



Public Participation Network **Limerick**

About PPN Limerick

PPN Limerick is a network of community, voluntary, social inclusion and environmental groups/organisations, working together for a better Limerick through public participation in local democratic structures. Visit [our website](#) for more information

PPN Membership

Now stands at 243 members. PPN Limerick membership continues to grow and you can check out all our members [on the Membership directory](#) on the PPN Limerick website. Register to join [HERE](#)

In this Newsletter

- Registration Open for PPN Meeting with Mayor John Moran
- Registration for UL Citizen's Assembly
- SPC Representatives appointed
- TLC & Going for Gold now open
- Grants, Consultation opportunities and more

PPNL/ MAYOR JOHN MORAN MEETING

!PUBLIC PARTICIPATION NETWORK MEETING! with

MAYOR OF LIMERICK JOHN MORAN

All Members are welcome to attend and engage directly on the Mayoral Program to ensure that the collective PPN Voice is heard.*

**Further information to follow*

Date: Wednesday, 30th of April

Time: 6-8pm

Venue: Istabraq, City Hall V94 EH90

Registration is Essential.

Contact ppn@limerick.ie



Register to attend [HERE](#)

LIMERICK LIFELONG LEARNING FESTIVAL 2025



The Limerick Lifelong Learning Festival 2025 is back, and you are invited to participate! It runs from Monday 7th to Sunday 13th April 2025. A veritable feast of learning and knowledge with over 120 totally free events to choose from taking place across Limerick City and County throughout Festival week.

The festival is brought to you by Learning Limerick, which is a partnership initiative that brings together different sectors in Limerick to develop and enhance a culture of learning in Limerick. Whatever your interests may be, Limerick Lifelong Learning Festival has got you covered! See the link below for the line-up of events.

[Limerick Lifelong Learning Festival | Limerick.ie](https://www.limerick.ie/limerick-lifelong-learning-festival)

HEALTHY LIMERICK LUNCH TIME TALKS

[REGISTER HERE](#)

Healthy Ireland | Limerick | Limerick Lifelong Learning Festival

HEALTHY IRELAND LUNCH TIME TALKS

Do You Know What You're Eating?

April 8th
12.30pm - 1.30pm
Kilmallock Library
Co Limerick



Guest Speaker
Dina Murphy
MSc, Positive Health Coaching

Explore the impact of nutrition on physical and mental health. Learn how to make informed dietary choices and change habits for the better that energise and support overall well-being by integrating Lifestyle Medicine and Positive Psychology coaching.

Introduction to Lifestyle Medicine and Positive Psychology: Understand the foundational principles of these evidence-based practices and how they contribute to happier, healthier living for everyone.

Understanding the Impact of Nutrition: Learn how nutrition directly affects overall health and well-being, including its connection to mental clarity, and resilience to stress.

Critically Analyze Food Choices: Develop the skills to examine food labels and ingredients lists, critically recognizing that many products marketed as "healthy" may contain hidden sugars, unhealthy fats, and harmful additives.

Overcome Barriers to Healthy Eating: With practical tips and techniques for integrating nutritious choices into daily routines, attendees will leave with the tools necessary for building sustainable habits that support long-term health and wellness.



[REGISTER HERE](#)

Healthy Ireland | Healthy Limerick | 2025 Limerick Lifelong Learning Festival

HEALTHY IRELAND LUNCH TIME TALKS

"Thriving after 55 - Strategies for a resilient and positive life".

April 9th
12pm - 1pm
Adare Library
Co. Limerick



Guest Speaker
Dina Murphy
MSc, Positive Health Coaching

Discover how to harness the power of Positive Psychology and Lifestyle Medicine to enhance your well-being, resilience and joy in this vibrant stage of life.

Introduction to Lifestyle Medicine and Positive Psychology: Understand the foundational principles of these evidence-based practices and how they contribute to happier, healthier living for everyone.

Maximizing Personal Strengths: Learn how to identify and utilize your unique strengths to foster a positive mindset and build resilience in everyday life.

Practical Tools for Positivity: Explore techniques such as journaling, gratitude exercises, and the "broaden and build" theory to cultivate a more optimistic and fulfilling life.

Embracing Positive Aging: Discover how positive psychology principles can empower individuals over 55 to redefine aging, embrace new possibilities, and enhance life satisfaction through meaningful connections and experiences.



