



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 **322** 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

- **National Heritage week Upcoming Events**
- **Summer in the City- Schedule of events**
- **Registration open for Upcoming PPN Plenary Meeting.**
- **Draft Local Sports Plan Available to review**
- **Training and Consultation opportunities**

PPN Limerick Updates



Public Participation
Network Limerick

MEETING DATES FOR 2026

January Mo Tu We Th Fr Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 3:0 10:0 18:0 26:0	February Mo Tu We Th Fr Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 1:0 9:0 17:0 24:0	March Mo Tu We Th Fr Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 3:0 11:0 19:0 25:0
April Mo Tu We Th Fr Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 2:0 10:0 17:0 24:0	May Mo Tu We Th Fr Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1:0 9:0 16:0 23:0 31:0	June Mo Tu We Th Fr Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 8:0 15:0 21:0 30:0
July Mo Tu We Th Fr Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 7:0 14:0 21:0 29:0	August Mo Tu We Th Fr Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 6:0 12:0 20:0 28:0	September Mo Tu We Th Fr Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 4:0 11:0 18:0 26:0
October Mo Tu We Th Fr Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 3:0 10:0 18:0 26:0	November Mo Tu We Th Fr Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1:0 9:0 17:0 24:0	December Mo Tu We Th Fr Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1:0 9:0 17:0 24:0 30:0



Secretariat Meetings

Secretariat Meetings

27th January
23th February
23rd March
27th April
25th May
22nd June
7th September
19th October
23rd November



Plenary Meetings

Plenary Meetings

26th February
28th May
10th September
26th November



Bank Holiday

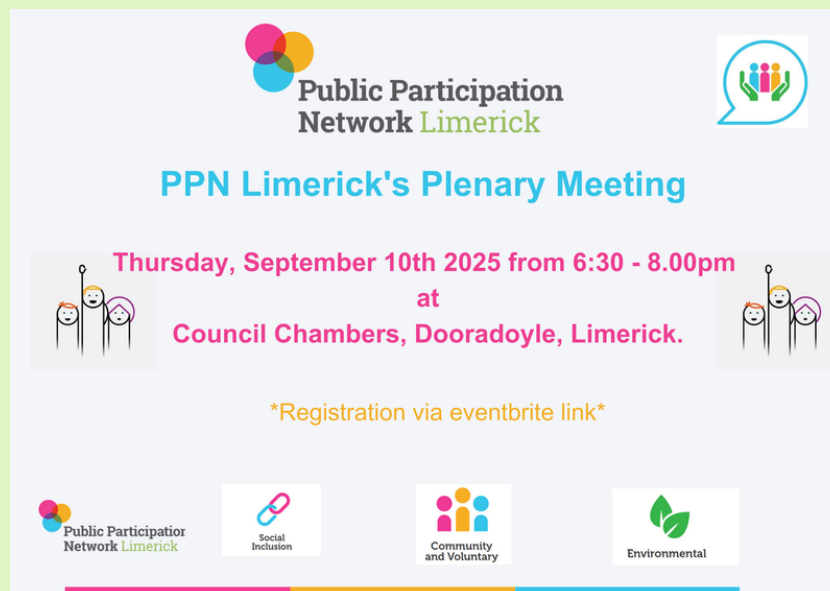
We have set our Plenary Meeting
dates for 2026,
as well as the Secretariat Meetings.
you can view these [HERE](#).
Please save the Plenary dates in
your calendar.

PPN Limerick Updates

Save the Date

Our next Plenary Meeting will be held on Thursday the 10th of September: 18:30- 20:00 8pm.

[Register HERE](#)



The poster for PPN Limerick's Plenary Meeting features a light purple background. At the top left is the PPN Limerick logo, consisting of three overlapping circles in blue, orange, and green. To its right is a speech bubble icon containing three stylized human figures in blue, orange, and green. The text 'Public Participation Network Limerick' is displayed in a sans-serif font, with 'Limerick' in green. Below this, the title 'PPN Limerick's Plenary Meeting' is written in a larger, bold, blue font. The date and time 'Thursday, September 10th 2025 from 6:30 - 8.00pm' are in pink, followed by the location 'at Council Chambers, Dooradoyle, Limerick.' also in pink. Two small icons of three stylized human figures are placed on either side of the location text. Below the date and time, the text '*Registration via eventbrite link*' is written in orange. At the bottom, there is a horizontal bar with four colored segments: pink, orange, blue, and green. Above each segment is a small logo: the PPN Limerick logo, a blue link icon with the text 'Social Inclusion', a logo with three stylized human figures and the text 'Community and Voluntary', and a green leaf icon with the text 'Environmental'.

