

Directory of Services

Limerick City Centre

A non-exhaustive list of various services available in Limerick City Centre, organised by subject matter.

May 2015

**This directory was compiled and published
By Doras Luimní In May 2015.**

**Doras Luimní
Central Buildings
51a O'Connell Street
Limerick**

**Tel: 061310328
Email: info@dorasluimni.org
Web: www.dorasluimni.org**



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I. Advice and Legal Services

Citizens Information Centre

Citizens Information provides general information on public services and entitlements in Ireland.

W: www.citizensinformation.ie

Contact:

Kilmallock CIC

Pastoral Centre, Sheare's Street, Killmallock

P: 0761 07 5770

Limerick CIC

54 Catherine Street, Limerick

P: 0761 07 5780

Newcastlewest CIC

Weigh House, Market Yard, Newcastle West

P: 0761 07 5820

County Council; **Limerick City and County Council**

Provides services and information regarding planning and property, business and economy, environment, roads and travel, housing, water and drainage, education and learning, community and leisure, and emergency services.

Contact:

Merchant's Quay

Limerick

P: 061 407100

W: www.limerick.ie/council

Government Departments

Department of Education & Science

P: 01 8896400

W: www.education.ie

Department of Foreign Affairs & Trade

P: 01 478 0822

W: www.dfa.ie

Department of Jobs, Enterprise & Innovation

P: 1890 80 80 90

W: www.enterprise.gov.ie

Department of Justice & Equality

P: 1890 221 227

W: www.justice.ie

Department of Social Protection

W: www.welfare.ie

Irish Naturalisation and Immigration Service

13/14 Burgh Quay

Dublin 12

P: Locall: 1890 551 500

W: www.inis.gov.ie/

Human Rights Organisations – Ireland

Irish Council for Civil Liberties

The Irish Council for Civil Liberties (ICCL) is Ireland's leading independent human rights watchdog, which monitors, educates and campaigns in order to secure full enjoyment of human rights for everyone

Contact:

9-13 Blackhall Place

Dublin 7

P: 01 7994504

E: info@iccl.ie

W: www.iccl.ie

Irish Human Rights and Equality Commission

Our purpose as an independent national human rights and equality institution is to protect and promote human rights and equality in Ireland. We aim to build a welcoming organisation that nurtures a culture of respect for human rights, equality and intercultural understanding across society.

Contact:

Irish Human Rights and Equality Commission

4th Floor, Jervis House

Jervis Street

Dublin 1

P: 1890 245545

E: info@ihrec.ie

W: www.ihrec.ie

Legal aid; FLAC

FLAC's volunteer lawyers provide confidential, basic legal advice for free and in person across all areas of law through our network of advice centres around Ireland. They operate with the active co-operation and involvement of Citizens Information Centre. If you need specialised assistance, some centres can also provide help with family law, employment law, LGBT matters and immigration law queries.

Opening Times:

Every Wednesday: 7:30pm – 9:00pm. Thursday (Family Law): 10:00-12:00pm

By appointment only

Contact:

FLAC Legal Advice Centre Limerick
Limerick Citizen's Information Centre
54 Catherine St
Limerick
P: 0761 075780
W: www.flac.ie

Legal aid; Legal Aid Board

The Board is responsible for the provision of legal aid and advice on matters of civil law to persons unable to fund such services from their own resources.

Services for Asylum Seekers:

Services for Asylum Seekers is a specialised office established by the Legal Aid Board to provide confidential and independent legal services to persons applying for asylum in Ireland. Legal aid and advice is also provided in appropriate cases on immigration and deportation matters.

For Civil and Family Law Matters:

Contact:

Limerick Law Centre
Lock Quay
Limerick
P: 061 314599
E: lawcentrelimerick@legalaidboard.ie
W: www.legalaidboard.ie

For Asylum and Immigration matters:

Contact:

Smithfield Law Centre

48/49 North Brunswick Street
Georges Lane
Dublin 7
Tel: (01) 646 9600
Fax: (01) 671 0200
Email: lawcentresmithfield@legalaidboard.ie

Cork North Law Centre

North Quay House
Popes Quay
Cork
Tel: (021) 455 4634
Fax: 021 455 7622
Email: lawcentrecorknorth@legalaidboard.ie

Galway Law Centre

Seville House

New Dock Road

Galway

Tel: (091) 562480

Fax: (091) 562599

Email: rlsgalway@legallaidboard.ie

Legal aid: **Limerick Community Law and Mediation Service**

This is the first service of its kind outside of Dublin. The Law Centre aims to promote community development and social inclusion by empowering local communities through the provision of various legal services. The Law Centre commenced service delivery in January 2013 when it held its first legal advice clinic in Moyross.

The Centre:

- provides free information, advice, advocacy and representation to individuals and groups in the Regeneration communities who otherwise may not be able to access legal services
- provides community dispute resolution services
- works to empower the community through education, research, and campaigns.

Contact:

Limerick Community Law & Mediation Centre,
Social Service Centre,
Henry Street,
Limerick.

P: 061 536100

E: limerick@nclc.ie

Law Enforcement; **An Garda Síochána**

Contact:

Henry Street Garda Station
Henry Street
Limerick
P: 061 212400

Direct Provision Liaison Officers

- Westbourne Accommodation centre – Garda Michael Hennessy – 061 415342
- Knockalisheen Accommodation Centre – Garda Eugene Long & Garda Brian Begley - 061 345136
- Hanratty's Accommodation Centre – Garda Sharon Ivory – 061 433538

Ethnic Liaison Officers in Limerick

- Brazilian Community – Garda Liz McCarthy - 061 456980
- Cameroon and Congolese communities – Garda Tom Dilleen - 061 212400
- Filipino and Nepalese communities – Garda Diane McGauley - 061 212400

- Indian Community – Garda Eoin O’ Connor – 061-214340
- Latvian and Lithuanian communities – Garda Donal Meade - 061 212400
- Nigerian community – Garda John Noonan - 061 456980
- Polish Community – Garda Denise Haverty – 061 212400
- Romanian Community – Garda Liz Gallivan - 061 212400
- Russian community – Garda Michael Hennessy - 061 415342

E: limerick_community_policing@garda.ie

Money Advice and Budgeting Service; **MABS**;

The Money Advice and Budgeting Service (MABS) is the only free, confidential, independent and non-judgmental service for people in debt, or in danger of getting into debt, in Ireland.

MABS works with clients by supporting them in drawing up realistic budgets and maximising their incomes. MABS also supports clients in dealing with their debts according to their budgets.

Contact:

Limerick MABS

Floor 3

Park Manor

Upper Mallow St

Limerick

P: 0761 07 2210

E: limerick@mabs.ie

W: www.mabs.ie

Migrant Organisations – Ireland

Clare Immigrant Support Centre

Clare Immigrant Support Centre (CISC) provides a range of free services and programmes to immigrants including refugees and asylum seekers in County Clare as follows: drop-in service, casework, English language programmes, advocacy/ community development / outreach work.

Contact:

Clare Immigrant Support Centre

Unit 13

Carmody Street Business Park

Carmody Street

Ennis

Co. Clare

P: 065 6822026

E: cisc@eircom.net

W: www.clareimmigrantsupportcentre.com

Crosscare Migrant Project

We are an information and advocacy organisation working with emigrants, returning emigrants and migrants coming to live in Ireland.

Contact:

Crosscare
1 Cathedral Street
Dublin 1
P: (0)1 873 2844
E: migrantproject@crosscare.ie
W: www.migrantproject.ie

Doras Luimní

- **The Advice Centre** provides assistance in matters of:
 - Protection Applications
 - Family Reunification
 - Direct Provision
 - Racism
 - Visas and Travel Documents

- **The Legal Service** provides information and representation for:
 - Initial applications for asylum;
 - Protection applications
 - Residency applications
 - Zambrano application;
 - EU Treaty Rights
 - Undocumented Migrants applications

Contact:

Doras Luimní Central Buildings
51 O'Connell Street
Limerick
P: 061 310328
E: info@dorasluimni.org
W: www.dorasluimni.org

Immigrant Council of Ireland

The Immigrant Council of Ireland (ICI) is an independent human rights organisation. We advocate for the rights of migrants and their families and act as a catalyst for public debate as well as legislative and policy change.

The ICI is an Independent Law Centre, which means we can provide legal representation to migrants and their families. We undertake strategic litigation in order to try to effect change.

We also provide a Racist Incident Support and Referral Service, undertake work in the area of integration, conduct policy and campaign work and provide a training service.

Contact:

P: (admin): +353 1 674 0202 Information and Referral Telephone Service 01 6740200
E: admin@immigratncouncil.ie
W: www.immigratncouncil.ie

Irish Refugee Council

The Irish Refugee Council believes, in accordance with the 1951 Convention relating to the status of refugees, that every person has the right to claim asylum and to have their application considered in a fair and transparent manner.

The IRC's priorities are delivering high quality legal support to asylum seekers; supporting and protecting children and young people in the immigration system; public awareness; and capacity building among key players in the asylum system in order to bring about change to practice and policy.

Contact:

37 Dame Street

Dublin 2

P: 01 7645854

E: info@irishrefugeecouncil.ie

W: www.irishrefugeecouncil.ie

Jesuit Refugee Service (JRS)

JRS Ireland works principally in the areas of:

- Asylum Seeker Support providing support to persons seeking asylum through direct outreach, language classes and psychosocial support.
- Integration: contributing to integration by providing language support, by running capacity building courses and sporting activities, by organising intercultural events and by developing intercultural services and resources for teachers and migrant parents.
- Detention: visiting immigration detainees in prisons, organising training for detention visitors and advocating for more just detention policies.
- Advocacy: working for fairer immigration and asylum systems through lobbying, submission of policy papers, education and media work and collaboration with other organisations.

Contact:

JRS Limerick

Della Strada, Dooradoyle

Limerick

P: 061 480922

E: info@jrs.ie

W: www.jrs.ie

Mayo Intercultural Action

Promoting the human rights, equality and full integration in Mayo society of asylum seekers, refugees and immigrants.

Contact:

Hill House

Mountain View

Castlebar

Co. Mayo

P: 094 9044511

E: miamayo@eircom.net

W: www.miamayo.ie

Migrant Rights Centre Ireland

Current priorities include rights for undocumented migrants; identification and protection of victims of trafficking for forced labour; employment rights and protections for vulnerable workers in hidden or precarious sectors, including migrants in diplomatic households, au pairs, carers, domestic workers, and restaurant workers; ethnic profiling and access to education.

Contact:

Migrant Rights Centre Ireland

37 Dame Street

Dublin 2

P: 01 8897570

E: info@mrci.ie

W: www.mrci.ie

NASC (Cork)

NASC is the lead agency in Cork charged with designing and implementing the Cork City Integration Strategy. We are working to achieve a shared vision of Cork as a city that values diversity and promotes equality of opportunity for all migrants and their families. We believe that migrants can contribute to our economic recovery. We also work with the Gardaí to tackle racism and discrimination both locally and nationally.

Contact:

Ferry Lane

Off Dominic Street

Cork

P: 021 4503462

E: info@nascireland.org

W: www.nascireland.org

SPIRASI

SPIRASI is a humanitarian, intercultural, non-governmental organisation that works with asylum seekers, refugees and other disadvantaged migrant groups, with special concern for survivors of torture. In partnership with others, SPIRASI enables access to specialist services to promote the well-being of the human person, and encourages self-reliance and integration into Ireland.

Contact:

213 North Circular Road

Phibsborough

Dublin 7

P: 01 8389664

E: info@spirasi.ie

W: www.spirasi.ie

Translation & Interpreter Services

Context

Translation: Your files are translated to an immaculate standard, subjected to rigorous quality checks and delivered to you on time, within budget and in any language you require.

Interpreting: Achieve clear and efficient communication with partners of all languages, in critical situations.

Contact

Context
Ornamore
Co. Galway
Ireland
P: 091 790255
W: www.context.ie

The Rosetta Foundation (offering pro-bono translation)

Contact

Marina House
Eastpoint Office Park
Dublin 3
P: 086 7851749
E: info@therosettafoundation.org
W: www.therosettafoundation.org

Translit

Contact:

1st Floor
18 Upper Mallow Street
Limerick
P: 087 6154448 / 085 7507150
E: info@translit.ie
W: www.translit.ie

Translation.ie

Contact:

16 Upper Ormond Quay
Dublin 7
P: 01 6520760
E: mail@translation.ie
W: www.translation.ie

II. Education Opportunities

A. Language Skills

English Classes; Doras Luimní - Christchurch Hall

Doras Luimní works in partnership with Limerick ETB and Limerick City Adult Education Service to provide English for Speakers of Other Languages (ESOL) classes to migrants. Each module involves 3 hours of classes per week for 30 weeks.

Those interested in joining the next round of classes in September can apply by coming in to meet one of our ESOL staff and complete an application form. All applicants must provide a valid PPSN number on the day of their registration and assessment.

