information

**Telephone:** +353 1 874 4684

**Email:** [admin@autism.ie](mailto:admin@autism.ie)

<https://autism.ie/>

# AUTISM SERVICES

## Dóchas Midwest Autism Support



### Details

Dóchas is a family-centred autism support service providing resources, advocacy, training, and community for people with autism and their families in the Mid-West region. They focus on a holistic and inclusive model of care that supports all stages of life.

Dóchas offer an Employment and Training Programme where participants are supported to identify and work towards their career goals. A Career Coordinator and Job Coach support participants towards employment through a process of career exploration, career preparation and work experience with onsite and offsite job coaching.

Dóchas also offer autism awareness workshops, peer groups for autistic adults, and family support services.

### Contact Information

**Telephone** : 061 405 923

**Email**: [info@dochasautism.ie](mailto:info@dochasautism.ie)

<https://www.dochasautism.ie/>

# ADHD SERVICES

## ADHD Ireland



### Details

The online support group offers support, information, and advocacy for individuals affected by ADHD. It promotes awareness of the condition, emphasising the importance of early intervention and access to appropriate services.

Monthly support group meetings are held and open to all. The group's mission is to provide local resources, education, and support to its members.

### Contact Information

**Telephone:** +353 1 874 8349

**Email:** [info@adhdireland.ie](mailto:info@adhdireland.ie)

<https://www.abiireland.ie/>

# RESOURCE CENTRES

## Rehab Group

# RehabGroup

Investing in People, Changing Perspectives

### Details

The Limerick Resource Centre, operated by RehabCare, is a community-based facility dedicated to assisting individuals with disabilities in achieving their full potential and enhancing their quality of life.

The centre offers a variety of supports and activities tailored to the interests and needs of its attendees. These activities may include art and crafts, drama, horticulture, leisure activities, cookery, independent living skills, sports, dancing, group excursions, and more.

### Contact Information

**Telephone:** 01 205 7200

**Email:** [info@rehab.ie](mailto:info@rehab.ie)

<https://rehab.ie/services/limerick-resource-centre/>

# ADVOCACY SERVICES

## National Advocacy Service



### Details

The National Advocacy Service for People with Disabilities (NAS) provides free, independent, and confidential representative advocacy services to adults with disabilities across Ireland. Their primary aim is to support individuals in making informed decisions and to ensure their voices are heard in matters affecting their lives.

NAS operates independently and is funded and supported by the Citizens Information Board (CIB). Their services are designed to uphold the rights and dignity of people with disabilities, ensuring they have access to the support they need to lead full and independent lives.

#### Key Services Offered by NAS:

**Representative Advocacy:** NAS advocates work directly with individuals to represent their interests, particularly in areas such as housing, healthcare, and social services. They assist clients in understanding their rights and support them in expressing their will and preferences.

**Information and Guidance:** NAS offers resources and information to help individuals understand their options and make informed choices regarding their personal and legal affairs.

### Contact Information

**Telephone:** 0818 07 3000

**Email:** [info@advocacy.ie](mailto:info@advocacy.ie)

<https://advocacy.ie/>

# ADVOCACY SERVICES

## Disability Federation of Ireland (DFI)



### Details

The Disability Federation of Ireland (DFI) is a national support organisation that collaborates with member organisations to advocate for the rights and inclusion of people with disabilities in Irish society. DFI's mission is to ensure that individuals with disabilities can fully participate in all aspects of life. DFI's work encompasses several key areas:

**Policy and Advocacy:** DFI engages with government departments and committees to influence policies related to housing, poverty, and the cost of disability, ensuring that the voices of people with disabilities are represented in national decision-making processes.

**Member Support and Collaboration:** DFI supports its member organizations by fostering collaboration, providing resources, and promoting self-advocacy among people with disabilities. This collective effort aims to strengthen the capacity of member organizations to serve their communities effectively.

**Community Engagement:** DFI works closely with local authorities and community groups to promote disability inclusion at the local level, facilitating training sessions and workshops to empower individuals with disabilities to participate in community life.