Public Participation Network Limerick

PPN Limerick's Plenary Meeting

Thursday, September 10th 2025 from 6:30 - 8.00pm
at
Council Chambers, Dooradoyle, Limerick.

Registration via eventbrite link

Public Participation Network Limerick

Social Inclusion

Community and Voluntary

Environmental

EOI RE: National PPN Conference Attendance

The PPN National Conference will be hosted by Roscommon PPN this year and will be held in the Hudson Bay Hotel, Athlone on the 24th and the 25th of September (Thursday/ Friday).

PPN Limerick has a very limited number of spaces for members who wish to attend and represent PPN Limerick at this National event.

Please email ppn@limerick.ie if you are available to attend and contribute to this.

Summer in the City 2026



Summer in the City is a month-long programme of free and family-friendly events taking place throughout August across Limerick City.

Summer in the City 2026 will transform Limerick's streets, quays and public spaces into vibrant destinations for people to gather, connect, relax and enjoy.

We encourage you to participate in and enjoy the wide range of activities taking place as part of the programme throughout August.

This could include making use of the pedestrianised public spaces that have been created across the city centre*, as well as attending and engaging with the various events and activities scheduled over the coming weeks.

Visit the dedicated programme hub at:

[Schedule of Events](#)

***contact festivalsandevents@limerick.ie if you have an interest in using these spaces.**

National Heritage Week 15th- 23rd August



National Heritage Week, an initiative by the Heritage Council, celebrates all things heritage. It brings together communities, families, organisations, cultural institutions, academics and enthusiasts, to build awareness about the value of heritage and support its conservation.

The theme for National Heritage Week 2026 is
"Heritage at Risk".

It invites us to reflect on what heritage is at risk — and how
we can respond with care, creativity, and collective
responsibility.

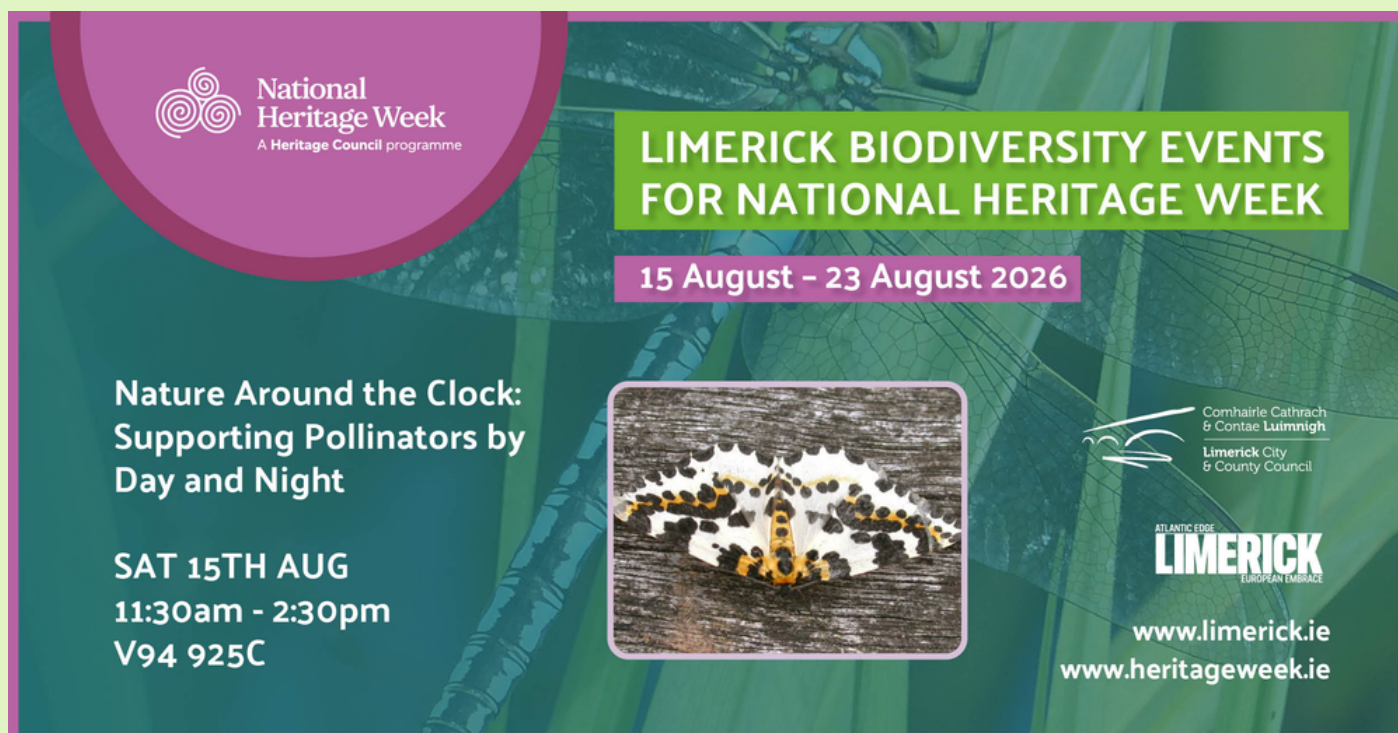
You can view the calendar of events across Limerick City
and County by clicking