Please note that courses are offered free of charge to asylum seekers, and to refugees and migrant workers who are in receipt of a social welfare payment or have a medical card, as well as those who have less than Leaving Cert level education. However, refugees and migrant workers who are not in receipt of social welfare and don't have a medical card are required to pay a fee of €120 per module.

Contact:

Doras Luimni Central Buildings

51 O'Connell Street

Limerick

P: 061 310328

E: info@dorasluimni.org

W: www.dorasluimni.org

ESOL; Limerick City Adult Education Service

'English for Speakers of Other Languages' (ESOL) courses for adults, which are free or at low cost. If you join one of our courses, you will:

- Be in a small group
- Benefit from highly skilled, experienced tutors
- Have a choice of venues across the city
- Have a choice between morning, afternoon or evening courses
- Have fun as you learn in friendly surroundings
- Have a chance to gain a certificate

Contact:

Limerick City AES on O'Connell Avenue

P: 061 315358

E: learninginfo@limerickcityaes.ie

W: www.limerickcityaes.ie

ESOL; Limerick English

(Fee paying) Short and long term courses from Pre-Intermediate (A2) to Advanced (C1). General English, Cambridge exam preparation, English for hospitality and tourism.

Contact:

Block 2
 International Business Centre
 National Technology Park,
 Castletroy
 W: www.limerickenglish.ie

ESOL; Limerick Language Centre

(Fee paying) The Limerick Language Centre offers a wide variety of courses designed to meet our students' needs. We welcome short and long-term students, individuals or groups and we will provide lessons in a friendly, relaxed atmosphere which will help you to develop your English when speaking or writing. Courses are organised around 45 minute lessons in small groups.

Contact:

16 Mallow Street
 Limerick
 P: 061 415292
 E: info@enflish-in-limerick.com
 W: www.english-in-limerick.com

Conversation Class: Fáilte Isteach

Fáilte Isteach is a community project with older volunteers welcoming new migrants through conversational English classes. The programme utilises the skills, talents and expertise of older volunteers and harnesses their desire to contribute positively to society. Free for asylum-seekers. For others, suggested donation is €5 per class.

Limerick city – Every Wednesday 10am-12pm

Contact:

Christchurch Hall
 51 O' Connell Street
 Limerick city (behind Doras Luimni)
 P: 083 1137426
 E: filimerick@gmail.com
 W: www.thirdageireland.ie/what-we-do/13/fcailte-isteach/

Limerick Newcastle West – Every Wednesday 7:30-9:30pm

Contact:

Desmond Complex
 Newcastle West
 Limerick
 P: 069 66298
 E: iocallaghan@wlr.ie
 W: www.thirdageireland.ie/what-we-do/13/fcailte-isteach/

B. Technology

Beginners Computer Classes; **Doras Luimní**

This course introduces clients who have no prior IT skills to basic computer applications. The 10 week course, offered three times a year, equips learners with knowledge of Microsoft Word, Power Point, using email and the internet. Learners are encouraged to make use of computers at their local library to complement their weekly lessons. These basic classes enable clients to communicate via the internet and use technology which is now part of everyday life. At the end of the course, learners prepare a presentation on their country of origin.

Contact:

Helen O'Grady

E: h.ogrady@dorasluimni.org

P: 061 310 328.

C. Continuing Education

Adult Basic Education; **Limerick City Adult Education Service**

They run courses for adults, which are free, or at low cost, in:

- Reading, Writing and Spelling
- Everyday Maths
- Personal Development
- Learning as a Family
- Junior Cert English and Maths
- Basic Computers and Technology

Contact:

Limerick City AES on O'Connell Avenue

P: 061 315358

E: learninginfo@limerickcityaes.ie

W: www.limerickcityaes.ie

Adult education and training information: **Limerick and Clare Education and Training Board (LCETB)**

ETBs are statutory authorities which have responsibility for education and training, youth work and a range of other statutory functions. ETBs manage and operate second-level schools, further education colleges, multi-faith community national schools and a range of adult and further education centres delivering education and training programmes.

Contact:

LCETB

Marshal House

Dooradoyle Road

Co. Limerick

P: 061 442199

E: info@lcteb.ie

W: www.limerickvec.ie (*new website currently being developed [Feb 2015])

D. Art / Drama/ Music / Crafts

Art; **Limerick Art Society**

The aims of the society are to bring art to people of all walks of life: to help beginners as well as accomplished artists to achieve artistic excellence.

Contact:

P: 086 8951418

E: info@limerickartsociety.com

W: www.limerickartsociety.com

Drama; **Limerick School of Acting**

Adult Basic 7-8pm every Wednesday. Pery Square.

For the complete beginner who wants to find out what acting is all about to those who have a done a little and want to discover more.

Course content includes, voice, stagecraft, improvisation, monologues, auditions, etc. Cost €10 per class. Duration 12 weeks.

Adult Advanced 8.05-9.30pm every Wednesday. Pery Square

For those with a little experience, maybe attended previous courses, who want to take their acting further. The emphasis will be on screen acting and taking part in short film projects interlinked with Limerick's burgeoning film making industry.

Cost €12 per class. Duration 12 weeks.

Contact:

P: 086 2452994

E: info@limerickschoolofacting.com

W: www.limerickschoolofacting.com

Drama; **Limerick Youth Theatre**

Limerick Youth Theatre (LYT) is a company of young performers, dancers, writers, designers, directors, producers and film-makers, located in the Shannon region of Ireland.

Bringing up the next generation of youth theatre members, LYT has been offering several outreach projects including Vlogging Project with Ceim ar Cheim, Back to School project with Corpus Christi National School, and Transition Youth Theatre (TYT) project designed to provide a rich and challenging work experience module for transition year students.

Contact:

Limerick Youth Theatre
73 O'Connell Street
Limerick
P: 061 311100
E: lytster@gmail.com
W: www.lyt.ie

Life, Leisure & Community; **Limerick City Adult Education Service**

Do you want to explore your creative talents, develop a new skill or hobby, or become more involved in your community? We work in partnership with community groups and organisations to run a huge variety of courses for adults in areas such as:

- Arts and Crafts
- Computers and Technology
- Cookery
- Sports and Leisure
- Health and Beauty
- Community and Personal Development

Venues for these courses include Community Centres, Family Resource Centres, Parish and Club Halls.

Contact:

Limerick City AES on O'Connell Avenue
P: 061 315358
E: learninginfo@limerickcityaes.ie
W: www.limerickcityaes.ie

Life, Leisure & Community; **Limerick College of Further Education**

Evening classes include; art, crochet, curtain and cushion making, fashion design, interior design, jewellery design, knitwear design, mosaic design, painting and drawing, upholstery.

Contact:

Limerick College of Further Education
Mulgrave Street
Limerick
P: 061 414344
E: apply@lcfе.ie
W: www.lcfе.ie

Music - Choir; Ancór

Ancór Chamber Choir was founded in 2005 and has become one of the most exciting musical ensembles to emerge from the Mid-West region. Today, the choir consists of thirty singers who come from a variety of backgrounds and nationalities but love singing together. Members of Ancór come from a multitude of backgrounds – they have great fun, a fantastic social life and they are always delighted to see new faces and hear new voices.

Contact:

Cecilia Madden (Musical Director)

P: 087 6715728

E: music@ancor.ie

Music - Choir; Limerick Choral Union

Limerick Choral Union is an oratorio community choir based in the heart of the city. Its aim is to make choral singing enjoyable and rewarding for the singers and the audience alike. Since its foundation in 1964, LCU has maintained its endeavours to encourage new talents into the choir and to continue to perform the best and most exciting choral works to its audience, under the musical direction of Malcolm Green.

Contact:

P: (089) 2267899

W: www.thelcu.com

Music - Choir: Limerick Gospel Choir

We are a mixed voice choir with approximately 35 members from all parts of the city and County. Our focus is on making each performance: fun, bright, uplifting and bringing something different to our audience. Our range of repertoire includes a wide range of traditional gospel to contemporary classics and adding our own twist and style to some old classics as well as performing some up to date favourites.

Contact:

info@limerickgospelchoir.com

Music – Contemporary; COMA (Contemporary Music Making for Amateurs)

COMA Limerick meets once a month to play new music by living composers and new participants are always welcome. The music played suits musicians of all abilities, although some sight-reading experience does help.). Bring your instrument and an open mind!

Contact:

Fiona Linnane

fionanil@yahoo.com

Music – Jazz; Limerick Jazz

Limerick Jazz Society has been promoting the music in the Midwest for since 1982. We run spring and an autumn seasons featuring the best of Irish and international contemporary jazz. Dolan's Pub on the Dock Road, Limerick is our main venue. Dolan's is in business for over ten years and provides an outstanding range of performance spaces in its warehouse and upstairs rooms. Most gigs are on Wednesday evening at 9.00pm.

Contact:

limerickimprov@gmail.com / jonndal@gmail.com

Music; Tuition

In very recent times the Redemptorists in Limerick have opened the **Redemptorist Centre of Music**. Located in the 'old' St. Clement's College it offers musical tuition and playing to young people who might not normally be able to afford it

Contact:

Redemptorist Church
Mount Saint Alphonsus
South Circular Road
Limerick City
P: 061 315099
E: msa@redemptorists.ie
W: www.redemptoristslimerick.ie

III. Home Life and Orientation

A. Families

Family Support; **PAUL Partnership**

PAUL Partnership is an organisation made up of communities, state agencies, social partners, voluntary groups and elected representatives. We work with local communities that have benefited least from economic and social development and we aim to promote social inclusion and improve the quality of life of people living in these communities.

Contact:

PAUL Partnership
(People Action Against Unemployment Limited)
Registered Office:
Unit 25a, Tait Business Centre,
Dominic Street,
Limerick.
P: 061 419 388
Email: info@paulpartnership.ie
Fax: +353 (0)61 418 098
W: www.paulpartnership.ie

Family Support; **Redemptorist Poor Campaign**

The Redemptorist Poor Campaign is the social justice wing of our ministry in Mount St Alphonsus and offers support to vulnerable families and individuals on a weekly basis. It is particularly well known for the provision of thousands of food hampers, every Christmas, to those most in need. The poor campaign also sponsors a professional counselling service for those who may not normally be able to afford such a service.

Contact:

Redemptorist Church
Mount Saint Alphonsus
South Circular Road
Limerick City
P: 061 315099
E: msa@redemptorists.ie
W: www.redemptoristslimerick.ie

Family Support; **Southill Family Resource Centre**

The aim of the Family Resource Centre programme is to combat disadvantage and improve the functioning of the family unit. The programme emphasises involving local communities in tackling the problems they face, and creating successful partnerships between voluntary and statutory agencies at community level. FRCs involve people

from marginalised groups and areas of disadvantage at all levels, including on their Voluntary Management Committees.

Key services provided by FRCs include:

- The provision of family support, information and advice at local level.
- Practical assistance to community groups (such as training, information, advice and use of shared facilities).
- Education courses and training opportunities.
- Childcare facilities for those attending courses provided by the programme.
- After-school clubs.

Contact:

267-268 Avondale Court
O' Malley Park
Southill
Co. Limerick
P: 061 440250
E: omalleypark@eircom.net
W: www.familyresource.ie

Grief Counselling; **Abbeyfeale Family Bereavement Support Group**

The group aims to provide a welcoming and understanding environment, support and time for those suffering the pain of bereavement. We provide appropriate literature and booklets. The service is available for free.

Opening Hours: Monday 7.30pm - 9.30pm

Contact:

Mountmahon
Abbeyfeale
County Limerick
P: 068 31203

Grief Counselling; **Fedamore Loss and Bereavement Support Group**

The aim of the group is to provide support to the bereaved and to educate the group on grief and the tasks of grief.

Opening Hours: September to May - one night per month

Contact:

Fedamore
County Limerick
P: 061 390341

Grief Counselling; Children's Grief Project

The Children's Grief Project is a support service for school-aged children and young people affected by loss through death, separation or divorce. It provides a safe and supportive place for children and young people and their families who are grieving. The service is provided by trained and experienced people. There is no fee for the services provided.

Contact

Children's Grief Project,
Westbourne, Ashbourne Avenue,
South Circular Road
Limerick.

P: 061 224 627 or 087 985 1733

E: info@childrensgriefproject.ie

W: www.childrensgriefproject.ie

Incredible Years; Doras Luimní

Doras Luimní, in collaboration with the Limerick Social Services Centre and Paul Partnership, has been delivering the Incredible Years parenting programme to migrant communities for a number of years. The programme supports parents and helps them to build on their capabilities and diversify their approach to various aspects of childrearing including positive discipline techniques and strategies to promote their children's social and emotional competence. Participants develop their skills through interactive learning, role play and home activities.

Contact:

Jumoke Oyewo

P: 061 310 328.