### Contact Information

**Telephone :** +353 1 454 7978

**Email:** [info@disability-federation.ie](mailto:info@disability-federation.ie)

<https://www.disability-federation.ie/>

# MENTAL HEALTH SERVICES

## Aware



### Details

Aware's Support & Self Care Groups provide a confidential and non-judgmental space for individuals aged 18 and over to discuss experiences related to depression, bipolar disorder, anxiety, and other mood conditions.

#### Group Formats:

- Face-to-Face Groups: Held in various locations across Ireland, these in-person meetings facilitate direct peer interactions.
- Phone-In Groups: Accessible via telephone, these sessions cater to those who prefer or require remote participation.

Zoom Groups: Online meetings conducted through Zoom offer flexibility and convenience for participants nationwide.

#### Specialised Groups:

- Bipolar Disorder Specific Groups: Dedicated sessions for individuals diagnosed with bipolar disorder, available both in-person and online.
- Relatives & Friends Group: Weekly online meetings designed to support those caring for loved ones experiencing mood disorders.

### Contact Information

**Telephone:** 1800 66 66 66

<https://www.aware.ie/support/support-groups/>

# MENTAL HEALTH SERVICES

## Community Crisis Response Team



### Details

The Community Crisis Response Team (CCRT) is a volunteer-driven organization based in Rathkeale, Co. Limerick, dedicated to suicide prevention and intervention. They offer immediate support to individuals experiencing suicidal thoughts or emotional distress. CCRT operates a crisis line from 5 PM to 6 AM daily, where trained volunteers provide confidential support to individuals in distress.

### Contact Information

**Crisis Line:** 085-1777631 (Operational from 5 PM to 6 AM)

**General Enquiries:** 061-785661 (Office hours: 9 AM to 5 PM, Monday to Friday)

**Email:** [info@cctireland.ie](mailto:info@cctireland.ie)

<https://cctireland.ie/>

# MENTAL HEALTH SERVICES

## Pieta House



### Details

Pieta is an Irish organisation dedicated to supporting individuals affected by suicide and self-harm. They offer a range of free, confidential services including:

**24/7 Crisis Helpline:** Immediate support is available through their Freephone number at 1800 247 247 or by texting 'HELP' to 51444

**Therapy Services:** Pieta provides one-on-one counselling sessions for individuals experiencing suicidal thoughts, engaging in self-harm, or those bereaved by suicide. These sessions can be conducted in person, via phone, or through video calls. Appointments can be scheduled by calling 0818 111 126.

**Bereavement Support:** Specialised services are available to assist individuals and families navigating the loss of a loved one to suicide.

**Education & Training:** Pieta offers programs aimed at promoting mental health awareness and resilience within schools and communities.

### Contact Information

**Telephone:** (061) 484444

<https://www.pieta.ie/>

# MENTAL HEALTH SERVICES

## Jigsaw

# JIGSAW

Young people's  
health in mind

### Details

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

The service provides guidance and support for young people experiencing difficult or distressing times, as well as advice for those concerned about a young person in their life. Jigsaw Limerick is part of a national network supported by Jigsaw, the National Centre for Youth Mental Health, aiming to deliver tailored community-based support for young people's mental health needs.

### Contact Information

**Telephone:** 061 974 510

**Email:** [limerick@jigsaw.ie](mailto:limerick@jigsaw.ie)

<https://jigsaw.ie/location/limerick/>

# MENTAL HEALTH SERVICES

## My Mind



### Details

MyMind offers accessible, affordable mental health services with a focus on providing counselling and psychotherapy. The service is available both online and in-person, catering to individuals from diverse backgrounds with multilingual support.

Counselling for depression, anxiety, relationship issues, trauma, addiction is available in multiple languages, with reduced fees for medical card holders.

### Contact Information

**Telephone:** 0818 500 800

**Office opening hours:** Monday - Friday 9:00 to 18:00

**Email:** [hq@mymind.org](mailto:hq@mymind.org)

<https://mymind.org/>

# MENTAL HEALTH SERVICES

## Mid-West Limerick Drug and Alcohol Services



**MID WEST REGIONAL  
DRUGS & ALCOHOL FORUM**

Clare • Limerick • N Tipperary

### Details

A HSE-led service that provides support to individuals affected by drug and alcohol misuse in the Limerick area. They focus on both clinical and community recovery strategies.