[HERE](#)

You can also view the calender for events across the
country

[HERE](#)

National Heritage Week 15th - 23rd August



The poster features a green background with a large, stylized dragonfly illustration. In the top left, there is a purple circular logo for National Heritage Week. A green banner at the top right contains the event title. Below it, a purple banner shows the dates. The event details are listed on the left, and a photo of a butterfly is in the center. Logos for the organizing bodies and websites are on the right.

National Heritage Week
A Heritage Council programme

**LIMERICK BIODIVERSITY EVENTS
FOR NATIONAL HERITAGE WEEK**

15 August - 23 August 2026

**Nature Around the Clock:
Supporting Pollinators by
Day and Night**

SAT 15TH AUG
11:30am - 2:30pm
V94 925C

Comhairle Cathrach
& Contae Luimnigh
Limerick City
& County Council

ATLANTIC EDGE
LIMERICK
EUROPEAN EMBRACE

www.limerick.ie
www.heritageweek.ie

Nature Around the Clock: Supporting Pollinators by Day and Night.

When - Saturday 15th August 2026

Time - 11.30 – 14.30

Where - Limerick Diocesan Centre St. Munchin's, Corbally,
Limerick Eircode: V94 925C

Refreshments - Light refreshments will be provided

Mentoring and development training program delivered by West Limerick Resources



BUILDING FUTURE COMMUNITIES

— STRONGER COMMUNITIES THROUGH SMART SOLUTIONS —

Are you ready to shape the future of your community?

Take advantage of our innovative new programme and get expert support to build a stronger future for your community.

West Limerick Resources will assist up to eight rural communities in County Limerick, helping them develop effective solutions for the main challenges hindering their growth.



KEY SUPPORTS



1:1 Support

16 hours with a mentor who will work closely with your group, offering tailored advice and support based on your needs and goals to develop a Smart Community Strategy.



5 Group Based Workshops

Opportunities to connect with other communities taking part – sharing experiences, learning from one another and building strong networks.

CLOSING DATE 14TH AUGUST

Help your community to unlock its full potential for the years ahead with the guidance and support on offer through our **Building Future Communities Programme**. For further information please contact:



Aimee Grigg
Email: agrigg@wlr.ie
Phone: 087 3563880



Sinead O'Shea
Email: soshea@wlr.ie
Phone: 087 095 7653



Rural Development Programme 2024



Ar dTudhachai Tuathae



European Union



LCDC



Limerick City & County Council



Forbairt Iarthar Luimní

This programme will be delivered by West Limerick resources. Participants will gain practical, hands-on training alongside expert guidance, helping turn ideas into real, community-led solutions.

Those interested will be asked to identify a specific challenge they are facing in their community that they require support to address through the initiative. This challenge will be the starting point for engagement, however, it is recognised that this may evolve and change over the course of the programme.

Outdoor Recreation Infrastructure Scheme 2026/2027- Call for Expressions of Interest

Expressions of Interest (EOI) in respect of all Measures of the Outdoor Recreation Infrastructure 2026/2027 Scheme as follows;

Project Development Measure : Development Costs for Outdoor Recreation Projects – A maximum of 4 expressions of interest can progress to application stage. The combined total of projects up to the maximum of 4 cannot exceed €100,000. In addition, if sufficient interest and demand exist, 1 additional expression of interest, focussing specifically on equestrian trails/bridleways up to €50,000 can be progressed to application stage.