E: j.oyewo@dorasluimni.org

Information for unmarried parents; Treoir

Treoir aims to provide and promote a professional, accessible, up-to-date information service to parents and those involved with them, in order to empower parents to access their rights and entitlements. To bring an awareness of issues affecting unmarried parents and their children to the general public. To continue lobbying for change in the laws and services to promote the rights and welfare of unmarried parents and their children.

Contact:

Treoir

P: 1890 252 084

E: info@treoir.ie W: www.treoir.ie

Lone Parent Group; Limerick Lone Parent Network

The Limerick Lone Parent Network's objective is to have a supportive Network which encourages a sense of place for all Lone Parents, in order that they can come together, be supported and encouraged in creatively addressing their needs. It also provides information on rights and entitlements, accessing education and employment opportunities. The Limerick Lone Parent Network is also proactive in lobbying for change, in partnership with relevant groups, organisations and agencies.

Contact:

Katherine Kirby, Chairperson: 087 977 4826
or Majella Cosgrove: 087 989 4929

Lone Parent Group; OPEN

OPEN, the national network of local lone-parent self-help groups represents the diversity of interests of lone parents (particularly those living in/or at risk of living in poverty) and promotes their inclusion and progression within wider society. If you would like contact details for your nearest lone parent group, please contact them on the details below.

Contact:

P: 01 8148860
E: enquiries@oneparent.ie
W: www.oneparent.ie

E-mail: info@childrensgriefproject.ie

Marriage Counselling; Accord St. Munchin's College

ACCORD is an Irish voluntary Catholic organisation that aims to promote a deeper understanding of Christian marriage and to offer people the means to safeguard and nourish their marriage and family relationships. We provide a Marriage & Relationship Counselling Service as well as Marriage Preparation Programmes for couples of all denominations. ACCORD accepts and values clients irrespective of their religious or ethnic background. ACCORD's counselling service is based on clients needs and not on their ability to pay

Contact:

ACCORD
St. Munchin's College
Corbally
Limerick
P: 061 343000
E: accordlimerick@eircom.net
W: www.accord.ie

Separation support; Families

Families which stands for *Families and Men In Life Experiencing Separation* is a support & information group and our support and information is free. Families is in Limerick, Waterford and Mallow and support the surrounding areas.

They are passionate about helping Families who are separating. They are a specialist group primarily for men but who also support each Family member and we work together with many recognized state and private qualified and accredited professionals already supporting the community.

Men's Meetings every Monday & Thursday evening 8pm to 10pm. Women meet every Wednesday 7.30 to 10 pm, at 291 Fr Russell Square, 3 doors to the right of the Train Station All are welcome.

Contact:

Families

291, Father Russell Square

Hyde Rd

Co. Limerick

P: 087 260 3603

E: info@families.ie

W: www.families.ie

Substance misuse family support; Northstar Family Support

The Northstar Family Support Project is a community based project providing non-judgemental, confidential support to families who are affected by, and trying to cope with, a family member's substance misuse.

Contact:

Unit 11c

Watch House Cross

Moyross

Limerick

P: 061 459260

E: reception@northstarproject.ie

W: www.northstarproject.ie

Addiction; Respite House - Novas

Respite House recognises the impact of alcohol and drug misuse and its effect on the family's ability to cope with the challenges they face in their lives. The service is aimed at families living in the Limerick area. The service we offer supports a belief in the family's ability to adapt to circumstances and re-establish their priorities in relation to their loved one's addiction and the impact this has had on their family life

Contact:

The Respite House

Novas Initiatives

Inchidrinagh

Newport

Co.Tipperary

P: 061 624878 or 083 3854846

E: caroline.carey@novas.ie; martina.cusack@novas.ie

Support for families of prisoners; **Bedford Row Family Project**

Bedford Row Family Project is a Community of People who:

- Are inspired by an awareness of the particular experience and issues of families of prisoners.
- Support families affected by imprisonment in addressing their issues.
- Work with other groups, voluntary, statutory and community based, in the interest of social inclusion.

Are committed to:

- Listening to the experience of people affected by imprisonment,
- Allowing that experience to shape the direction of the project.
- Working proactively with family members of prisoners, and ex-prisoners, to ease their distress and assist them in making positive life choices in particular with respect to their children.
- Provide leadership and direction in design and implementation of programmes that work effectively with families affected by imprisonment and related matters.

Contact:

Bedford Row Project

Lower Bedford Row

Limerick

P: 061 315332

E: info@bedfordrow.ie

W: www.bedfordrow.ie

Welfare; **Department of Social Protection - Limerick Office**

Promoting a caring society through ensuring access to income support and other services, enabling active participation, promoting social inclusion and supporting families.

Contact:

Dominic Street

Limerick

P: 0 61 212200

W: www.welfare.ie

B. Women**Domestic Abuse Aid: ADAPT House**

ADAPT works to promote the rights of women & their children to a life free from violence & abuse and to support individual women, survivors of domestic abuse & their children.

Contact:

ADAPT Domestic Abuse Services
ADAPT House
Rosbrien
Limerick
P: 061 412354
E: administration@adaptservices.ie
W: www.adaptservices.ie

Emergency accommodation; Suaimhneas

Suaimhneas in Limerick aims to provide emergency accommodation for homeless women with their children that is safe, welcoming, family centred and homely. We offer support, information and resources which respect individual needs and enable families to move progressively towards re-housing.

Contact:

Respond! Community building
39 Ballygrennan Close
Moyross
Limerick
P: 061 328385
E: info@respond.ie
W: www.respond.ie/community-services/special-projects/suaimhneas/

Separation support for women; Families

FAMILIES is a support & information group and our support and information is free. FAMILIES is in Limerick, Waterford and Mallow and support the surrounding areas. FAMILIES has been supporting families in Limerick for 11 years and services include 24/7 confidential phone support at 087-2603603, weekly group meetings, one to one meetings, counselling services, information on legal issues and referrals to other groups and professionals.

The support group for women will now meet at its new premises every Wednesday at 7.30pm

Contact:

Families
291, Father Russell Square
Hyde Rd
Co. Limerick

P: 087 260 3603

E: info@families.ieW: www.families.ie**Sexual Assault; Limerick Rape Crisis Centre**

Limerick Rape Crisis Centre responds to the needs of survivors of all forms of sexual violence, both recent and past. Using a feminist analysis of violence, and bringing the voice, experience and expertise of individual survivors, the centre also informs changes in legislation, education, policy development and societal attitudes on a local, regional and national level, to benefit all society.

Contact:

Rape Crisis Midwest

Phoenix House

Punch's Close

Rosbrien Road

Limerick

P: 061 311511

E: info@rapecrisis.iew: www.rapecrisis.ie**Sexual Health; GOSHH Gender Orientation Sexual Health HIV**

GOSHH provides an integrated person-centred service with a community focus, which challenges discrimination, develops knowledge, provides education, promotes awareness and pro-actively works towards a shared vision amongst agencies and individuals within the area of HIV/AIDs, Hepatitis and sexual health.

Contact:

P: 061 314354

CONFIDENTIAL HELPLINE 061 316661

Redwood Place

18 Davis Street

E: info@goshh.ieW: www.goshh.ie**Sexual Health and Reproduction; Limerick Family Planning Clinic Ltd**

The Limerick Family Planning Clinic provides exceptional patient care in an environment where quality, respect and compassion are at the centre of what we do. At the Limerick Family Planning Clinic, we understand that each person is a unique individual and we focus on the particular needs in relation to family planning and sexual health. Whether you need contraception advice, smear test, sexual health advice or screening, we will offer you the best service we can. We have a dedicated, competent and talented team of doctors, nurses and administration staff who are always willing to be of assistance.

Contact:

Limerick Family Planning Ltd

27 Mallow Street

Limerick

P: 061 312026

E: limerickfamilyplanning@eircom.net

W: www.limerickfamilyplanning.ie

Support; **Limerick Women's Network**

Our mission is to lead and to be a catalyst for change in the achievement of equality between women and men. We articulate the views and experiences of our members and make sure their voices are heard wherever decisions are made which affect the lives of women.

Contact:

Unit 2

Sarsfield Gardens

Moyross

Co. Limerick

P: 061 275970

E: lpplink7@eircom.net

W: www.nwci.ie/?/discover/member_detail/limerick_womens_network

C. Men

Separation support; **Families**

Families which stands for *Families and Men In Life Experiencing Separation* is a support & information group and our support and information is free. Families is in Limerick, Waterford and Mallow and support the surrounding areas.

They are passionate about helping Families who are separating. They are a specialist group primarily for men but who also support each Family member and we work together with many recognized state and private qualified and accredited professionals already supporting the community.

Men's Meetings every Monday & Thursday evening 8pm to 10pm at 291 Fr Russell Square, 3 doors to the right of the Train Station All are welcome.

Contact:

Families

291, Father Russell Square

Hyde Rd

Co. Limerick

P: 087 260 3603

E: info@families.ie

W: www.families.ie

Social Group; Northside Men's Group

The Men's Groups provide social activities for local men who meet in the centre and plan activities according to their interests. In the past, our Men's Group have taken part in courses such as swimming and photography and also enjoy day trips around the country.

Contact:

Clonconnane Road

Ballynanty

Limerick

P: 061 326 623

Fax:(061 328 517

E:info@stmunchinsfrc.ie

W: www.stmunchinsfrc.ie

Social Group; Southill Men's Group

Meets at Southill Family Resource Centre every Wednesday 2-4:30pm.

Contact:

268 Avondale Ct,

Limerick

P: 061 440 250

Social Inclusion; Men's Sheds

Limerick Men's Sheds Network is a network of men's groups around the city who aim to provide facilities and activities for hard to reach men in Limerick City. Cooking, D.I.Y, drumming and furniture restoration are just some of the activities being undertaken by these men's groups at the moment. There are also plans to run an annual event where all the groups come together for a day of fun and learning. Some of the objectives of the group are:

- To promote Social Inclusion among men, by supporting them into a collaborative working or learning environment: as the Australian Men's shed put it "Men talk shoulder to shoulder and not face to face".
- To provide a safe, friendly and healthy working environment for men to learn new skills and meet new friends.
- To promote learning within the organisations making up the network on best practice in supporting men
- To link with national and local groups outside of Limerick working with men.

Contact:

PAUL Partnership
(People Action Against Unemployment Limited)
Registered Office:
Unit 25a, Tait Business Centre,
Dominic Street,
Limerick.
P: 061 419 388
Email: info@paulpartnership.ie
Fax: +353 (0)61 418 098
W: www.paulpartnership

D. Children**Childcare; Childminders and pre-schools**

Please see the link below for the most up-to-date list and contact details of childminders and pre-schools in the Limerick area:

Contact:

<http://www.limerickcitychildcare.ie>

Children's support: Barnardos

Barnardos works directly with the children and families who need us most, providing services and support in 40 centres around the country. We also campaign for the rights of all children in Ireland, and provide training and knowledge resources to childcare professionals. See an interactive guide to our work.

Contact:**Barnardos Family Support Service, Limerick South**

373/374 O'Malley Park, Southill, Limerick

P: 061 - 319 290

E: info@southill.barnardos.ie

Barnardos Family Support Service, Limerick North

1/2 Pine View Gardens, Moyross, Co Limerick

P: 061 - 329 298

E: info@limerick.barnardos.ie

Barnardos Centre, Islandgate Project

St Mary's National Girls School, Bishop Street, Limerick

P: 061 - 493 587

E: info@islandgate.barnardos.ie

Limerick Regional Office

c/o Barnardos Centre, Islandgate Project, St Mary's National Girls School, Bishop Street, Limerick

P: 061 – 430313

Children's support; CARI Foundation

CARI is the leading voluntary organisation with a proven track record in providing child centred specialised therapy and support to children, families and groups affected by child sexual abuse, regardless of means

Children will be referred to CARI when they have disclosed sexual abuse (or may be a confidant of the disclosure) and when they disclosure has been investigated by the appropriate authorities. Children will also be referred to CARI if they have witnessed sexual assaults on a child or adult or if they are siblings of the above.

Contact:

CARI Therapy Department Limerick
Ennis Road
Limerick

P: 061 582224 / HELPLINE 1890 92 45 67

E: monicamurphy@cari.ie

W: www.cari.ie

Children's support; ISPCC

ISPCC exists to advocate on behalf of all children in Ireland, and to provide a range of independent and unique services that are preventative and empowering in nature.

Services include a 24 hour helpline, mentoring and family support. Target group: vulnerable children and their families. Age group: children 0-18 years old and their families.

Contact:

ISPCC
115 O' Connell Street
Limerick

P: 061 461583

E: agriffin@ispcc.ie

W: www.ispcc.ie

Children's support: Limerick City Children's Services Committee

The Limerick City Children's services Committee (CSC) works to enhance and coordinate services to children across Limerick City and to improve outcomes for all children in the city. It does this by working with a range of partner agencies and families to enhance the way that we work together and share information.