[REGISTER HERE](#)

Healthy Ireland | Healthy Limerick | 2025 Limerick Lifelong Learning Festival | Mojo Matters

HEALTHY IRELAND LUNCH TIME TALKS

Understanding your menstrual cycle

April 10th
1pm - 2pm
Kilmallock Library



Guest Speaker
Christine Lane
Nurse & Midwife

What we will talk about

- The Female Reproductive System
- The key hormones and what they do
- The four phases of the Menstrual Cycle
- Common Problems
- Importance of tracking your cycle
- When to seek Medical Advice



[REGISTER HERE](#)

Healthy Ireland | Healthy Limerick | 2025 Limerick Lifelong Learning Festival

HEALTHY IRELAND LUNCHTIME TALKS

ADVISES US ON "HEART HEALTH: KEEPING YOUR HEART HEALTHY"

12PM - 1PM
WHEN: TUESDAY
8TH APRIL 2025

LOCATION:
8TH APRIL, DOORADOYLE LIBRARY

GUEST SPEAKER
Mary McCarthy
delivered by
HSE'S Cardiac Rehabilitation
Co-ordinator



[REGISTER HERE](#)

Healthy Ireland | Healthy Limerick | 2025 Limerick Lifelong Learning Festival | Mojo Matters

HEALTHY IRELAND LUNCH TIME TALKS

Menstrual health and Motherhood

April 11th
1pm - 2pm
Watchhouse Cross



Guest Speaker
Christine Lane
Nurse & Midwife

What we will talk about

- Menstrual Health and Fertility
- Conditions that affect Fertility
- Importance of tracking your cycle before conception
- Hormonal changes during Pregnancy
- Postpartum Menstrual Cycle changes
- Postpartum hormonal shifts
- Managing Postpartum Menstrual Health
- When to seek medical advice



REGISTRATION FOR UL CITIZEN'S ASSEMBLY



UNIVERSITY OF LIMERICK
OLLSCOIL LUIMNIGH | Comhairteachas OL
UL Engage

UL Citizens' Assembly

WE WANT YOU!

You select the projects that will make a difference!

Researchers will present their projects seeking your vote to receive funding.

- Projects must be SDG-focused
- Have a developed engagement plan
- With a positive impact for Limerick

1 May 2025

Venue
Gardens International,
Henry Street,
Limerick V94 4D83

Time:
Registration: 10.00am
10.30am - 4.30pm

Food & beverages will be served.

REGISTER NOW




REGISTRATION FOR UL CITIZENS ASSEMBLY NOW OPEN!

Join us on the 1st May to help us select projects that will make a difference!

Researchers will present their projects seeking your vote to receive funding.

- Projects must be SDG-focused
- Have a developed engagement plan
- With a positive impact for Limerick

Venue: Gardens International, Henry Street, Limerick V94 4D83

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Food & beverages will be served

[CLICK HERE FOR REGISTRATION](#)

WALKING AND CYCLING INDEX IRELAND



Walking and Cycling Index Ireland

Share your story in the new Walking and Cycling Index 2025

Do you live in Dublin, Cork, Waterford, Limerick Shannon or Galway Metropolitan area? Share your experience about walking, wheeling or cycling!

“Limerick City and County Council are seeking people who Walk, Wheel or Cycle as case studies for the next Limerick Shannon Metropolitan Area Walking and Cycling Index report.

If you regularly use one of these sustainable transport methods and would like to inspire others then you would like to hear from you. Please fill out the short survey via the following link:

<https://app.onlinesurveys.jisc.ac.uk/s/sustrans/walking-and-cycling-index-ireland>.

If you are living in the Metropolitan District and would like to participate in the case study email us to ppn@limerick.ie and we will connect you with the LCCC contact.

ELECTIONS: NOVEMBER 2024 & MARCH 2025

|  PPN Limerick appointed to SPC Committees November 2024 - March 2025 | | | | |
|--|--|-------------------------------------|--|--------------|
| Vacancies | Community/ Voluntary Pillar | Environment /Conservation Pillar | Social Inclusion Pillar | No. of seats |
| Climate Action Biodiversity & Environment | Bruce Harper Caillum Hedderman | 2 Vacant | | 4 |
| Economic Development Enterprise, Tourism & Planning | Brian Thompson Declan Hehir | 1 Vacant | Vadivel Raj | 4 |
| Community, Leisure, Arts, Heritage & Culture SPC | Pete Moles Marian Hurley Pádraig Lohan 1 vacant | 1 Vacant | Khurram Iqbal (Raja) Daniel Nedelcu | 7 |
| Home & Social Development | Una Burns 2 vacant Eileen Irwin | | Toyin Salmon - Agora | 5 |
| Travel & Transportation | Farron Flaherty 1 vacant | David Tobin | Maureen Browne | 4 |
| | | | | |
| Secretariat Member | Eileen McMahon Cappamore/ Kilmallock Declan Hehir | 2 Vacant | 1 Vacant | 10 |
| Local Community Development Committee | | | Mary McGrath | 4 |

The Nominees Listed above were ratified at PPN Limerick Plenary meeting and then appointed to their respective Committees at the Full Council Meetings on the 17th of December and the 31st of March.