EOI now open and [Monday 10th August 2026 is the closing date for EOI submission](#)

Measure 1 : Small Scale Repair/Development/Promotion and marketing – Grant up to €40,000 (a max. of six EOIs can be shortlisted for onward submission to the Department)

EOI now open and [Monday 10th August 2026 is the closing date for EOI submission](#)

Measure 2 : Medium Scale Repair/Upgrade and New Trail/Amenity Development – Grant up to €200,000 (a max. of three EOIs can be shortlisted for onward submissions to the Department)

EOIs opening [Monday 20th July 2026 and closing date for EOI submission is Friday 21st September 2026](#)

Measure 3 : Strategic Large Scale Repair/Upgrade and new Strategic Trail/Amenity Development – Grant up to €500,000 (a max. of one EOI can be shortlisted for onward submission to the Department)

EOIs opening [Monday 20th July 2026 and closing date for EOI submission is Friday 21st September 2026](#)

Expressions of interest will be assessed for suitability based on the information provided and the required supporting documentation submitted after the closing dates.

The ORIS 2026/2027 Scheme Outline, National Outdoor Recreation Strategy 2023-2027, Embracing Ireland's Outdoors and links to additional information are all available on Limerick.ie by clicking here.

Expression of interest forms are available online at <https://mypoint.limerick.ie/en/applications>.

SAVE THE DATE

NACEMAP Project

COMMUNITY EMERGENCY RESPONSE STAKEHOLDER WORKSHOP

Preparing for Pilot Emergency Response Exercises



DATE
THURSDAY
27 AUGUST
2026



TIME
09:30 to 16:00



VENUE
UNIVERSITY OF
LIMERICK

WORKSHOP FOCUS

Join emergency response partners, community stakeholders, local authorities, industry representatives, and response agencies for a collaborative workshop designed to prepare for upcoming pilot emergency response exercises involving:



**MARINE OIL SPILL
INCIDENT RESPONSE**



**FLOODING
INCIDENT RESPONSE**

WORKSHOP OBJECTIVES



Strengthen stakeholder coordination and communication



Identify opportunities for inter-agency collaboration



Discuss exercise scenarios and planning assumptions



Develop emergency response preparedness toolkit



Support community preparedness and resilience

WHO SHOULD ATTEND?

- Emergency Management Personnel
- Local Authority Representatives
- Community and Voluntary Organisations
- Marine and Port Stakeholders
- Environmental Agencies
- Emergency Services
- Infrastructure and Utility Providers
- Industry Partners
- Academic and Research Partners



FOR ENQUIRIES CONTACT:
Kevin Fitzgibbon at kevin.fitzgibbon@mtu.ie
or Paul Shanahan at paul.shanahan@mtu.ie



WORKING TOGETHER FOR
community resilience and improved
preparedness for future
emergency events



TO REGISTER GO TO THE NACEMAP WEBSITE
<https://www.interreg-npa.eu/projects/nacemap/home/>
REGISTRATION CLOSING DATE: 24 AUGUST 2026

Interreg
Northern Periphery
and Arctic



Co-funded by
the European Union

MTU
Official Technological Centre on Maritime
Manufacturing Technology University

NMCI
National Maritime College
of Ireland

ambipar

Working together helping to strengthen community resilience and improve preparedness for future emergency events

REGISTER HERE

Draft Local Sports Plan - Public Consultation

Limerick City and County Council, Sport Department, are leading the preparation of a Local Sports Plan for Limerick, with the support of Limerick Sports Partnership. The aim of this plan is to increase participation in sport and physical activity across the City and County. This aligns with the Government's National Sports Policy 2018–2027 and is supported by Sport Ireland under Action 8 of the policy.

A draft Local Sports Plan has been prepared following a consultative process involving the people of Limerick, the Community, Leisure, Arts, Heritage & Culture SPC and all relevant stakeholders. They are seeking submissions and observations on the draft Local Sports Plan.