Contact:

Limerick City Children's Services Committee
Child Care Manager's Office
HSE

Ballycummin Avenue
Raheen Business Park
Limerick

P: 061 483453

E: Margaret.mastriani@hse.ie

Grief Counselling; Children's Grief Project

The Children's Grief Project is a support service for school-aged children and young people affected by loss through death, separation or divorce. It provides a safe and supportive place for children and young people and their families who are grieving. The service is provided by trained and experienced people. There is no fee for the services provided.

Contact

Children's Grief Project,
Westbourne, Ashbourne Avenue,
South Circular Road, Limerick.
P: 061 224 627 or 087 985 1733
E: info@childrensgriefproject.ie
W: www.childrensgriefproject.ie

Youth service; Limerick Youth Service Evening and Residential Programme

This evening and residential programme targets young people between 10-25 from disadvantaged areas city-wide. It provides personal care plans for young people and responds to their needs through recreational, developmental and educational programmes. Target group: 10-25 year olds.

Contact:

Limerick Youth Service Evening and Residential Programme
Limerick Youth Service
Lower Glentworth Street
Limerick
P: 061 412444
E: ck@limerickyouthservice.com
W: www.limerickyouthservice.com

Kids' Arts and Crafts Club; The Hunt Museum

Takes place on the first Sunday of every month. An opportunity for kids and parents to come to the museum and create together. A different theme in every session. Free but advance booking is recommended.

Contact:

P: 061 312833
E: jeni@huntmuseum.com
W: www.thehuntmuseum.com

Parent and Toddler Group; Doras Luimní

Doras Luimní and the Limerick Social Service Council are facilitating a Parent and Toddler group every Tuesday from 10am – 11.30am, starting from the 20th January 2015.

The group is open to all migrant and Irish parents, with their toddlers, and will provide a good opportunity to share experiences and learn from each other.

Contact:

Jumoke

P: 061 310328 / 089 9554152

E: j.oyewo@dorasluimni.or**Parent and Toddler Group; Tons Of Fun**

Every weekday morning during school term, Tons of Fun run Parent and Toddler sessions for under 5's. A mix of free play plus additional supervised activities with an emphasis on arts, crafts and developmental play for pre-schoolers. €6.50 for 2 hours play plus a complimentary tea or coffee. Free entry for babies under 1 or not yet walking. All welcome, drop in anytime between 10am and 1pm. No booking required.

Contact:

Tons of Fun

Unit H1 Eastway Business Park,
Ballysimon Road, Limerick

P: 061 431 141

W: www.tonsoffun.ie**E. Young Adults****Youth Service; Limerick Youth Service**

Limerick Youth Service is recognised as a leading provider for of a variety of quality programmes for young people.

Limerick Youth Service works in partnership with a number of national and regional organisations including Youth Work Ireland, Solas, Tusla, Limerick & Clare Educational Board, the Department of Justice and Equality, Youthreach, Limerick City and County Council, the Department of Children and Youth Affairs along with many voluntary and community groups.

Limerick Youth Service supports city and countywide Youth Clubs, Youth Cafés, Youth Projects, Comhairle na nÓg, Garda Youth Diversion Projects, Youth Intervention Programmes, international Youth Work and provide a comprehensive Youth Information Service.

Limerick Youth Service provides second chance and further educational training programmes including Youthreach and Leaving Cert Applied, for early school leavers at our Community Training Centre and other youth hubs.

Contact:

Limerick Youth Service

5 Lower Glentworth Street

Limerick

P: 061 412 444

E: lys@limerickyouthservice.comW: www.limerickyouthservice.com

Youth Education; Adult Educational Information Guidance Service (AEIGS):

Adult Educational Information Guidance Service (AEIGS): We offer a free, local and confidential service offering adult education information, one-to-one guidance, meetings and group guidance workshops to support adults to make informed educational, career and life choices. This service is offered to adults who are not in full-time education and who are considering second-chance learning opportunities.

Contact:

Further Education & Training Division
Limerick and Clare Education and Training Board (LCETB),
Athenaeum Building,
30 Upper Cecil Street,
Limerick
P: 061 417688
E: info@clvec.ie
W: www.lcfet.ie

Youth Education; Limerick Community Based Education Initiative (LCBEI)

“We want our community to foster the well being of children and adults. We want our community to be one that is safe and supportive where all children are healthy and ready for school and succeed in school and grow up to be productive and contributing adults.” Encouraging and supporting young people from Southill and Moyross during their formal education, so that they can reach their full educational potential.

Contact:

Unit 9
Limerick Enterprise Development Park
Roxboro
Limerick
P: 061 409107
E: lcbei@eircom.net
W: www.lcbei.ie

Youth Education; Limerick Youth Service- Community Training Centre

Limerick Youth Service Community Training Centre offers Education and Skill based training to young people in a non-judgemental, supportive and vibrant environment. Young People are empowered to realise their true potential and are equipped with the personal and social skills to enhance their positive contribution to society.

Contact:

Limerick Youth Service
Lower Glentworth Street
Limerick
P: 061 412444

Youth Club; **Holy Family Youth Club Southill**

For further information please contact the Holy Family Youth Club Southill.

Contact:
C/O Southill Action Centre
Southill
Limerick
P:061 415340

Youth Club; **King's Island Youth & Community Centre**

A Community based youth initiative run by Limerick Youth Service and An Garda Siochana for young people between the ages of 12-18 years, who live in the St. Mary's Park area.

Contact:
Verdant Place
King's Island
Limerick
P: 061 414415

Youth Intervention and Drug Prevention; **Limerick Social Services Centre**

Limerick Social Service Centre, through a caring response, aims to promote the dignity and growth of individuals, families and groups.

Contact:
Henry Street
Limerick
P: 061 314111
E: lssc@eircom.net
W: www.lssc.ie

Youth Intervention and Drug Prevention; **Limerick South City Youth Initiative Garda Diversion Project**

The aim of the Youth Diversion Project is to deter young people from becoming involved in criminality and anti-social behaviour while engaging them in fun, educational and vocational programmes.

Contact:
Roxboro Garda Station
Roxboro Road

Doras Luimní

Directory of Services: Limerick City Centre

Limerick

P: 061 318097 or 087 7479077

E: gardadivert@gmail.com

W: www.iyjs.ie

Youth Intervention and Drug Prevention; **Moyross Youth Intervention Project**

Developing the personal and social skills of young people in the Project through individual and group interventions.

Contact:

1-3 Whitecross Gardens

Moyross

Limerick

P: Helen/ Anna 061 325339

E: helenc@limerickyouthservice.com

W: www.limerickyouthservice.com

IV. Support, Social Groups and Participation

A. Support

i. Emotional Support

Emotional Support Hotline; **Samaritans**

Samaritans provides confidential non-judgmental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

Usual hours open to receive callers at the door: 9:00am - 10:00pm

Contact:

Samaritans
20 Barrington Street
Limerick
P: +353 61 412111
E: jo@samaritans.org
W: www.samaritans.org

Emotional Support Hotline; **Senior Help Line**

Senior Help Line is a confidential listening service for older people by trained older volunteers for the price of a local call anywhere in Ireland.

Senior Help Line's vision and mission is that every older person in Ireland would know the LoCall number, call if they need us and receive an empathic response.

The lines are open every day from 10am to 10pm.

Contact:

Limerick
P: 1850 440 444
W: www.thirdageireland.ie

ii. Homeless Support

Housing Needs: **Homeless Action Team**

This is the first point of call for those at risk of homelessness. This office directs and coordinates all of the homeless activities in the City and County. This number operates 24 hours per day. Answered by Limerick City Council 9 – 5, Out of Hours Service run by Novas 5 – 9 and transfers to McGarry thereafter.

Contact:

2 Church Street
St. John's Square
Limerick
P: 1800 60 60 60 / 061 481212

Homeless support: **Limerick Free Dinners**

Hot dinners provided, free of charge, every Sunday from 1:30pm – 3:30pm.

Contact:

Limerick Free Dinners
Mallow Street Community Hall
Mallow Street
Limerick

Housing Needs; **Associated Charities Trust**

ACT Thomond House provides housing and a host of support services for people at risk and homeless in Limerick. The services include: Emergency accommodation and support services for women over 18 years old, long-term housing for women over 50 years old and stability transitional housing for women, men and families. It also assists and funds programmes of support for post-psychiatric patients.

Contact:

Thomond House
Thomondgate Limerick
P: 061 325011
E: actthomondhouse@eircom.net
W: www.thomondhouse.ie

Housing Needs; **FOCUS Ireland**

FOCUS Ireland works with people who are homeless or at risk of losing their homes across Ireland. Our services include advice and information assistance, supported housing, education and training, amongst others, in multiple locations across Ireland.

Contact:

FOCUS Ireland
7A Catherine Place
Limerick
P: 061 317199 or 061 405 300
E: focuslk@eircom.net
W: www.focusireland.ie

Housing Needs: **NOVAS Initiatives**

Novas Initiatives is a voluntary agency that works with single adults, families and children who are disadvantaged and socially excluded, primarily those who are homeless or at risk of being homeless. Novas clients include many who are not served by mainstream services and are excluded from existing voluntary agencies. We start where others stop.

Out of Hours Service

061 468033

Call this number if you are at risk of homelessness.

Contact:

McGarry House

7 Alphonsus Street

Limerick

P: 061 370325 / Emergency line 061 468033

E: info@novas.ieW: www.novas.ie**Housing Support; Intensive Family Support Services - Novas**

The Intensive Family Support Service (INFS) works with families who are homeless or at risk of being homeless. It is largely a preventative service, working to keep the family unit together in their own home. The INFS works to improve the lives of the whole family, particularly the children.

Contact:

Intensive Family Support Services

Novas Initiatives

1 Mungret Street

Limerick

P: 061-468033

E: sinead.odonoghue@novas.ie**Housing Needs: Simon Community**

The Simon Communities throughout Ireland provide the best possible care, accommodation and support for people experiencing homelessness and those at risk. Together, with people who are homeless, Simon tackles the root causes, promotes innovative responses and urges the government to fulfil their commitments. Simon delivers support and service to between 4,500 and 5,000 individuals and families who experience - or are at risk of - homelessness on an annual basis.

Contact:

Mid West Simon Community

1st Floor

No. 1 Lower Shannon Street Limerick

P: 061 608980

E: admin@midwestsimon.ieW: www.midwestsimon.ie

Emergency accommodation; Suaimhneas

Suaimhneas in Limerick aims to provide emergency accommodation for homeless women with their children that is safe, welcoming, family centred and homely. We offer support, information and resources which respect individual needs and enable families to move progressively towards re-housing.

Contact:

Respond! Community building

39 Ballygrennan Close

Moyross

Limerick

P: 061 328385

E: info@respond.ie

W: www.respond.ie/community-services/special-projects/suaimhneas/

iii. Parental and Family Support**Parental Assistance; Parent Support Programme**

Parent Support Programme Limerick is a structured programme aimed at enabling parents to enjoy and participate more fully in their child's development, and supporting them in their role by encouragement and sharing experiences with other parents. The services are provided free of charge to all parents in Limerick City and County.

The Parent Support Programme Limerick is made up of three components:

- Lifelong Parenting Information and Support
- The Community Mothers Programme
- Teen Parents Support Programme

Contact:

Limerick Social Services Centre

Upper Henry Street

Limerick

P: 061 411643

W: www.lssc.ie/parent-support-programme/

Support; families and communities; PAUL Partnership

PAUL Partnership is an organisation made up of communities, state agencies, social partners, voluntary groups and elected representatives. We work with local communities that have benefited least from economic and social development and we aim to promote social inclusion and improve the quality of life of people living in these communities

Contact:

PAUL Partnership
(People Action Against Unemployment Limited)
Registered Office:
Unit 25a, Tait Business Centre,
Dominic Street,
Limerick.
P: 061 419 388
Email: info@paulpartnership.ie
Fax: +353 (0)61 418 098
W: www.paulpartnership.ie

Support – substance misuse family support; Northstar Family Support

The Northstar Family Support Project is a community based project providing non-judgemental, confidential support to families who are affected by, and trying to cope with, a family member's substance misuse.

Contact:

Unit 11c
Watch House Cross
Moyross
Limerick
P: 061 459260
E: reception@northstarproject.ie
W: www.northstarproject.ie

Addiction; Respite House - Novas

Respite House recognises the impact of alcohol and drug misuse and its effect on the family's ability to cope with the challenges they face in their lives. The service is aimed at families living in the Limerick area. The service we offer supports a belief in the family's ability to adapt to circumstances and re-establish their priorities in relation to their loved one's addiction and the impact this has had on their family life.