We will seek to fill remaining seats by initiating elections in May.

CELEBRATING 10 YEARS OF TEAM LIMERICK CLEANUP



TLC takes place on Good Friday, 18th of April 2025.

Team Limerick Clean-Up (TLC) is a massive county-wide initiative encouraging volunteers, organisations, businesses, and schools from across Limerick to get involved and do their bit to keep Limerick clean and tidy.

For information and to register your participation click [HERE](#)

The Health and Safety of Participants is the Priority of the Organisers. You will find best Practice Health and Safety Guidelines [HERE](#)

LIMERICK GOING FOR GOLD IMPROVEMENT GRANT & COMPETITION 2025

How to Apply

Applications are now being accepted for Limerick Going for Gold 2025.



The image shows a hand holding a green pen, filling out a 'Going for Gold Community Challenge Application Form'. The form is titled 'LIMERICK GOING FOR GOLD' and 'A Brighter, Better, Cleaner Limerick'. The form fields include: Name Business/Residence Association/group, Address, Contact Name 1, Contact Phone 1, and Contact Email 1. The form is placed on a surface with a recycling symbol in the top right corner.

Details regarding the Limerick Going for Gold improvement Grant & Competition 2025 are available from: [Limerick Going for Gold | Limerick.ie](https://www.limerick.ie/goingforgold).

This grant scheme is open to local groups who wish to improve biodiversity, litter management, focus on waste prevention, circular economy and on pollinator friendly planting including native trees,

Application forms are available [here](#).

Alternatively, application forms are available from Customer Services, Limerick City and County Council, email: customerservices@limerick.ie.

This year, Limerick City and County Council invites applications from Resident's Associations/Resident's Groups located in the Regeneration Areas.

Please note the closing date for completed applications is 12 noon on 12th of May 2025.

Should you have any queries contact: limerickgoingforgold@limerick.ie.

Consultations/Grants

The Department of Climate, Environment, Energy have just launched the public consultation on Ireland's implementation of the Aarhus Convention and the Pollutant Release Transfer Register (PRTR) Protocol available [here](#).

DECC encourages your organisation to participate in this public consultation. This process will inform Ireland's National Implementation Reports on the Aarhus Convention and PRTR Protocol 2025. The Department has prepared draft National Implementation Reports to outline the implementation of the Aarhus Convention and PRTR Protocols in Ireland. To inform the final documents, comments are invited from stakeholders, members of the public and other interested parties. DECC invites you to further disseminate information about the public consultation process and requests that you promote these public consultations through your organisation's website and social media forums, where possible.

Aarhus Convention

The Aarhus Convention lays down a set of basic rules to promote citizen's involvement in environmental matters and improve enforcement of environmental law.

Its provisions are broken down into three Pillars: Access to Information on the Environment, Public Participation in Environmental Decision-making and Access to Justice.

Ireland ratified the Aarhus Convention on 20th June 2012.

PRTR Protocol

The PRTR Protocol seeks to reduce the burden of pollution and waste by establishing publicly accessible national pollutant registers. The Protocol requires each of its Parties to establish and maintain a publicly accessible national PRTR that meets certain requirements which are set out in the Protocol. The Irish PRTR, which was launched in 2007, is maintained by the Environmental Protection Agency and is available at <https://www.epa.ie/our-services/compliance--enforcement/whats-happening/pollutant-release-and-transfer-register/>

Comments on the draft document should be submitted by email or received by post no later than the 7th April 2025.

Email: Aarhus-decc@decc.gov.ie or Post:

The Aarhus Unit,
Department of Climate, Environment and Energy,
Tom Johnston House,
Haddington Road,
Dublin,
D04 K7X4

For more information on the Aarhus Convention, please go to:
<https://www.gov.ie/en/publication/b3b1a-aarhus-convention/>

Consultations



SOCIAL INCLUSION FORUM 2025 CWI/EAPN Ireland Preparatory Workshops



The Social Inclusion Forum (SIF) is part of the Government's structures to monitor and evaluate the State's strategy to address poverty and achieve social inclusion. The Roadmap for Social Inclusion 2020 – 2025 is the current strategy. The Social Inclusion Forum is held annually to provide an opportunity for wider public consultation and discussion on poverty and social inclusion issues and the implementation of the strategy, in particular for people experiencing poverty and social exclusion and the organisations/groups that work with them. The Forum also provides an opportunity for engagement between officials from Government Departments, community and voluntary organisations and people experiencing poverty.