The draft Local Sports Plan 2026-2030 will be on public display during normal office hours from **Thursday 23rd July 2026 to Wednesday 2nd September 2026 inclusive, at council offices.**

It will also be on display online at <http://mypoint.limerick.ie>

Submissions or observations on the draft Local Sports Plan 2026-2030 may be made between **9am Thursday 23rd July 2026 and 5pm Wednesday 2nd September 2026 inclusive**, via the following methods:

- Online at: <http://mypoint.limerick.ie>
- Email: regeneration@limerick.ie
- In writing to: Regeneration, Community, Sport & Rural Development Directorate, Limerick City and County Council, Roxboro Shopping Centre, Roxboro Road, Limerick, V94 K668.

Please make your submission by one medium only i.e. in hard copy, online or email by 5pm on Wednesday 2nd September 2026 for consideration.

For more on the Limerick Local Sports Plan visit limerick.ie.

Training for a career in Youth work

Youth Work Traineeship

This 11-month full-time traineeship equips you with the knowledge and skills essential for a career in Youth Work. You will learn about the issues affecting young people and gain insights into the challenges faced by communities across different social settings. This programme is delivered in educational and workplace settings. There is a minimum 30% work placement, which we will help you secure.

On successful completion, you can progress into employment and work under supervision in a youth work environment or continue your learning journey with higher or further education and training opportunities. This programme is delivered in Limerick City.

*Successful application is based on meeting certain eligibility criteria.

QQI Level 5 Major Award

FULLY FUNDED

APPLY NOW

061 487 997
fetraheen@lctb.ie
collegeofFET.ie/traineeships

#FindTheBestInYou

Programme co-funded by the European Union and the European Social Fund

SCAN QR CODE

Limerick and Clare Education and Training Board has announced that applications are now open for the Youth Work Traineeship(Level 5), commencing on 7th September 2026.

This innovative traineeship has been designed to provide participants with the skills, knowledge, and practical experience needed to pursue a rewarding career in the field of youth work. The programme combines classroom-based learning with hands-on work placements, giving trainees the opportunity to gain real-world experience while building valuable professional networks.

Benefits of the Programme:

- Develop core skills in communication, leadership, and group facilitation.
- Gain practical experience working directly with young people and youth organisations.
- Achieve recognised certification, enhancing future employment and education opportunities.
- Learn in a supportive environment with experienced tutors and mentors.

Applications must be submitted through the following FETCH link: [Youth Work](#)

For further information in relation to Educational & Course requirements, please contact on fetraheen@lctb.ie / 061 487997

For further information in relation to course content, learner expectations, placement and general course queries, please contact Michelle Manning (Traineeship Coordinator) on michelle.manning@lctb.ie / 0868188750

Public Consultation - Proposed Limerick City Centre Public Realm Strategy

The draft Limerick City Centre Transport Plan together with all accompanying environment assessment documentation is now on public display. The draft plan together with all accompanying environment assessment documentation will be available for inspection from 23/07/2026 to 12/10/2026 at the following locations:

- Online at www.limerick.ie
- Online Consultation portal at <https://mypoint.limerick.ie>
- Merchants Quay, Limerick during normal office hours
- Limerick City and County Council, Dooradoyle road, Dooradoyle, Limerick during normal office hours
- Libraries- Barrow House, Dooradoyle Library, Watch House Cross Library

This public consultation will run concurrently with the proposed Limerick City Centre Public Realm Strategy which will also be available to view at the locations as outlined above also.

There will be two sessions to inform the public on the proposed Limerick City Centre Public Realm Strategy and the Draft Limerick City Centre Transport Plan as follows at UL City Centre Campus, Sarsfield Street, Limerick City , V94 DW21.

- Thursday 27th August 2026 (from noon to 7pm)
- Thursday 10th September 2026 (from noon to 7pm)

Should you have any queries in relation to the draft Limerick City Centre Transport Plan please email citycentretransportplan@limerick.ie

Local Community Development Committees (LCDCs) New Informational website is now live

A

The Department has launched an awareness campaign regarding how Local Community Development Committees (LCDCs) connect public bodies and communities across Ireland. The programme commenced on Friday, May 1st and will run for a three-week period across radio, podcasts, print and online media.

The overall objective of the campaign is to raise public awareness on the role and function of the LCDCs and how they contribute to the development of local communities, through actions contained in each of their Local Economic and Community Plans (LECPs).

The new dedicated web page which can be viewed [HERE](#) is a central hub for information on each of the 33 Local Community Development Committees (LCDCs) and contains information and a series of videos on the following:

- Background of LCDCs
- Watch LCDCs in Action
- Local Economic and Community Plan (LECP)
- Additional Staff Resource (ASR)
- Find your LCDC
- Training for Staff

This resource will also benefit community and voluntary organisations, PPNs, together with local and community development organisations. It is hoped that these groups will utilise these assets to build a stronger on-line presence and gain better traction for their community activities, i.e.. fundraisers, local events, and media posts.