Contact:

The Respite House
Novas Initiatives
Inchidrinagh
Newport
Co. Tipperary
P: 061 624878 or 083 3854846
E: caroline.carey@novas.ie; martina.cusack@novas.ie

Support – individuals and families; SVP Society of St. Vincent de Paul

Our goal is to fight poverty in all its forms through the practical assistance to people in need. We offer direct, personal assistance that is non-judgemental and based on the need of the individual or family.

In addition we provide a wide range of services for vulnerable people through our local offices, shops, resource centres, housing, daycare and holiday schemes amongst other things.

Contact:

Ozanam House
Hartstonge Street
Limerick
P: 061 317327
E: info.midwest@svp.ie
W: www.svp.ie

Support; various – Limerick Social Services Council

Through a caring response, our aim is to promote the dignity and growth of individuals, families and groups. The work of the centre is carried out by a dedicated team of over 90 staff and dedicated teams of volunteers, through a range of individual services. Our services range from support for pre-school children to older people. As well as counselling and family advocacy services.

Contact:

Limerick Social Services
Upper Henry Street,
Limerick
P: 061 314111
E: info@lssc.ie
W: www.lssc.ie

Welfare Assistance; Our Lady of Lourdes Welfare Rights Office

The Welfare Rights Officer is available Monday - Friday to give advice on all welfare rights issues e.g. rent supplement, medical cards, social welfare benefits, money advice.

Contact:

C/O Our Lady of Lourdes Action Centre
Greenfields Cross
Rosbrien
Limerick
P: 061 228596

B. Religious Communities

Anglican: **St Mary's Cathedral**

“Welcome to the Cathedral of Saint Mary the Virgin. We are an Anglican/Episcopalian Church – founded in 1169 AD and the Principal Church of Limerick City Parish.”

Contact:

St. Mary's Cathedral

Bridge Street

Limerick

W: www.cathedral.limerick.anglican.org/

Anglican: **St. Michael's Church of Ireland**

Contact:

St. Michael's Church of Ireland

Pery Square

Limerick

Limerick City

Bahá'í;

Baha'i faith in Limerick.

Contact:

E: lclsa@bahai.ie

Buddhism;

RIGPA Limerick

Rigpa aims to present the Buddhist tradition of Tibet in a way that is both completely authentic and as relevant as possible to the lives and needs of modern men and women.

Contact:

Rigpa Limerick,

28 Henry Street,

Limerick

P: 086 353 5541

E: limerick@rigpa.ie

W: www.rigpa.ie

Tara Buddhist Centre

Evening meditation classes. Each class includes a simple breathing meditation, a short talk and the opportunity to apply the teachings to your own life in a guided contemplative meditation. There is also time to ask questions and discuss over light refreshments.

Contact:

Alzheimer Society of Ireland
2nd floor, George's Quay House
George's Quay
Limerick
W: www.meditateinirelnad.com

Baptist; Limerick Baptist Church

Contact:

Old Cratloe Road
Co. Limerick
W: www.limerickbaptist.com

Islam; Limerick Islamic Centre

Contact:

Limerick Islamic Centre
Old Dooradoyle Road
Limerick
P: 061 635151 or 085 1595426 (Imam Khaled Abdulghafur)

Limerick City Centre Masjid
76 O'Connell Street, Limerick

Jehovah's Witnesses: Kingdom Hall

Contact:

Kingdom Hall
Lower Gerald Griffin Street
Limerick city
P: 061 411105

Reformed Christians; Limerick Reformed Fellowship

We are a group of Reformed Christians who meet together in Limerick City, Ireland, to worship the LORD according to the biblical and Reformed faith. Our pastor preaches sermons which explain and apply the Bible at our two weekly worship services on Sundays at 11 a.m. and 5.30 p.m. in Conradh na Gaeilge Hall, located in Limerick City Centre.

Contact:

Limerick Reformed Fellowship
Conradh na Gaeilge
18 Thomas Street
Limerick
P: 061635582
E: pastor@limerickreformed.com
W: www.limerickreformed.ie/

Roman Catholic; Holy Family – Southill Parish**Contact:**

Southill
Limerick
P: 061 414248
E: pkfhogan@yahoo.co.uk

Roman Catholic: St. John's Cathedral

St. John's Cathedral is one of two cathedrals in Limerick, Ireland. Built in 1861 and designed by the architect Philip Charles Hardwick, it has been in continuous use since. It is a Catholic cathedral; the city's other cathedral, St. Mary's Cathedral being Anglican.

Contact:

St. John's Cathedral
John's Square
Limerick
P: 061 317522

Roman Catholic: St. Michael's Church**Contact:**

St Michael's Church
Denmark Street
Limerick
P: 061 413315
E: stmlslk@eircom.net

Roman Catholic: St. Munchin's Church**Contact:**

Clancy Strand
Limerick
P: 061 455635 / 061 455133
E: stmunchinspresbytery@eircom.net
W: www.limerickdiocese.org/parish.html?pa=54

Roman Catholic: The Augustinian's Church**Contact:**

St. Augustine's Church
O'Connell Street
Limerick City
P: 061 415 374
E: osalimerick@eircom.net
W: www.augustinianslimerick.com/

Roman Catholic: **The Jesuits Church or Sacred Heart Church**

Contact:

The Jesuits' Church
The Crescent
O' Connell Street
W: institute-christ-king.ie/

Roman Catholic: **The Redemptorists (Mt. St. Alphonsus Church)**

Contact:

Redemptorist Church
Mount Saint Alphonsus
South Circular Road
Limerick City
P: 061 315099
E: msa@redemptorists.ie
W: www.redemptoristslimerick.ie

Roman Catholic: **St. Joseph's Church**

Contact:

O' Connell Avenue
Limerick city
P: 061 313401
E: stjosephsparishlk@eircom.net
W: www.stjosephsparish.ie

Roman Catholic: **St. Mary's Church**

Contact:

St. Mary's Church
Athlunkard Street
Limerick City
P: 061 416300

Roman Catholic: **St. Patrick's Church**

Contact:

St. Patrick's Church
Dublin Road
Limerick
P: 061 319477
E: parishparick@gmail.com

Roman Catholic, Dominican: **St. Saviour's Priory**

Contact:

St. Saviour's Priory

Glentworth Street

Limerick

P: 061 412333

E: oplimerick@eircom.net

W: www.dominicans.ie/2013-01-25-14-13-42/2013-01-14-15-54-58/limerick

United Presbyterian and Methodist: Christ Church

Christ Church is a united congregation of the Presbyterian Church in Ireland and the Methodist Church in Ireland. Worship services are at 11:30am on Sunday mornings.

Contact:

Christ Church, United Presbyterian and Methodist

51 O'Connell Street

Limerick

Co. Limerick

P: 061 325 325

W: www.christchurchlimerick.org/

Elevate Christian Church

Whether you have never been to church, you've been hundreds of times, or you are returning from a long absence, Elevate Christian Church invites you to get acquainted with Elevate.

Contact:

Elevate Christian Church

Limerick

Co. Limerick

P: 087 654 2558

W: www.ecclimerick.com/

Irish Mission Agencies Partnership

IMAP is joining together Irish mission agencies and the Irish Church to develop their desire to see the Gospel advanced in Ireland and abroad. "Resourcing world mission together."

Contact:

Irish Mission Agencies Partnership

86 The Fairways

Limerick

Co. Limerick

P: 087 294 9518

W: www.imap.ie/

Mid-West Interfaith Network**Our Purpose:**

The Mid-West Interfaith Network is a community of diversity and mutual understanding which endeavours to mirror the change we want to see in the world.

Our Vision:

To promote social justice, equality, diversity and understanding through respectful and informed dialogue, sharing ritual, education and social action.

Contact:

Mid-West Interfaith Network
C/O Doras Luimni
51 O' Connell Street
Limerick city
P: 061 310328
E: info@midwestinterfaith
W: www.midwestinterfaith.org

Mountain of Fire and Miracles Ministries

"MFM Ministries is a full gospel ministry devoted to the Revival of Apostolic Signs, Holy Ghost fireworks and the unlimited demonstration of the power of God to deliver to the uttermost."

Contact:

Unit 2B Kilmallock Enterprise Centre,
Kilmallock Road,
Limerick
Co. Limerick
P: 087 124 1520

World Outreach Christian Centre

"Our doors are open to people from all backgrounds who have a desire to connect with God in a personal way regardless of where they are on their spiritual journey. If you're at the beginning of your journey to know God or if you're a committed Christian that is looking for a church home that will strengthen and give aim to your faith - you may find World Outreach Christian Centre is the place for you. We invite you to worship with us this Sunday at 11.00am."

Contact:

World Outreach Christian Centre
A3 Corcanree Bus. Park
Dock Road
Limerick
Co. Limerick
P: 061 225 492
W: www.wocc.ie/

C. Ethnic Communities

Cameroon; **Association of Cameroonians Living in Limerick and Counties (ASCALI&Co.)**

ASCALI & Co. was founded in 2004 by Cameroonians living in Limerick and surrounding counties. The association exists to gather Cameroonians eager to build an interdependent group in which they will share their anguishes, sorrows and joys. The ASCALI & Co. helps with the integration of its members in Ireland through a service of reception, information and orientation.

Key Organisational Goals

Unification and integration of all Cameroonians in Ireland

Provision of support and resources to Cameroonian asylum seekers and refugees in limerick

Advocacy and support in the personal affairs of ASCALI&Co members through networks and relationships

Promotion and sharing of Cameroonian culture with Irish and other ethnic communities

Build the capacity of ASCALI&Co and its stakeholders

Contact:

Contact name: Pascal Mefinya (President)

P: 01 8727842

E: ncplimerick@newcommunities.ie

Ghana; **Irish Ghana Business & Cultural Association (Limerick)**

“We stand to assist in the integration of Congolese immigrants in Irish society and to empower individuals and communities to work towards the sustainable alleviation of poverty and its related causes in the Democratic Republic of Congo.”

Contact:

Contact name: Macaire Kingidila/ Jose Sendula Mulowayi

P: 01 8727842

E: info@irceg.com

W: www.irceg.com

India; **Mid-West Indian Irish Association**

The Mid-West Indian Irish Association is a non-profit organisation based in Shannon, Co. Clare, Ireland representing people with Indian connections in the Mid-West of Ireland. They strive to provide opportunities for integration and keep the Indian community spirit alive within our and our next generation.

Contact:

Shannon
County Clare

Chairperson: Gurmukh Singh Neote

P: 086 2605800

Latvia; Latvian Activity Centre Limerick

Latvian Children & Women Association (LCWA) is a non-profitable, non-racial, non-political and non-religious organization with a focus on promoting education, Latvian culture and integration in Ireland.

We have realized the need to create a platform of communication including children, youngsters and families to revive and to incorporate Latvian and Irish culture (language, lifestyles etc...) especially for families.

- To provide learning opportunities to improve Latvian people integration into the Irish society.
- To provide learning opportunities to improve children's ability to practice the Latvian language in mixed families.
- To network with the Local Government facilitate to facilitate access to public and private services.

Contact:

W: www.baltic-ireland.ie

Nepal; Nepalese Community Limerick

The Nepalese Community Limerick is made up of close to one hundred people, comprised of 40 families. The main objective of this community is to provide people with the necessary information required to adapt in a new environment in order to facilitate their integration into the Irish society.

The NCL focus is the welfare of its community members living in Ireland, their interaction with the host and non Irish communities.

Contact:

P: 01 6713639

E: rajthapa_5@hotmail.com

W: www.nepalicommunitylimerick.webs.com

Philippines; Limerick Filipino Community

"Our mission is to foster a healthy relationship, promote sportsmanship and mutual respect within the Limerick Filipino Community (LFC). To inspire its members to share and develop their skills, abilities and talents in different kinds of sports in order to make a progressive, effective, and beneficial impact in its relationships with the Irish community and the environment."

The LFC also organizes events such as festivals, competitions, and mass meetings every fourth Sunday of the month, and help immigrants to Ireland to settle in and integrate with the local Irish community.

Contact:

175 Elm Avenue
EVANWOOD
Golf-Links Road
Castletroy
County Limerick
P: 087 2302896
E: limerickfilipinocommunity@yahoo.ie

Poland; Irish Polish Cultural and Business Association**The following type of activities are organised by the association:**

- Regular business functions with guest speakers from leading businesses in Ireland and Poland with strong focus on our Local, Mid-West Region.
- Trade Seminars on investment opportunities.
- Regular communication with members on business issues, sectoral studies, and investment opportunities.
- Trade visits to Poland for IPCBA members.

Receptions at different locations, organising social events that assist in building business, social, and cultural links between Ireland and Poland.

Contact:

C/O Norman O'Leary & Co,
3rd Floor, River Front,
Howley's Quay,
Limerick
P: 086 7290303
E: justys33@yahoo.co.uk

Romanian; Irish Romanian Cultural & Business Association**Contact:**

Maria Plamada
P: 01 8727842
W: www.ircba.ie

Swaziland; Swazi People of Ireland Limerick**Contact:**

Maurice Sukati
P: 01 8727842

Igbo Union Limerick

Igbo community in Limerick.