The Mid-West Regional Drugs & Alcohol Forum (MWRDAF) provides free, confidential support services for individuals and families affected by substance use across Limerick, Clare, and North Tipperary. They coordinate a range of community-based services, including treatment programs, youth and family supports, education and prevention initiatives, and peer-led groups. Outreach is available, so support can often be accessed locally.

### Contact Information

**Telephone :** (061) 607242

**Email:** [info@mwrdf.ie](mailto:info@mwrdf.ie)

<https://www.mwrdf.ie/>

# MENTAL HEALTH SERVICES

## Community Substance Misuse Team (CSMT)



COMMUNITY SUBSTANCE  
MISUSE TEAM

### Details

The CSMT works primarily with individuals under 25 and their families affected by substance misuse, providing early intervention and family-focused support services.

They offer parent and family support, substance misuse education, service referrals, outreach support.

### Contact Information

**Telephone** : +353 61 318904

**Email**: [admin@csmt.ie](mailto:admin@csmt.ie)

<https://www.casp.ie/csmt-services/>

# MENTAL HEALTH SERVICES

## Limerick Living Links



### Details

Limerick Living Links is a non-profit organization that offers emotional support, information, and assistance to individuals bereaved by suicide. The service provides confidential one-on-one support, a healing program, and support groups for those grieving the loss of a family member, friend, neighbour, or colleague through suicide.

### Contact Information

**Telephone:** +353 61 314111 or +353 87 7998427

**Email:** [limerick@livinglinks.ie](mailto:limerick@livinglinks.ie)

<http://www.livinglinkslimerick.com/>

# SOCIAL SUPPORTS

## Family Carers Ireland



Family  
Carers  
Ireland

No one should have to care alone

### Details

Family Carers Ireland is a national charity that supports the over 500,000 family carers across Ireland who provide unpaid care to loved ones with additional needs, chronic illnesses, disabilities, or age-related conditions.

#### Key Services and Supports:

**Carer Support Services:** Access to Carer Support Managers, peer support groups, and a National Freephone Careline offering guidance on rights, entitlements, and well-being.

**Counselling:** Free counselling services to help carers manage stress, anxiety, and emotional challenges.

**Education and Training:** Workshops and courses designed to enhance carers' skills and promote self-care.

**Home Care Services:** Provision of HSE-approved home care, including respite and emergency care, with available tax relief to reduce costs.

**Advocacy:** Engagement in policy development and lobbying efforts to represent carers' interests at various governmental levels.

**Membership Benefits:** Members receive a carer ID card, access to over 100 discounts, a quarterly newsletter, and eligibility for exclusive events.

### Contact Information

**National Careline** -1800 24 07 24

**National Office:** 057 9322920

**Limerick Office:** 061 310434

**Email:** [careline@familycarers.ie](mailto:careline@familycarers.ie).

**Limerick:** [limerickcarersupports@familycarers.ie](mailto:limerickcarersupports@familycarers.ie)

<https://familycarers.ie/>

# SOCIAL SUPPORTS

## ADAPT House

**ADAPT** DOMESTIC ABUSE  
**SERVICES**

### Details

ADAPT provides 24-hour refuge and support services for women who have experienced domestic abuse, along with support for their children. Services include emergency refuge accommodation, a confidential 24-hour Freephone helpline, and both one-to-one and group support.

Additional services offered are community outreach throughout Limerick City and County, child and youth services, advocacy, court information and accompaniment, support with accessing other services, educational classes, support groups for survivors, and domestic abuse awareness training.

### Contact Information

**Telephone:** +353 61 412354 or 1 800 200504

**Email:** [director@adaptservices.ie](mailto:director@adaptservices.ie)

<https://adaptservices.ie/>

# SOCIAL SUPPORTS

## West Limerick Independent Living (Limerick CIL)



### Details

West Limerick Independent Living Company Limited by Guarantee (Limerick CIL) is a not-for-profit organization dedicated to empowering individuals with disabilities to achieve independent living and full participation in society. As one of the largest providers of Personal Support Services in Limerick, they offer tailored Personal Assistant (PA) services to assist with daily living activities, personal care, domestic support, travel, and social engagement.

West Limerick Independent living offer personal assistant services. These services include personal care, domestic support, travel assistance, and social activities.