Farming for Nature Event: Inside the Farm Gate at Morgan's Farm, Asketon with Tom and Michael Keane

Inside the Gate Open Farm Day is organised by Farming For Nature and offers a unique chance to visit a local farm and learn how farmers support nature. Open to families, events take place on farms nationwide on **30th of August**. Tickets are required as places are limited (€5 adults, free for children under 16).

Tom and Michael Keane are brothers farming on the Shannon Estuary in Co. Limerick. Michael runs the dairy enterprise, while Tom focuses on beef and sheep. Their land supports wildlife-rich habitats including species-rich grasslands, limestone pavement, saltmarsh, and brackish lagoons. They have installed otter holts, support Lesser Horseshoe Bats, and manage rare plants such as Bee and Butterfly Orchids. They also grow native trees from seed and have extensive knowledge of the area's natural and cultural heritage.

Book Tickets [here](#)

What to Expect

The day begins at **11:00am** with refreshments, followed by a morning farm walk exploring the western lands, livestock, and habitats. Lunch will be served at **1:30pm**. The afternoon walk starts at **2:30pm**, taking in the eastern lands, meadows, grasslands, saltmarsh, sheep flock, dairy and beef herds.

Highlights include:

- Guided farm walks with the farmers.
- Wildlife-friendly farming measures and habitats.
- Archaeological features including a medieval bawn and ringfort.
- SAC/SPA-designated land.
- Vintage farm machinery collection.
- Opportunities to learn about local wildlife and farming.

Other Information

- Tea, coffee and sandwiches available for a donation.
- Picnic area and toilet facilities available.
- Suitable for buggies around the farmyard.
- **No dogs permitted.**
- Please wear suitable clothing and footwear for a working farm.

Farming For Nature is a non-profit organisation supported by the Department of Agriculture, Food and the Marine and the National Parks and Wildlife Service.

Booking is essential to receive location and parking details.

Walking Buddies Limerick- Community Walking Initiative Bringing People Together Across Limerick



Walking Buddies Limerick is a local volunteer-led walking group that has been bringing people together across Limerick for the past number of years through free weekly walks and social connection.

Walking Buddies welcomes men and women of all ages and fitness levels from across the city and surrounding areas.

Every Thursday at 7.30 pm, they meet outside Collins Bar, Dooradoyle, for a relaxed 5–6km walk, creating a welcoming social space for both regular members and newcomers.

The group has become an important support network for many participants, promoting both physical well-being and social connection in the community. In addition to the weekly walks, they also organise longer weekend hikes throughout the year.

These walks are free of charge and designed to encourage people of all abilities to get active, meet others and enjoy the benefits of walking in a supportive group environment. Local fitness and wellbeing partners are also contributing short demonstrations and guidance during the walks.

Click below to learn more and to register for events:

<https://walkingbuddieslimerick.wordpress.com/>

“Hop To It” and Help Track Local Frogs



Although well known, the common frog (*Rana temporaria*) is Ireland's only native frog species and is listed as vulnerable across Europe. Frogs are considered important biological indicators because their skin is highly sensitive to pollution. Their presence or absence can reveal much about water quality and local environmental conditions. They are protected under both the EU Habitats Directive and the Irish Wildlife Act. Why not participate in the “Hop It” nationwide survey and report your sightings of frog spawn, tadpoles, froglets or adult frogs. These simple records play a crucial role in monitoring frog populations and understanding the health of the environments they depend on.

How to Take Part

If you spot frog spawn, tadpoles, froglets or adult frogs in your garden, local green space or while out walking, you can submit records directly to the IPCC at:

- www.ipcc.ie
- Email bogs@ipcc.ie
- Phone 045 860133

Records can also be submitted to the National Biodiversity Data Centre at

<https://records.biodiversityireland.ie/start-recording>.

Further Details on [Limerick City and County Council Encourages Public to “Hop To It” and Help Track Local Frogs | Limerick.ie](#)

Trees.limerick.ie website to record newly planted trees across Limerick

Limerick City and County Council has created [Trees.limerick.ie](https://trees.limerick.ie) website to record newly planted trees across Limerick City and County.