Social Inclusion Forum (SIF) 2025 will be held on Thursday 8th May in Croke Park
Title for SIF 2025: Reflecting on the Past and Informing the Future of the Roadmap for Social Inclusion

Each year the Department of Social Protection selects a number of thematic areas which will be the focus of the workshops at the Forum each year. This year, the focus is on:

1. Travellers and Roma
2. Families and Children
3. Disabled People
4. Older People
5. Building Inclusive Communities addressing racism and wider discrimination

SIF 2025 will also provide an important opportunity to engage with the Government's consultation of developing a successor strategy to the Roadmap for Social Inclusion 2020 – 2025.

CWI & EAPN Ireland Preparatory Workshops

Community Work Ireland (CWI) and the European Anti-Poverty Network (EAPN) Ireland collaborate annually to organise a series of workshops to support participation at the Social Inclusion Forum and to provide the opportunity for civil society, communities and stakeholders, and in particular people affected by poverty and the organisations working with them, to discuss the issues. Each workshop will provide an overview of the Roadmap for Social Inclusion and will focus on the thematic areas that are the focus of SIF 2025. Feedback from the workshops will be presented at the Plenary session of SIF 2025.

Registration is now open for two online and two regional in-person Preparatory Workshops, hosted by CWI and EAPN Ireland. Each of the online workshops will cover two themes, and each in-person workshop will cover all thematic areas.

EAPN Ireland and CWI would like to encourage people with direct experience of issues that emerge from the workshops to participate in person at SIF 2025. A small budget will be available to support the participation costs of a number of participants in the workshops from unfunded or under-funded groups and unwaged individuals to attend SIF 2025. Further information will be available at the workshops

PREPARATORY WORKSHOPS

| Date and Time | Location | Theme | Register |
|--|---|-------------------|-----------------------------|
| <p>Tuesday 8th April 10:30am- 1pm(Registration from 10am)</p> | <p>CORK CITYBlackpool Community Centre, 90 Great William O'Brien Street, Blackpool, Cork T23 TR7A</p> | <p>All Themes</p> | <p>Here</p> |
| <p>Wednesday 16th April11:30am- 1:30pm(Registration from 11am)</p> | <p>GALWAY CITYWestside Resource Centre, Seamus Quirke Road, Galway, H91 C1KX</p> | <p>All Themes</p> | <p>Here</p> |

CLIMATE ACTION WEEK

Monday 28th April to Sunday 4th May

Host an Event and Make a Difference!

Climate Action Week is a local initiative bringing together individuals, communities, businesses, and organizations to raise awareness, inspire action, and drive meaningful change in the fight against climate change. It is a week of collective action, education, and empowerment.

We are calling on groups, schools, local organizations, and community leaders to host events throughout Climate Action Week!

Whether it is a small community gathering or a large-scale event, your involvement will make a big difference.

How to Host Your Event:

- Pick a Date & Location: Choose a day and venue that works for your group and community.
 - Plan Your Activity: Be creative and inclusive.
- Promote Your Event: Share on social media, with local media, or through community newsletters.
 - o We will also promote the event
- Track Your Impact: Consider sharing photos, videos, or stories to show how your event made a difference.
 - o Use #GreenForLimerick #ClimateActionLimerick on all your posts

Need help getting started or have questions?

Contact Darren Barry and Sarah O'Malley at climateaction@limerick.ie



TRAINING

PPN Stakeholder Training

The online only self-paced training videos programme for PPN stakeholders has been developed with SJI. Registrations for the online only training is now open. Social Justice Ireland is providing this training on behalf of the Department.

The online only training covers the following:

- An Introduction to the PPNs (2 Modules)
- Local Government Budgets
- PPNs and Local Government
- Effective Participation in Consultations
- Effective Facilitation
- Strategic Planning
- Measuring Outcomes and Impacts

This is online only and is intended for self-directed learning at the learner's own pace. Social Justice Ireland will provide some support via the webform on each Module page. There are no scheduled classes as part of this training.

To register, please complete the Registration Form at the following link: :

[Register for Training | Social Justice Ireland](#)

SURVEY



CHILDMINDING IRELAND
Supporting Ireland's Childminders; Minding Ireland's Children

CHILDMINDING IRELAND ARE COMMITTED TO SUPPORTING CHILDMINDERS AND ADVOCATING FOR A THRIVING, SUSTAINABLE CHILDMINDING SECTOR. EACH YEAR, THEY CONDUCT A SURVEY TO HEAR DIRECTLY ABOUT THEIR EXPERIENCES, CHALLENGES, AND THE SUPPORT THEY NEED. DETAILS OF THE SURVEY CAN BE FOUND HERE [Childminding Survey: We need your voice! - Childminding Ireland](#)

Please share this with anyone you believe would find it of interest.