They also provide a transport service to people with disability's living in West Limerick. Passengers book on demand subject to availability. This service operates on a fixed route and offers mobility options for people with a disability, and those without access to a car.

### Contact Information

**Telephone:** 069 77320

**Email:** [info@limerickcil.com](mailto:info@limerickcil.com)

Opening Hours Monday-Friday 9.30 am – 5 pm closed for lunch

<https://www.limerickcil.com>

# SOCIAL SUPPORTS

## Limerick Social Service Centre (LSSC)



### Details

Limerick Social Service Centre (LSSC) provides a wide range of community-based services aimed at promoting social inclusion, improving wellbeing, and supporting individuals and families facing social, emotional, and economic challenges.

Key services include:

**Counselling:** LSSC provides professional counselling services for adults dealing with issues such as anxiety, trauma, and bereavement.

**Services for Older Persons:** This program offers home visits, social activities, and practical support to older adults, many of whom may have disabilities. The service aims to reduce isolation and enhance well-being.

**Community Outreach:** LSSC engages in outreach programs to support adults, including assistance with accessing services, form filling, and general administration.

### Contact Information

**Telephone :** 061 314111

**Email:** [info@lssc.ie](mailto:info@lssc.ie) or [counselling@lssc.ie](mailto:counselling@lssc.ie)

<https://www.lssc.ie/>

# SOCIAL SUPPORTS

## Paul Partnership – Social Prescribing



### Details

A Social Prescribing Link Worker supports people to avail of a range of local services, primarily provided by the community and voluntary sector. Examples include volunteering, arts activities, gardening, cookery and a range of physical activities and hobby groups. They may also link people back into HSE programmes and services for example Diabetes Support courses, Living Well programme, Stress prevention programmes or Smoking Cessation services. Social Prescribing has a number of key components:

- A referral from any healthcare professional/other professional or self-referral into the service
- an intervention between the service user and a social prescribing link worker. The intervention can take up to eight sessions
- Supporting the service user to access local voluntary community and social enterprise organisations or services through discussion and joint decision making

Social prescribing is for adults over the aged of 18 years, including (but not exclusively) people:

- with one or more long-term conditions
- who need support with their mental health
- who are lonely or isolated
- who are frequent GP/ED attendees and may benefit from other social supports outside of clinical services
- who have complex social needs which affect their health and wellbeing.

### Contact Information

**Telephone:** 0876924042 (Michelle Hannan)

**Email:** [mhannan@paulpartnership.ie](mailto:mhannan@paulpartnership.ie)

<https://www.paulpartnership.ie/social-prescribing/>

# SOCIAL SUPPORTS

## Desmond Complex



### Details

The Desmond Complex was opened in 2006 to meet an identified need for services for the elderly and people of all abilities in the West Limerick area.

They offer a day centre every Tuesday, Wednesday and Thursday with bingo, light exercise, access to a prayer room followed by a fully home cooked meal with live music by local musicians, singing and dancing in a warm, homely atmosphere.

They also offer a chiropody service to attendees. Hairdressing and beautician services are also offered.

### Contact Information

**Telephone** : +353 69 62757

**Email**: [desmondcomplex@gmail.com](mailto:desmondcomplex@gmail.com)

# SOCIAL SUPPORTS

## Le Cheile



### Details

Le Chéile Mentoring provides a mentoring service for children and young people aged 12-18 years involved in Young Persons Probation (YPP). The organisation is child-centred and recruits volunteers from local communities to support young people and their families.

Le Chéile has expanded its services to include young people aged 12-21 years, with the possibility of extending support up to 23 years if appropriate. They also offer a Parent Mentoring service for parents of young people in YPP and fund the Strengthening Families Programme on behalf of the Probation Service. Additionally, Le Chéile runs a Restorative Justice project in Limerick, funded by the Limerick Regeneration Project under Limerick City Council and YPP.