Contact:

Abraham Seigu
P: 01 8727842

Odua Foundations Limerick

Yoruba community.

Contact:

Gbola Gade
P: 01 8727842

Ethnic Liaison Officers; An Garda Síochana**Contact:**

Henry Street Garda Station
Henry Street
Limerick
P: 061 212400

Ethnic Liaison Officers in Limerick

- Brazilian Community – Garda Liz McCarthy - 061 456980
- Cameroon and Congolese communities – Garda Tom Dilleen - 061 212400
- Filipino and Nepalese communities – Garda Diane McGauley - 061 212400
- Indian Community – Garda Eoin O’ Connor – 061-214340
- Latvian and Lithuanian communities – Garda Donal Meade - 061 212400
- Nigerian community – Garda John Noonan - 061 456980
- Polish Community – Garda Denise Haverty – 061 212400
- Romanian Community – Garda Liz Gallivan - 061 212400
- Russian community – Garda Michael Hennessy - 061 415342

E: limerick_community_policing@garda.ie

Travellers; Limerick Travellers Development Group

Working towards a partnership of Travellers and members of the majority population based on a respect for Traveller culture with the aim of promoting Travellers rights, dignity, and equality.

Contact:

30 Castle Park
Moyross
Limerick

Travellers; Riverside Senior Traveller Training Centre

The centre caters for girls and women from 15 years up to any age. Our Aims are to respond to the educational and developmental needs of all students from the travelling and settled community. To facilitate the provision of FETAC Certificate / Record of Achievement. To equip students with life related & employment skills.

Travellers; Traveller Health Programme

Working in partnership with the HSE and the City of Limerick VEC, this programme supports Traveller women to develop knowledge and skills in the area of community-based health. Taster courses ran throughout summer 2011. 15 participants have since progressed to a two year training course which commenced in September 2011. On completion of the training course, participants will work as Traveller Health Advocates in their local communities. PAUL supports the programme through its involvement in the steering committee and the employment of the project Coordinator.

Contact:

PAUL Partnership
(People Action Against Unemployment Limited)

Registered Office:

Unit 25a, Tait Business Centre,
Dominic Street,
Limerick.

P: 061 419 388

Email: info@paulpartnership.ie

Fax: +353 (0)61 418 098

W: www.paulpartnership.ie

D. LGBT**GOSHH: Gender, Orientation, Sexual Health, HIV**

GOSHH provides a range of services for LGBTQ people and these include:

- Support for LGBTQ individuals and couples
- Information and education around male to male and/or female to female safer sex practices
- Counselling – under certain circumstances
- Referrals to other LGBT support and counselling agencies in the Mid-West region
- Training for LGBT groups

- Training for agencies/groups around LGBT issues
- Training on sexual health issues
- Access to condoms, lube, glyde dams, gloves and female condoms
- Drop-in service
- Confidential Helpline **061 316661**
- Services for young people

Contact:

P: 061 314354

CONFIDENTIAL HELPLINE 061 316661

Redwood Place

18 Davis Street

E: info@goshh.ieW: www.goshh.ie**BeLonG To**

BeLonG To is the national organisation for Lesbian, Gay, Bisexual and Transgendered (LGBT) young people, aged between 14 and 23

Our Mission is:

To provide safe and fun services to LGBT young people across Ireland, which:

Facilitate them through exploration, development and growth

Enable them to access their rights as equal citizens

Empower them to participate as agents in positive social change

And to provide advocacy and campaigning voice so that society respects LGBT young people as full and valued members.

Limerick LGBT Youth Group

The group is aimed at young persons under 18 who want to meet with others of their own age grouping in a safe and secure environment. We also run an adult group for over 18's every Tuesday from 7.30 to 9.30 pm

The aim is to allow LGBT young people to meet and socialise in a safe, supportive environment that is free from prejudice, discrimination and social exclusion.

The group provides a programme of activities specific to the needs of the group that includes information and awareness sessions, practical skills in an information sharing environment that promotes learned knowledge.

The group also aims to provide increased levels of self - esteem and skills capacity of the young people to empower them to challenge discrimination and prejudice and To combat loneliness, isolation and depression, the support of each other in self - acceptance and fears around 'coming - out'.

Contact:

P: 085 285 0107 / 061 310 101

W: www.belongto.org/group.aspx?sectionid=82#

Limerick LGBT Social Group Meetup

This is a group for lesbian, gay, bi and transgendered people to come and make new friends and meet other people who are part of the LGBT community in Limerick

Contact:

W: www.meetup.com/Limerick-LGBT-Social-Group-Meetup/

E. Older People

DIY Services for Older People; Care and Repair

The Limerick City Care and Repair Project provides minor repair and maintenance services to older people by using a pool of trustworthy volunteers and handypersons. The Project is currently being piloted in the Our Lady Queen of Peace area of Limerick City.

Limerick City Care and Repair Programme consists of two services:

- a) The Repair Service (Minor Repair Service: 061-324703 / 087-3906793)
- b) The Trades Referral Service (a register of reliable and honest tradespersons)

Contact:

PAUL Partnership

(People Action Against Unemployment Limited)

Registered Office:

Unit 25a

Tait Business Centre,

Dominic Street,

Limerick.

P: 061 419 388

E: info@les.ie

W: www.paulpartnership.ie/employment/local-employment-service/

Helpline and Counselling; Senior Help Line

Senior Help Line is a confidential listening service for older people by trained older volunteers for the price of a local call anywhere in Ireland, LoCall 1850 440 444.

Senior Help Line's vision and mission is that every older person in Ireland would know the LoCall number, call if they need us and receive an empathic response. The lines are open every day from 10am to 10pm.

Contact:

P: 1850 440 444

W: www.thirdageireland.ie

Social Group; Mount Mercy Day Care Centre

Our aim is to provide a warm, friendly, caring environment for our elderly citizens. Mount Mercy is a place where all are welcome and the volunteers and staff co-operate to enhance the lives of those who avail of the service offered. Every effort is made to cater for physical, psychological and spiritual needs so that participants will look forward to their time here and look on it as a welcome relaxation and social occasion.

Contact:

O' Connell Avenue
Limerick City
P: 061 415750

Social Group; Holy Family Parish Senior Citizens**Contact:**

19 Maigue Way
Carew Park
Southill
Limerick
P: 061 412852 / 087 9783848

Active Citizenship; Limerick Seniors Forum

The Limerick Seniors Forum is a forum of older people in Limerick City and County who have come together to voice their concerns about issues affecting their everyday lives. The Forum aims to represent the needs, issues and potential of older people in Limerick through the coordination of local resources and structures and the empowerment of older people to represent their own interests. We meet on the second Tuesday of each month in City Hall. Their overall aim is to promote active citizenship among older people (55+) by strengthening older persons' capacity to advocate and engage with decision makers.

Contact:

Limerick Seniors Forum
Unit 25a
Dominic Street
Limerick
P: 061 419388
E: limerickseniorsforum@gmail.com
W: www.limerickseniorsforum.com

Active retirement; Temperance Hall Senior Citizen's Active Retirement Club**Contact:**

Temperance Hall
New Road
Thomondgate
Limerick
P: 061 453104

Active Retirement; **Limerick City Active Retirement**

Contact:

Mary Smith Aherne
 St. Joseph's
 O'Connell Avenue
 Limerick
 P: 085 7121855 / 061 301940

Active Retirement; **Third Age – Fáilte Isteach**

Fáilte Isteach is a community project with older volunteers welcoming new migrants through conversational English classes. The programme utilises the skills, talents and expertise of older volunteers and harnesses their desire to contribute positively to society.

Fáilte Isteach works at breaking down the barriers that migrants and communities face by extending the hands of friendship and goodwill through the practical, welcoming and inclusive manner in which the programme is delivered. Fáilte Isteach provides more than the transfer of skills and knowledge. It is making a positive difference to everyone involved

Contact:

Limerick city – Every Wednesday 10am-12pm

Contact:

Christchurch Hall
 51 O'Connell Street
 Limerick city (behind Doras Luimni)
 P: 083 1137426
 E: filimerick@gmail.com
 W: www.thirdageireland.ie/what-we-do/13/fcailte-isteach/

Limerick Newcastle West – Every Wednesday 7:30-9:30pm

Contact:

Desmond Complex
 Newcastle West
 Limerick
 P: 069 66298
 E: iocallaghan@wlr.ie
 W: www.thirdageireland.ie/what-we-do/13/fcailte-isteach

F. Physically / Mentally challenged

Community and Job Placement; **Brothers of Charity Services**

The Brothers of Charity Services in Limerick City and West Limerick provide a range of services that contribute to the enhancement of the lives of many individuals with intellectual disabilities and their families. These include residential facilities, work training and placement, leisure and lifestyle activities, respite, physical and intellectual

training, assessment, advisory and limited counselling services, family support, public awareness and education.

Contact:

Blackberry Park Ballykeeffe Dock Road Limerick

P: 061 487080

E: bobsillery@limerick.brothersofcharity.ie

W: www.brothersofcharity.ie/limerick/

Community and Mobility; Irish Wheelchair Association

The Irish Wheelchair Association (IWA) was founded in 1960 by a small group of wheelchair users committed to improving the lives of people with physical disabilities in Ireland. IWA has gone on to become an important provider of quality services to people with limited mobility throughout the country.

Today, our association is made up of a vibrant network of 20,000 members and 2,300 staff, as well as many dedicated volunteers. Together we work to achieve greater independence, freedom and choice for people living with a disability.

Contact:

Unit 10 Docklands Business Park

Dock Road

Limerick

P: 061 313691

E: limerick@iwa.ie

W: www.iwa.ie

Community and Special Services; Deaf Community Centre

DCC aims to promote participation of the Deaf community in education, community, social and cultural activities with Irish Sign Language (ISL) as the main language of communication.

DCC strives to improve the social integration of Deaf people and hearing people with the provision of facilities for entertainment, social, cultural and educational events and functions.

Advocacy and assistance are also important to us; DCC is proud to be able to provide support, advice and information in ISL. Anyone who needs assistance or support to fill in forms or make a phone call is welcome to call in to the centre.

DCC provides information about a broad range of services available to the Deaf community, as well as information about Irish Sign Language and Deaf culture for hearing people.

Contact:

96A O'Connell Street

Limerick

P: 086 7348641 (text only) / 061 469854

E: info@dcclimerick.eu

W; www.dcclimerick.eu

Community and Special Services; DeafHear.ie

This Family Support Service is comprised of professionally qualified Social Workers and Family Support Workers who are familiar with all aspects of deafness and hearing loss. We also support families with children newly diagnosed with a hearing loss.

- Hearing and Communication therapy is for a person who experiences a loss of hearing either traumatically or over time; this is often accompanied by loss of confidence, social withdrawal, employment worries and difficulties communicating with family and work colleagues.
- The Assistive Technology (Deaftech) is DeafHear's specialist assistive technology service for Deaf and Hard of Hearing people. Assistive technology can benefit Deaf and Hard of Hearing people greatly in their day-to-day lives by helping them overcome everyday difficulties arising from their hearing loss.
- For example, Deaftech, through our national network of Resource Centres, provides a variety of assistive technology such as vibrating alarm clocks, TV listening devices, flashing doorbells and personal communication devices.
- For people who have Tinnitus we offer Tinnitus Retraining Therapy on a 1-1 basis. You can be referred to this service after you have seen an ENT consultant.

Contact:

DeafHear

1st Floor

4 Henry Street

Limerick

P: 061 467494

F: 061 467497

E: limerick@deafhear.ieW: www.deafhear.ie**Job Placement; EmployAbility Limerick**

Employability Limerick is committed to providing a professional employment service for people with disabilities. They endeavour to satisfy the recruitment needs of local employers. Their aim is to be client focused at all times.

Contact:

EmployAbility Limerick

First Floor

Pillar House

Little Ellen Street

Limerick

P: 061 493095

E: info@employabilitylimerick.ieW: www.employabilitylimerick.ie**Special Services; Enable Ireland**

Enable Ireland provides free services to children and adults with disabilities and their families. Covering childhood to adulthood our expert teams work with the individual and their family on a plan for each life stage. These services are offered from 40 locations in 14 counties. Their expert teams work with the individual and their family on a plan for each life stage.

Their services for children and their families cover all aspects of a child's physical, educational, and social development from early infancy through adolescence. For adults they offer a range of services covering personal development, independent living, supported employment, social and leisure activities.

The demand for their services continues to increase throughout Ireland. They have set themselves the challenging goal of meeting these needs by providing a full range of high quality services, and expanding into local communities.