Any individual, community group or business can now register any new tree planted.

This will enable to track the progress and count of trees planted in Limerick City and County.

[Trees.limerick.ie](https://trees.limerick.ie) is supported by the Mayor of Limerick, John Moran who is seeking to reach a target of at least one tree to be planted by every citizen in Limerick.

The link is <https://trees.limerick.ie/> and below is the QR code:





Grow

Mental Health

WHO WE ARE:

We are a community of people drawn together by our first-hand experiences of mental health problems. Having found practical ways of helping each other recover from mental health challenges we developed what we refer to as The Grow Program. We meet weekly in locations all over Ireland and use our proven [12 Step Program](#) to recover from various forms of mental health problems.

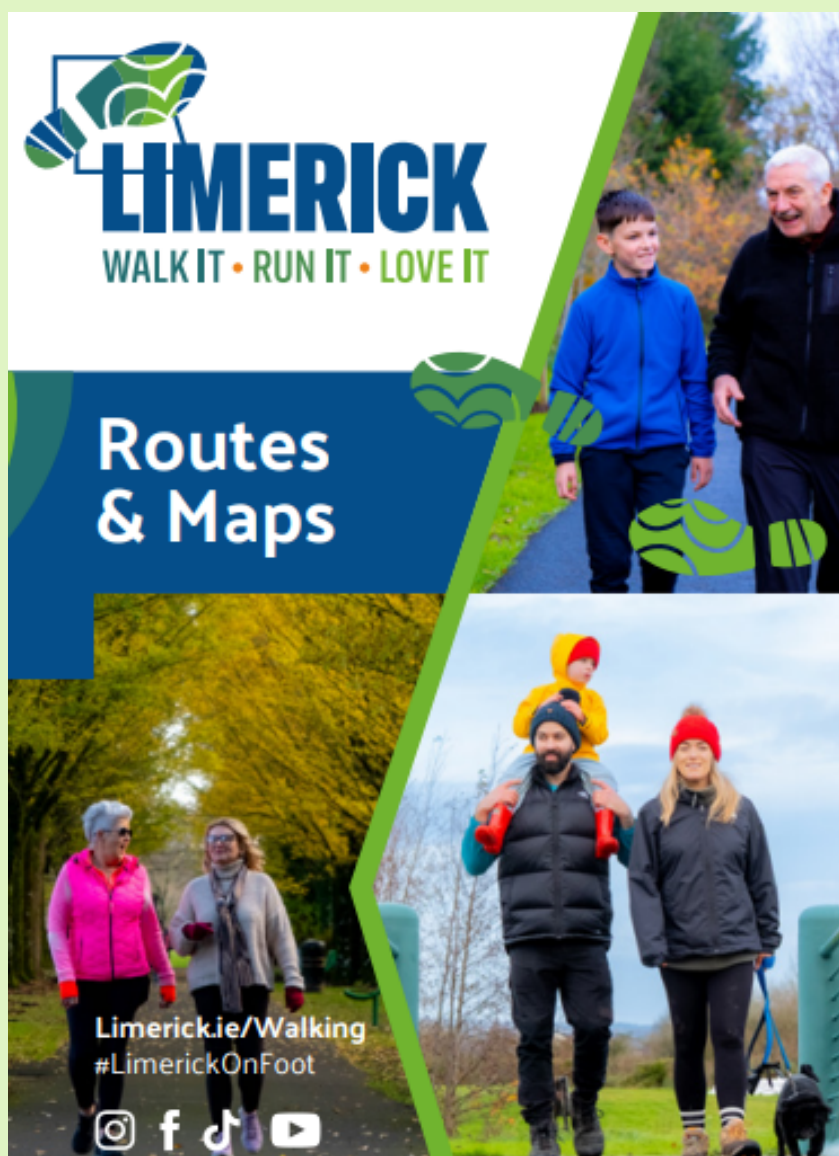


For Adults 18+
33 Henry Street, Limerick

Come along and hear Who Grow is, What we do and how you can receive support for your Mental Health.

Contact Celia 086 1526966 or celiabrett@grow.ie for further information.

Limerick Walking Guide



You can find routes and maps of the many fantastic walking/ running trails in Limerick City and County [HERE](#)

Active Travel Newsletter



Elevate your small scale event and festival by choosing to rent reusable cups. You will make a big difference to the environment by preventing waste and reducing litter.