### Contact Information

**Telephone:** +353 87 993 9758

**Email:** [lornawalsh@lecheile.ie](mailto:lornawalsh@lecheile.ie)

<https://lecheile.ie/>

# SOCIAL SUPPORTS

**NOVAS**



## Details

NOVAS is a national charity and approved housing body focused on supporting adults and families who are homeless or at risk, many of whom have complex needs including addiction, mental health, disability, and social exclusion. They operate across counties including Limerick, Clare, Tipperary, Cork, Kerry and Dublin, providing a range of services under three pillars: Housing, Health and Recovery. In Limerick this includes services like McGarry House (low-threshold emergency accommodation plus longer-term supported living), a Community Detox Programme, Housing First with wrap-around supports, Street Outreach, Temporary Emergency Provision, Disability group homes (e.g. Brother Russell), and services for care leavers with learning disabilities. Adults can access NOVAS self-referral services via their Limerick office, via outreach, or through partnerships with GPs and community services.

## Contact Information

**Telephone:** (061) 370 325

**Email:** [info@novas.ie](mailto:info@novas.ie)

# NEUROLOGICAL SUPPORTS

## Acquired Brain Injury (ABI) Ireland



ACQUIRED  
BRAIN INJURY  
IRELAND

### Details

Acquired Brain Injury Ireland recognises that every brain injury is unique, requiring a personalised approach to rehabilitation. As such, the organisation uses an Individual Rehabilitation Plan (IRP), developed by a multi-disciplinary team and delivered through a range of tailored services. This plan is based on a bio-psychosocial model, addressing the biological, psychological, and social aspects of recovery. Key services include Assisted Living, Home and Community Rehabilitation, Clubhouses, Rehabilitation Support, Family support services, Return to work support, Case Management, Clinical support, and Digital assistive technology.

### Contact Information

**Telephone:** +353 86 172 0757

**Email:** [aconnell@abiireland.ie](mailto:aconnell@abiireland.ie)

<https://www.abiireland.ie/>

# NEUROLOGICAL SUPPORTS

## Headway

The logo for Headway, featuring the word "HEADWAY" in a bold, white, sans-serif font. The letter "H" is stylized with a blue crossbar. The logo is centered within a dark blue rounded rectangular background.

### Details

Headway Ireland is dedicated to supporting adults affected by acquired brain injury (ABI). Their mission is to bring about positive change in the lives of those impacted by brain injury, helping individuals rebuild their skills and achieve the best possible quality of life.

Key Services and Supports:

- **Rehabilitation and Training:** Headway offers rehabilitative and vocational training programs, day services, and community integration support across multiple centres in Dublin, Cork, and Limerick. They also provide psychological services, including neuropsychological assessments, counselling, and psychotherapy.
- **Information and Support:** A national helpline is available for information and support. Additionally, Headway provides resources and guidance for families and carers, as well as training for professionals working with individuals affected by brain injury.
- **Regional Services:** In the Cork and Kerry regions, Headway operates day rehabilitation services in locations such as Ballincollig, Cobh, and Mallow (Gilbert Centre). They also offer vocational training programs and psychological services in these areas.

### Contact Information

**Phone:** +353 (0)1 872 9222

**Limerick:** 061 469 306

**Freephone Helpline:** 1800 400 478 (Monday to Friday, 9am–1pm and 2pm–5pm)

**Email:** [services@headway.ie](mailto:services@headway.ie)

# NEUROLOGICAL SUPPORTS

## Mid West Community Neuro-Rehabilitation Team (CNRT)



### Details

The Mid West Community Neuro-Rehabilitation Team (CNRT) currently provide a therapy service for people aged 18-65 years with a diagnosed neurological condition (e.g. acquired brain injury, stroke, Multiple Sclerosis, Parkinson's disease, spinal cord injuries, cerebellar ataxia and Friedreich's ataxia, among others.)

The service is an out-patient, appointment based service. Therapy is provided mainly in the rehabilitation centre but can also take place in the community or at home. Clients can attend the centre from two to four times per week for a potential of 12 weeks. The treatment is flexible and individually tailored to support the client in working towards the achievement of their identified goals. Clients or their families can make a self-referral to the service or be referred by a healthcare professional.