Contact:

Enable Ireland
Blackberry Park
Ballykeeffe
Limerick
P: 061 498147
E: admin.midwest@enableireland.ie
W: www.enableireland.ie

G. Sports Teams/ Clubs

Athletics; Dooneen Athletics Club**Contact:**

30A Fortfield
Raheen
Limerick
E: dooneenac@elive.ie
W: www.dooneenathleticclub.com

Athletics; Emerald Athletics Club**Contact:**

University Arena
University of Limerick
Castletroy
Limerick
P: 085 1541095
W: www.emeraldac.ie

Badminton; Shuttle Badminton Club**Contact:**

CBS School
Rice Hall
Sexton Street
Limerick
P: 087 2144190
E: shuttlebadmintonclub@gmail.com

Basketball; Limerick Lions Basketball Club

Contact:
3 The Crescent Huntsfield
Dooradoyle
Limerick
P: 087 9601049 / 061 300549
E: hgcoyne@eircom.net
W: www.limericklions.com

Boxing; Oil St Saviours Boxing Club

Contact:
C/O Dominicans
Glentworth St
Limerick
P: 085 1858463
E: shanerdao@live.ie

Cycling; Limerick County Cycling Club

Contact:
E: limerickcc@gmail.com
W: www.limerickcc.com

Dance; Salsa Nation

Contact:
The SinBin
Howley's Quay
P: 087 9799671
W: www.salsanation.ie

GAA; Ballinacurra Gaels GAA Club

Contact:
27 Lifford Gardens
South Circular Road
Limerick
P: 086 1742584
E: secretary.ballinacurragaels.limerick@gaa.ie

Gym; Bee Fit Gym

Find a complete gym workout and variety of fitness classes. Running wide range of fitness classes: Zumba, Pilates, Cardio Core, Pulse Cycle, Kickbox Burn, Swiss Ball and many more.

Contact:

Delta Retail Park

Ballysimon

Limerick

P: 061 603773

E: info@beefitgyms.com

W: www.beefitgyms.com

Yoga; Bikram Yoga Limerick**Contact:**

Delta Sports Dome, Delta Retail Park

Ballysimon Road, Limerick

P: 061 603 634

W: www.bikramyogalimerick.ie

Targeting injustice through sport; Show Racism the Red Card – Ireland

Show Racism the Red Card is an anti-racist charity that has been growing from 1995. Show Racism the Red Card is now present in United Kingdom, Norway, Sweden, Finland, Denmark and Ireland.

The aim of our organisation is to produce anti-racist educational resources, which harness the high profile of professional footballers to combat racism. Our educational materials are very accessible and have been very successful.

The campaigns in each country have education through sport as a common goal but draw on different local resources to get the message across. So in Ireland, the involvement of the Gaelic Players Association and Irish Rugby Union Players Association is of great importance to us.

Contact:

Show Racism the Red Card

Carmichael Centre for Voluntary Groups

North Brunswick Street

Dublin 7

E: info@theredcard.ie

W: www.theredcard.ie

Targeting injustice through sport; SARI - Sport Against Racism in Ireland

SARI is a not for profit organisation with charitable status, that was set up in 1997 as a direct response to the growth of racist attacks from a small but vocal section of people in Ireland.

Our aims:

- Present sporting and cultural events that bring together people from different cultures and backgrounds
- Create opportunities for young people to participate in social integration projects at home and abroad
- Promote intercultural dialogue and celebrate cultural diversity through projects in schools
- Encourage government agencies and national sports bodies to adopt anti-racism measures and inclusion of policies and practices

Contact:

135 Capel Street
Dublin 1
Ireland
P: 01 873 5077
E: info@sari.ie
W: www.sari.ie

H. Libraries

Limerick City Library

The collection of items available for loan includes large print and talking books and a broad selection of language courses on cassette/CD including French, German etc. You don't have to join the library if you just want to browse, find information or use the resources available for research or project work. Once a member, adults and secondary students may borrow up to 6 items (this can include books, audio material or a maximum of 3 DVD's), and children up to 4 items on loan at any one time. Items can be borrowed for two weeks and can be renewed, by phone or on the Internet for longer if not required by another user.

Contact:

The Granary
Michael Street
Limerick City
P: 061 407510
F: 061 411506
E: citylib@limerickcity.ie

Dooradoyle Library

Limerick Library Services provides for the culture, education, information, learning, recreation and study needs of people of all ages in the county. The aim of the library service is to act as a focal point for social and cultural life by extending the joys of reading, lifelong learning and discovery to all.

Contact:

Dooradoyle
Co. Limerick

Doras Luimní

Directory of Services: Limerick City Centre

P: 061 496860

E: dooradoylelibrary@limerick.ie

Foynes Library

Contact:

Foynes

Co. Limerick

P: 069 65365

E: foyneslib@eircom.net

Watch House Cross Community Library

Watch House Cross Community Library supports lifelong learning by providing a space that encourages a love of reading and promotes literacy, culture and information access on the north side of Limerick City.

Contact:

Watch House Cross Shopping Centre

Moyross

Limerick

P: 061 457726

E: patricia.cusack@limerick.ie

V. Vocational Training / Job Placement / Volunteering

General Services; **Department of Social Protection Employment Services / Intreo**

To assist unemployed people to find employment or to return to the workforce and meet the skill needs of employers by referring unemployed people to relevant training programmes.

Queries relating to the initiatives listed below should be directed to the Department of Social Protection's Employment Services/Intreo Offices. Contact details are available on www.welfare.ie

- Find a job/Advertise a job (**Jobs Ireland**)
- Job seeking tools
- National Internship Scheme (**JobsBridge**)
- Community Employment (**CE**)
- Supported Employment
- Job Initiative
- Jobs Clubs
- Employment Services Offices and LES Offices

Education & Training Boards have taken over responsibility for the management of training delivery. This includes Training Centres, Contracted Training and funding for Community Training Centres, Local Training Initiatives and Specialist Training Provision. Training will continue as normal and learners will not be affected by this change

Contact:

Dominic Street

Limerick

P: 061 212200

W: www.welfare.ie/en/Pages/jobseekers_home.aspx

General Services; **Local Employment Service (LES)**

The Local Employment Service and Limerick Adult Guidance Service offers a one-to-one service to clients to explore their employment needs and agree what training, education or upskilling may be needed to gain employment. The service works with each person to meet their individual needs and is free to all clients and includes up to date information on a range of options and employment incentives, job mediation and guidance counselling, placement and aftercare following job placement.

The LES offers a service to employers to assist them in their recruitment and to help provide employment opportunities to our job seeking clients.

Job seekers can access the full range of LES services from any one of the offices in the city centre; Southill; Our.Lady of Lourdes, St. Mary's and on the Northside at Watch House Cross.

Contact:

PAUL Partnership

(People Action Against Unemployment Limited)

Registered Office:

Unit 25a

Tait Business Centre,

Dominic Street,

Limerick.

P: 061 419 388

E: info@les.ie

W: www.paulpartnership.ie/employment/local-employment-service/

General Services; Limerick Resource Centre for the Unemployed
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Congress Centre for the Unemployed established in 1987. Services include welfare rights, information, adult education, & computer training. Also CV typing and LES contact point.

Contact:

Unit 6 Hunts Lane

Dominic Street

Limerick

P: 061 416056

E: lrcu@eircom.net

Special Services; EmployAbility Limerick

Employability Limerick is committed to providing a professional employment service for people with disabilities. They endeavour to satisfy the recruitment needs of local employers. Their aim is to be client focused at all times.

Contact:

EmployAbility Limerick

First Floor

Pillar House

Little Ellen Street

Limerick

P: +353 61 493095

E: info@employabilitylimerick.ie

W: www.employabilitylimerick.ie

Vocational Classes; Limerick City Adult Education Service
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Limerick City Adult Education Service is the leading provider of Adult Education in Limerick City. We offer full-time and part time courses, and a range of learning supports,

to over 4000 learners in 2 City Centre locations, more than 70 outreach venues and our Education Unit in Limerick Prison.

Our Learning Programmes are:

- For adults who wish to return to education
- Provided at low or no cost
- Run in venues and at times that suit learners
- Certified (as appropriate), at Levels 1 to 6 on the National Framework
- Focused on General Education and Generic/Transferable Skills
- Designed to Offer a variety of progression options and routes
- Designed and delivered in co-operation with our many partners

We integrate Adult Education Information and Guidance into all our learning programmes and have an Information and Guidance Service based in O'Connell Avenue, with outreach services in Northside, Southside and City Centre areas.

Contact:

Limerick City AES

O'Connell Avenue

Limerick

P: +353 61 445700

E: info@limerickcityaes.ie

W: www.limerickcityaes.ie

Volunteer placement; Volunteer Limerick

Volunteer Centres provide a placement service between individuals and groups who want to undertake voluntary activity and organisations that are seeking to involve volunteers. Their primary function is to match individuals and groups interested in volunteering with appropriate volunteering opportunities. To do this, they offer advice and support to both volunteers and volunteer-involving organisations through a range of services that include information provision, consultation, training and Garda Vetting.

Contact:

Limerick Volunteer Centre

Unit 40

Tait Business Centre

Dominic Street

Limerick

P: 087 7387481

E: paul@volunteerlimerick.ie

W: www.volunteerlimerick.ie

VI. Health

A. Addiction

Addiction; **Al-Anon**

Al-Anon offers understanding and support for families and friends of problem drinkers in an anonymous environment, whether the alcoholic is still drinking or not. The parents, children, wives, husbands, friends and colleagues of alcoholics could all be helped by Al-Anon and Alateen whether or not the drinker whether or not the drinker in their lives recognises that a problem exists.

At Al-Anon group meetings, members receive comfort and understanding and learn to cope with their problems through the exchange of experience, strength and hope.

Al-anon is self-supporting through members' voluntary contributions and the sale of its literature. The groups are non-professional and have no religious or other affiliations and no opinions on outside issues.

Alateen is part of the Al-Anon fellowship and is for young people, aged 12-17 inclusive, who are affected by a problem drinker.

Monday

Family Resource Centre, Knockainey Road, Hospital Town, 8.00 pm

Reparation Convent, Laurel Hill Ave, South Circular Road, Limerick, 8.30pm

(Polish speaking only) St. Michael's Church Pastoral Centre, Denmark Street, 8.00pm

Tuesday

St Michael's Pastoral Centre, Denmark Street, Limerick, 11.00 am

The Parish Office, Limerick Road, Abbeyfeale, 8.30 pm

Thursday

Reparation Convent, Laurel Hill avenue, Limerick, 8.00 pm

Friday

St Michael's Pastoral Centre, Denmark St, Limerick, 11 am

Contact: (Dublin)

Al-anon Information Service

5 Capel Street,

Dublin 1

Ireland

Helpline: 01 8732699 (10 am to 10 pm every day)

Centre: 01 8783624 (10:30 am to 14:30 pm Monday to Friday)

Addiction; **Ana Liffey Drug Project**

Their vision is for a society where all people affected by problem substance use are treated with dignity and respect and have access to quality services. Their mission is to work with people affected by problem substance use and the organisations that assist them. They do this to reduce harm to individuals and society, and to provide opportunities for development of those individuals and organisations.

Contact:

The Gables
Fairgreen
Limerick
P: 01 960 3008 or Freephone 1800 78 68 28
W: www.aldp.ie

Addiction; Saoirse Addiction Treatment Centre

Saoirse Addiction Treatment Centre is a specialist provider of addiction counselling and programmes for alcohol, drugs and gambling.

Contact:

Saoirse Addiction Treatment Centre
18B Davis Street
Limerick City
P: 085 8184590
W: www.saoirse.ie

Addiction recovery; NOVAS Service, Community Detox

Providing support and services to people seeking to detox from prescribed and non-prescribed medication in the mid-west region. Novas staff provide emotional and practical support, and concerns regarding relapse and overdose are addressed through an individual care plan tailored to each client's individual needs.

Contact:

Mid West Community Detox
Novas Initiatives
McGarry House
7 Alphonsus St
Limerick.
P: 061- 061 467481 or 083 1232378
E: dan.taylor@novas.ie

Addiction; Respite House - Novas

Respite House recognises the impact of alcohol and drug misuse and its effect on the family's ability to cope with the challenges they face in their lives. The service is aimed at families living in the Limerick area. The service we offer supports a belief in the family's ability to adapt to circumstances and re-establish their priorities in relation to their loved one's addiction and the impact this has had on their family life.

Contact:

The Respite House
Novas Initiatives
Inchidrinagh
Newport

Co.Tipperary

P: 061 624878 or 083 3854846

E: caroline.carey@novas.ie; martina.cusack@novas.ie

B. Arthritis

Arthritis; **Arthritis Ireland - Limerick Branch**

Enabling people with arthritis to take their lives back. They provide real solutions; empower people with arthritis and those caring for them to take positive actions to manage the effects of their disease on their lives.