Organisers of small scale events and festivals can now avail of beautifully designed robust, pint, half pint and hot beverage cups with or without lids at a reasonable cost.

More Information can be found [HERE](#)

Want to rent cups?

Here's a checklist:

1. Is your event or festival small-scale & not for profit?
2. Is your event/festival happening in Carlow, Clare, Cork City, Cork County, Kerry, Kilkenny, Limerick, Tipperary, Waterford and Wexford?

If yes is the answer to both these questions,
click on this button to order cups:

[Order Cups](#)

Balancing Stress - A HSE Resource for sharing with PPNs

The HSE has developed a Free, easy-to-access online programme called 'Balancing Stress' to support people across Ireland in managing common mental health difficulties including stress, anxiety and low mood.

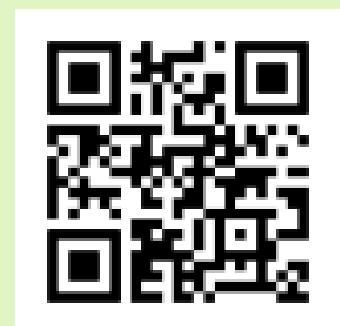
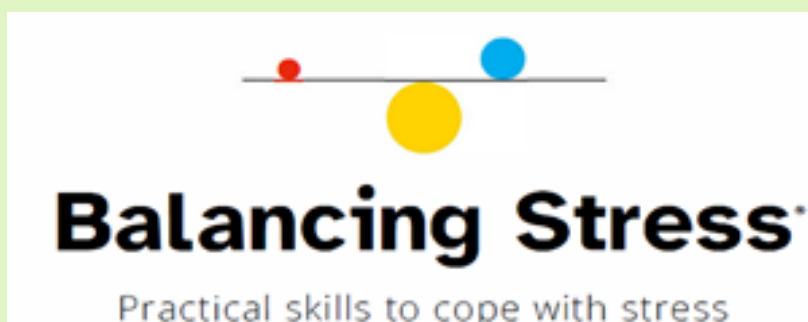
The HSE has developed a Free, easy-to-access online programme called 'Balancing Stress' to support people across Ireland in managing everyday mental difficulties such as stress, anxiety, low mood and worry.

The Balancing Stress programme offers six online video sessions (each around 35 minutes) covering key topics including managing stress, worry, anxiety, low mood, and relationship stress. This online programme offers people evidence-based tools to manage stress effectively and enhance their mental wellbeing.

The programme is delivered by Dr Niamh Clarke, HSE Principal Psychologist, and features expert interviews with Professor Alan Carr, UCD School of Clinical Psychology.

You can watch the videos at your own pace, on your own time, using a phone, tablet or laptop.

The easy to use QR code will take you directly to the programme. If you require further information, please do not hesitate to contact me at: yvonne.gilsenan@hse.ie



PPN Stakeholder 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:

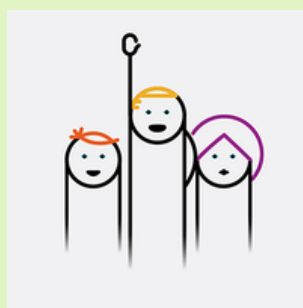
- An Introduction to the PPNs (2 Modules)
- Local Government Budgets
- PPNs and Local Government
- Effective Participation in Consultations
- Effective Facilitation
- Strategic Planning
- Measuring Outcomes and Impacts

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](#)

PPN Limerick Documents

- The [PPN Website](#) has all our information and details regarding membership and groups, linkage groups and documentation.
- The [PPN Constitution](#) details how we operate:
- Our [Strategic Plan](#) outlines our goals for the next 5 years:
- Our [2026 Workplan](#) was agreed by the Plenary at our AGM on the 26th of November 2025.
- The [PPN Handbook](#) is the national document which guides the processes that all PPN's Nationally must follow.
- Training slides from recent Induction training for SPC Members can be viewed [HERE](#). They include background information that may be of interest.



MAYORAL PROGRAMME

Mayor of Limerick, John Moran, has unveiled an ambitious vision for the future of Limerick City and County with the publication of the Limerick Mayoral Programme 2024-2029, titled More for Limerick. This comprehensive 138-page document outlines the Mayor's vision and objectives for his term in office, as mandated by the Local Government (Mayor of Limerick) and Miscellaneous Provisions Act 2024.

[Mayoral Programme, More for Limerick, 2024-2029](#)