### Referral Criteria

- Have a diagnosed primary neurological condition that is acquired or progressive (excluding dementia)
- Be aged between 18-64 (if the person turns 65 after being accepted onto the waiting list they will be seen)
- Have a permanent address within the boundaries of Limerick, Clare and North Tipperary
- Require at least two areas of intensive intervention from the team (i.e. Speech and Language, Physiotherapy, Occupational Therapy, Clinical Psychology)
- Be able to benefit from and participate in an intensive period of rehabilitation
- Be medically stable
- Be able to access transport to attend the service
- Be in agreement with the referral to the team
- Be able to attend at least twice a week for up to a maximum of 12 weeks

### Contact Information

Tel: (061) 483982

Email: [communityrehabteam@hse.ie](mailto:communityrehabteam@hse.ie)

# NEUROLOGICAL SUPPORTS

## Epilepsy Ireland



### Details

Epilepsy Ireland is the national organization dedicated to supporting individuals affected by epilepsy across Ireland. Established in 1966, its mission is to empower people with epilepsy to achieve their full potential through high-quality community-based support, education, advocacy, and research.

Epilepsy Ireland offers personalised support through Community Resource Officers, providing one-to-one assistance, educational programs like the "Living Well with Epilepsy" toolkit, and resources tailored for young people aged 8–24.

The organisation actively campaigns for improved healthcare services, legislative changes, and increased public awareness to eliminate discrimination and enhance the quality of life for those with epilepsy.

### Contact Information

**Telephone :** +353 1 455 7500

**Email:** [info@epilepsy.ie](mailto:info@epilepsy.ie)

<https://www.epilepsy.ie>

# NEUROLOGICAL SUPPORTS

## Ataxia Foundation Ireland



### Details

Ataxia Foundation Ireland (AFI) is the national support organisation for people affected by ataxia and their families. Founded by individuals living with the condition, it promotes the social model of disability and works to reduce isolation, raise awareness, and represent members at policy level while also sharing updates on research and clinical services.

The foundation provides a range of supports for adults including peer support groups both online and in-person, counselling, movement and wellbeing classes, voice banking, advocacy, and practical resources to assist with mobility challenges.

Adults can self-refer by contacting AFI directly by phone, email, or through the website, with no professional referral required, and services are available nationwide.

### Contact Information

**Telephone:** 087 361 6616

**Email:** [info@afi.ie](mailto:info@afi.ie)

**Contact Webpage:** <https://www.afi.ie/contact-us/>

<https://www.afi.ie/>

# NEUROLOGICAL SUPPORTS

## Down Syndrome Limerick



### Details

Down Syndrome Limerick (DSL) is a family-led charity supporting individuals with Down syndrome and their families across the Limerick region. Operating on a voluntary basis, DSL offers a range of services including speech and language therapy, educational supports, and social and developmental activities for children and adults of all ages. Their Parent Link service provides confidential, peer-led support for new parents, while outreach clinics are available in Castletroy and Newcastle West. DSL also runs summer camps, adult training workshops, and expressive arts programmes, and offers resources on topics such as aging and mental wellness.

Services are available to members, and individuals can self-refer by contacting DSL directly via phone or email. Membership is open to all, with no professional referral required.

### Contact Information

**Telephone:** 061 334023

**Email:** [info@downsyndromelimerick.ie](mailto:info@downsyndromelimerick.ie)

<https://www.afi.ie/>

# PHYSICAL SUPPORTS

## Crann Centre



### Details

The Crann Centre, based in Ovens, Co. Cork, is a charity supporting children, adults, and families living with neuro-physical disabilities such as spina bifida, cerebral palsy, muscular dystrophy, and multiple sclerosis. Using a unique Two-Generation (2Gen) Model of Care, Crann provides wraparound support in six key areas: psychological wellbeing, health and continence, education and career pathways, mobility, independent living, and social capital. Their purpose-built, fully accessible campus includes an inclusive playground, a conservation and nature trail, and the Impact Hub, an accessible co-working space. Crann works with a multidisciplinary team to promote independence, social participation, and improved quality of life for people with disabilities and their families.

Referrals to the Crann Centre can be made directly by individuals or families (self-referral) or by professionals such as GPs, therapists, or social workers.

### Contact Information

**Telephone:** [021428 9267](tel:0214289267)

**Email:** [info@cranncentre.ie](mailto:info@cranncentre.ie)

<https://cranncentre.ie/>

# PHYSICAL SUPPORTS

## Irish Wheelchair Association (IWA)



### Details

The Irish Wheelchair Association (IWA) is a national charity that has been supporting people with physical disabilities across Ireland since its foundation in 1960. Its mission is to advocate for the rights of individuals with physical disabilities and to provide a range of services that promote independence and inclusion.