Contact:

Arthritis Ireland

C/O Ann Allen

Mill Road

Rosbrien

Limerick

P: 086 8728443

E: info@arthritisisireland.ie

W: www.arthritisisireland.ie

C. Attention Deficit Disorder

ADD; **Attention Deficit Disorder Mid-West Support Group**

This support groups operate at a local level and provide services such as information, advice and emotional support to families of children with AD/HD.

Contact:

Office Unit 11

L.E.D.P.

Roxboro Road

Limerick

P: 061 312621

E: addmidwest@eircom.net

W: www.incadds.ie

D. Autism

Autism; **Dóchas (Hope for People with Autism)**

Dóchas is an advocacy and information centre for autism in the Mid-West region of Ireland, situated in Limerick City. They offer information and advocacy to members and host a monthly parent support group meeting on the second Wednesday morning of each month at 11am.

They also offer social clubs to children and young people with ASD.

Contact:

3rd Floor

Ivernia Hall

97 Henry Street

Limerick

P: 061 315566

E: asddochas@eircom.net

W: www.dochas.net

E. Epilepsy

Epilepsy; **Brainwave - The Irish Epilepsy Association**

Brainwave was established in 1966 by a group of individuals concerned with improving the quality of life of people with epilepsy in Ireland. Brainwave's vision is to achieve a society where no person's life is limited by epilepsy.

Objectives:

- To provide support, information and advice to people with epilepsy.
- To provide information and advice to health professionals in dealing with epilepsy.
- To improve public understanding of epilepsy (in order to eliminate fear and prejudice) through awareness campaigns and education programmes.
- To undertake, encourage and assist research into the causes of, cure for and management of epilepsy and into the social and psychological effects of the condition.
- To promote legislative and civil rights for people with epilepsy and to campaign to eliminate all discriminatory practices and policies affecting them.
- To assist in the development of support groups for people with epilepsy in the area of training and employment.
- To provide information on issues related to driving: insurance, changing legislation.
- To provide practical aids to people with epilepsy (pillows, bracelets).
- To operate as a public forum and an advocate for the condition of epilepsy.

Contact:

Social Services Centre

Henry Street

Limerick

P: +353 61 313773

E: brainwavelk@eircom.net

W: www.epilepsy.ie

F. Family Planning

Family Planning; Limerick Family Planning Clinic Ltd.

The Limerick Family Planning Clinic provides exceptional patient care in an environment where quality, respect and compassion are at the centre of what we do. At the Limerick Family Planning Clinic, we understand that each person is a unique individual and we focus on the particular needs in relation to family planning and sexual health. Whether you need contraception advice, smear test, sexual health advice or screening, we will offer you the best service we can. We have a dedicated, competent and talented team of doctors, nurses and administration staff who are always willing to be of assistance.

Contact:

Limerick Family Planning Ltd
27 Mallow Street
Limerick
P: 061 312026
E: limerickfamilyplanning@eircom.net
W: www.limerickfamilyplanning.ie

G. General Health**General Health; Health Promotion Centre****HSE Health Centres in Limerick**

The HSE provides a wide range of community services from Health Centres, in every community of Ireland. At your Health Centre, you can apply for services, meet your Public Health Nurse, see a Community Welfare Officer, and find information about health and personal social services.

Abbeyfeale Health Centre, Abbeyfeale, Co. Limerick

Tel: 068 31309
Opening Hours: Mon - Fri 9.30-10.30
Wheelchair-accessible: Yes

Adare Health Centre,

Tel: 061 396 442

Annacotty Health Centre, Annacotty, Co. Limerick

Tel: 061 331 710
Opening Hours: N/A

Askeaton Health Centre, Askeaton, Co. Limerick

Tel: 061 398 233

Opening Hours: Mon - Fri 9.30-5.00

Wheelchair-accessible: Yes

Ballylanders Health Centre, Ballylanders, Co. Limerick

Tel: 062 46849

Opening Hours: Mon, Tues, Wed, Fri 9.30-10.30, Thur 9.30-1.00

Wheelchair-accessible: Yes

Ballynanty Health Centre Kileely Road, Ballynanty Beg, Limerick City, Co. Limerick

Tel: 061 457 100

Opening Hours: Mon - Fri 9.30-1.00 & 2.00-5.00

Wheelchair-accessible: Yes

Ballycummin Health Centre

Tel: 061 464 432

Bruff Health Centre, Bruff, Co. Limerick

Tel: 061 382 218

Opening Hours: Mon - Fri 9.30-10.30

Wheelchair-accessible: Yes

Bishop Street Health Centre

Tel: 061 417 054

Caherconlish Health Centre, Caherconlish, Co. Limerick

Tel: 061 351 899

Opening Hours: Mon - Fri 9.00-12.00

Wheelchair-accessible: Yes

Cappamore Health Centre, Cappamore, Co. Limerick

Tel: 061 381 371

Opening Hours: Mon - Fri 9.30-1.00 & 2.00-5.00

Wheelchair-accessible: Yes

Castleconnell Health Centre, Castleconnell, Co. Limerick

Tel: 061 377 656

Opening Hours: Wed 2.00-5.00

Wheelchair-accessible: Yes

Croom Health Centre, Croom, Co. Limerick

Tel: 061 397 206

Opening Hours: Mon - Fri 9.30-10.30

Doon Health Centre, Doon, Co. Limerick

Tel: 061 380 031

Opening Hours: N/A

Dooradoyle Health Centre

Tel: 061 482 600

(Please note: this refers to the new centre. The Old Dooradoyle Health Centre houses the Occupational Health Department, HSE West (MW Area), which provides health protection advice and services to staff of the HSE West based in Limerick, Clare and North Tipperary.)

Dromcollogher Health Centre

Tel: 063 83 404

Foynes Health Centre, Foynes, Co. Limerick

Tel: 069 65500 / 65542

Opening Hours: Mon - Fri 9.30-10.30 & 4.00-5.00

Galbally Health Centre

Tel: 062 370 72

Glin Health Centre, Glin, Co. Limerick

Tel: 068 34305

Opening Hours: N/A

Hospital Health Centre

Tel: 061 383 031

Kilmallock Health Centre, Kilmallock, Co. Limerick

Tel: 063 98192

fax: 063 98360

Opening Hours: Mon - Fri 9.30-1.00 & 2.00-5.00

Wheelchair-accessible: Yes

Kings Island Primary Care

Tel: 061 483 020

Limerick City Health Centre, O'Malley Park, Limerick City, Co. Limerick

Tel: 061 410 988

Opening Hours: Mon - Fri 9.30-1.00 & 2.00-5.05

Wheelchair-accessible: Yes

Health Centre, Bishop Street, Limerick City, Co. Limerick

Tel: 061 417 054

Opening Hours: Mon, Tue, Fri 9.30-10.30, Thur 2.00-4.00

Wheelchair-accessible: Yes

Milford Castletroy Health Centre

Tel: 061 338071

Moyross Health Centre, Limerick City, Co. Limerick

Tel: 061 326 010

Opening Hours: Mon - Fri 9.30-1.00 & 2.00-5.00

Wheelchair-accessible: Yes

Murroe Health Centre, Murroe, Co. Limerick

Tel: 061 386 299

Opening Hours: Every 4th Thurs 2.00-4.00

Wheelchair-accessible: Yes

Newcastle West Health Centre, Newcastle West, Co. Limerick

Tel: 069 62155

Opening Hours: Mon - Fri 9.00-1.00 & 2.00-5.00

Wheelchair-accessible: Yes

Oola Health Centre, Oola, Co. Limerick

Tel: 062 47845

Opening Hours: N/A

Rathkeale Health Centre, Rathkeale, Co. Limerick

Tel: 069 64308

Opening Hours: Mon - Fri 9.30-10.30 & 4.30-5.20

Wheelchair-accessible: Yes

Roxtown Health Centre, Old Clare Street, Limerick City, Co. Limerick

Tel: 061 417 622

Opening Hours: Mon - Fri 9.30-1.00 & 2.00-5.05

Wheelchair-accessible: Yes

Health Promotion Centre

HSE West

Parkview House

Pery Street

Limerick

P: 061 483215

E: LIMHP@mailh.hse.ie

W: www.hse.ie

General Practitioner – Free GP Services

A free GP service is available for people who do not have a medical card or any GP access. The clinic provides basic GP services, contraception, STI testing and vaccination.

The clinics are open:

Wednesday: 1430-1700 - at Ana Liffey service at Fairgreen, Ballysimon Road (beside Tubs'n'Tiles) enquiries to Rachel Conway 085-1559158

Thursday: 1430-1700 at SVP drop-in centre behind SVP headquarters in Ozanam House, Hartstonge St. Enquiries to Tom Flynn 061-313557.

The clinics were set up as part of the work of the Partnership for Health Equity (UL Graduate Entry Medical School, the HSE and the North Dublin City GP Training Scheme).

H. Mental Health

Mental Health; GROW (Community Mental Health)

GROW is a Mental Health Organisation which helps people who have suffered, or are suffering, from mental health problems. Members are helped to recover from all forms of mental breakdown, or indeed, to prevent such happening. GROW, founded in Australia in 1957 by former mental sufferers, has a national network of over 130 groups in Ireland. Its principal strength is the support members give each other from their own experience in matters to do with mental health. GROW is grant aided by all of the Health Boards and by the Department of Health and Children.

Contact:

65 O'Connell Street

Limerick

P: 061 318813

E: midwesternregion@grow.ie

W: www.grow.ie

Mental Health services; **HSE**

It is estimated that one in four of us will experience some mental health problems in our lifetime, from a low period, to more serious depression, to a small number who will experience severe mental health problems. If you feel persistently sad, have trouble sleeping or experience unexplained aches and pains, you should visit your GP for advice. Most people are treated by the GP alone, unless more support, for example, therapy services, is required, in which case you may be referred to some of the following day and hospital services.

St. Joseph's Psychiatric Hospital, Mulgrave Street, Limerick (061) 416 166

Ivy Gate Day Centre, Kilmallock, Co. Limerick (063) 98849

Iniscara Day Centre, St. Josephs Street, Limerick (061) 312 552

Ashleigh Lodge, St. Joseph's Hospital, Limerick (061) 461 409

2 Beechill, Roxboro, Limerick (061) 416 166 (ext. 3370)

Ferndale, Dooradoyle, Limerick (061) 229 940

Ivernia House, Croom, Co. Limerick (061) 397 080

29/30 John's Gate Village, Limerick (061) 415 909

7 Lansdowne Park, Ennis Road, Limerick (061) 327 033

New Strand House, Ennis Road, Limerick (061) 325 383

29 Norbiton Hill, Raheen, Limerick (061) 309 825

O'Connell House, Newcastle West, Limerick (069) 62444

"Roma", 2 Shelbourne Road, Limerick (061) 455 634

14 St. Joseph's St., O'Connell Ave, Limerick (061) 319 982

"The Lodge", Ferndale, Dooradoyle, Limerick (061) 482 637

1/2 Vizes Court, St. Joseph's St., O'Connell Ave, Limerick (061) 483 294

Day Centres

Opening Hours 9.00am - 5.00pm

Belfield, Ennis Road, Limerick Tel: (061) 455 384

Gerald Griffin House, Gerald Griffin Street, Limerick Tel: (061) 416 044

O'Connell House, Newcastle West, Limerick Tel: (069) 62444

Day Hospitals

Opening Hours 9.00am - 5.00pm

Churchtown, Newcastle West Tel: (069) 61799

Kilmallock, Railway Road, Kilmallock Tel: (063) 98668

St. Anne's, Roxboro Road, Limerick Tel: (061) 315 177

Tevere, Shelbourne Road, Limerick Tel: (061) 452 971

Willowdale, Raheen, Limerick Tel: (061) 302 248

I. Sexual Health

Sexual Health - STI Screening; **HSE**

HSE public STI screening services are almost exclusively based in hospitals and special community clinic settings around Ireland and are free. In places some GP practices and family planning services may provide STI testing services for a fee

By appointment only: Tuesdays, Thursdays and Fridays, 9:00am. Thursdays 2:00pm

Contact:

Regional Hospital

Dooradoyle

Limerick City

P: 061 482 382

W: www.hse.ie/eng/services/list/5/Sexhealth/

J. Travellers' Health

Travellers' Health; **Traveller Health Programme**

Working in partnership with the HSE and the City of Limerick VEC, this programme supports Traveller women to develop knowledge and skills in the area of community-based health. Taster courses ran throughout summer 2011. 15 participants have since progressed to a two year training course which commenced in September 2011. On completion of the training course, participants will work as Traveller Health Advocates in their local communities. PAUL supports the programme through its involvement in the steering committee and the employment of the project Coordinator.

Contact:

PAUL Partnership

(People Action Against Unemployment Limited)

Registered Office:

Unit 25a, Tait Business Centre,

Dominic Street,

Limerick.

P: 061 419 388

Email: info@paulpartnership.ie

Fax: +353 (0)61 418 098