Key Services and Supports:

- **Community Centres and Outreach:** IWA operates community centres and provides outreach services in various locations throughout Ireland, offering social, educational, and recreational activities.
- **Advocacy:** The organization actively works to influence public policy and promote the rights and interests of people with physical disabilities.
- IWA also engages in community-based initiatives and support services.

### Contact Information

**Telephone:** 061 317234

**Email:** [limerick@iwa.ie](mailto:limerick@iwa.ie)

<https://www.iwa.ie/>

# PHYSICAL SUPPORTS

## Arthritis Ireland

**Arthritis  
Ireland**



### Details

Arthritis Ireland is a national charity dedicated to improving the lives of people living with arthritis and related conditions. They focus on education, self-management, peer support, and research. Their work includes community programs, advocacy for better health policy, and collaboration with healthcare professionals to increase awareness and resources for those with arthritis.

Arthritis Ireland provide information sessions, online and in-person support groups, self-management courses, helpline services, volunteer-led group meetings, exercise and wellbeing workshops.

### Contact Information

**Telephone :** 0818 252 846

**Email:** [helpline@arthritisireland.ie](mailto:helpline@arthritisireland.ie)

# PHYSICAL SUPPORTS

## Muscular Dystrophy Ireland



### Details

Muscular Dystrophy Ireland (MDI) is a national, member-led organisation dedicated to improving the quality of life for people with neuromuscular conditions and their families. It provides a wide range of supports including information, advocacy, equipment loans, transport services, respite care, and peer support programmes. MDI also offers counselling and emotional wellbeing services, community activities, and opportunities to build social connections. At a national level, the organisation works to raise awareness, influence policy, and promote inclusion while supporting ongoing research into neuromuscular conditions. With a network of family support workers across Ireland, MDI ensures that individuals and families can access tailored support close to home.

### Contact Information

**Contact Link:** <https://www.tfaforms.com/4915478>

Telephone: +353 01 6236414

<https://www.mdi.ie/>

# PHYSICAL SUPPORTS

## Spina Bifida / Hydrocephalus Ireland



Mid-West  
**SPINA BIFIDA** and **HYDROCEPHALUS**  
Association

### Details

The Mid West Spina Bifida Association, a voluntary organisation run by parents and friends, provides free services to 112 families across Limerick, Clare, and northern Tipperary. Members range in age from newborns to adults, and services include:

- Physiotherapy and orthotics, including assessments and interventions.
- Counselling for members and their families.
- Access to specialised bikes and equipment.
- Swimming programmes and social activities.
- Respite care and paid expenses for families attending clinics in Dublin.
- Parental support and other tailored resources.

By offering these supports free of charge, Spina Bifida Hydrocephalus Ireland helps improve the quality of life for individuals living with these conditions and their families.

### Contact Information

**Facebook:** <http://www.facebook.com/pages/Mid-West-Spina-Bifida-Association>

# PHYSICAL SUPPORTS

## Central Remedial Clinic



### Details

The Central Remedial Clinic (CRC) operates nationwide, with a dedicated centre in Limerick located at St. Gabriel's Centre, Springfield Drive, Dooradoyle, Co. Limerick. This centre provides a range of services for children and adults with physical and sensory disabilities, including physiotherapy, occupational therapy, speech and language therapy, social work, psychology, dietetics, and nursing. Additionally, CRC Limerick offers specialist services such as gait analysis, assistive technology, seating and mobility assessments, and access to rehabilitative training and day activation programmes.

CRC provides services aimed at supporting individuals to achieve a good life with opportunities to develop new skills, realise their potential, and participate in local communities and wider society.

Access to CRC's services typically requires a referral from a primary clinician, such as a GP or HSE service provider

### Contact Information

**CRC Limerick Reception:** [+353 61 309 144](tel:+35361309144)

**General Enquiries Email:** [generalenquiries@crc.ie](mailto:generalenquiries@crc.ie)

<https://www.crc.ie/>

# PHYSICAL SUPPORTS

## Special Olympics Ireland



**Special Olympics**  
Ireland

### Details

Special Olympics Ireland offers year-round sports, health, and leadership programmes for people with intellectual disabilities from age 4 upwards, giving opportunities to improve physical fitness, build confidence, form friendships, and participate in competition. They have a network of over 250/300 clubs across Ireland, across regions including Munster, where Limerick is included. In Munster there are 60 clubs serving around 1,800 athletes.

In Limerick specifically, there are local clubs that run weekly training sessions, "Try It" days, and competitions in sports like athletics, basketball, football etc. Interested adults can join via the Club Finder tool on the Special Olympics Ireland website, contacting a local club directly.

### Contact Information

**Telephone:** +353 21 493 3165

**Email:** [munster@specialolympics.ie](mailto:munster@specialolympics.ie)

# PHYSICAL SUPPORTS

## Limerick Sports Partnership



### Details

Limerick Sports Partnership (LSP), based at the UL Sports Arena in Castletroy, works to increase participation in sport and physical activity across Limerick city and county.

In West Limerick, Limerick Sports Partnership supports local clubs and community facilities to provide inclusive opportunities for people of all abilities. In Newcastle West, adults can access the West Limerick Sports Complex with an accessible gym and pool, join walking groups, or take part in “Come and Try” sessions run by LSP. Local clubs such as West Limerick Athletics Club and Newcastle West Town FC also run inclusive programmes like Fit4Life and Football for All. The new Regional Athletics Hub, community centres, and Traveller health initiatives further expand accessible options in the area, ensuring adults leaving CDNT or disability services can stay active and socially connected in their local community.

### Contact Information

**Telephone:** [+353 \(61\) 333 600](tel:+353(61)333600)

**Email:** [info@limericksports.ie](mailto:info@limericksports.ie)

# SENSORY DISABILITY SERVICES

## Mid-West ISL Hub



### Details

The Mid-West ISL Hub aims to increase accessibility and inclusion for the Deaf and hard-of-hearing community by providing access to Irish Sign Language interpretation and Deaf culture events.

They work in partnership with public services to promote equal communication access.

More info on specific events: [Mid-West ISL Hub on facebook](#)

### Contact Information

**Telephone :** [083 198 9272](tel:0831989272)

**Email:** [midwestislhub@gmail.com](mailto:midwestislhub@gmail.com)

[Mid-West ISL Hub on facebook](#)

# SENSORY DISABILITY SERVICES

## Vision Ireland – Formerly National Council for the Blind of Ireland (NCBI)



### Details

The National Council for the Blind of Ireland (NCBI) is a not-for-profit charitable organisation that offers support and services nationally to people with eyesight problems. The aim of Vision Ireland is to promote the full independence of people who are blind or vision impaired.

Services Offered:

- **Rehabilitation Training:** Personalized programs to enhance independence in daily living and mobility.
- **Assistive Technology Support:** Guidance on using devices and software to assist with communication, reading, and accessing information.
- **Employment and Education Support:** Assistance with job-seeking, workplace adaptations, and educational opportunities.
- **Emotional and Peer Support:** Counselling services and peer support groups to address the emotional aspects of sight loss.
- **Virtual Technology Clubs:** Online group sessions to learn about and discuss the latest assistive technologies

### Contact Information

**Telephone :** 1800 911 250

**Contact Form:** <https://vi.ie/about-us/contact-form/>

# SENSORY DISABILITY SERVICES

## Chime



# chime

The National Charity for Deaf  
and Hard of Hearing People

### Details

Chime is Ireland's national charity for Deaf and Hard of Hearing people. They support those who are Deaf or Hard of Hearing through advice, services and community, while also championing for equal rights and advocating for full inclusion in every part of society.

They operate resource centres across the country and run outreach clinics for people in regions without a nearby centre. Chime offers hearing aid services, assistive device advice, one-to-one support, mentoring, and social and peer activities that help reduce isolation. Adults can self-refer to Chime directly via phone, text, email, or by visiting a local centre (e.g. Chime's Limerick office on Pery Street).

### Contact Information

**Telephone:** 061 467 494

**Text:** 086 222 9638

**Email:** [limerick@chime.ie](mailto:limerick@chime.ie)

<https://vi.ie/>

