



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 **323** 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](#)

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- Stronger for Longer: Building Strength and Muscle as We Age Webinar/ Thursday 22nd October 2026
- Training and Consultation opportunities

PPN Limerick Updates


Public Participation
Network Limerick

MEETING DATES FOR 2026

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

Impact & Legacy Fund Launched for the 2027 Ryder Cup in Limerick



Ryder Cup Europe has launched a new Impact & Legacy Fund for the 2027 Ryder Cup in Limerick, Ireland. This will provide funding to support projects that will leave a positive impact on the local community around host venue Adare Manor and across Limerick.

Local organisations and projects can apply for grants of up to €20,000. To be eligible, applicants must be working to deliver positive impact in the Limerick region across one or more of the following five areas:

Community; Skills & Education; Environment; Disability; Regeneration.

Applications open on 28th September 2026 and close on 29th January 2027. Successful applicants will be informed in April 2027, in the build up to the Ryder Cup itself that takes place at Adare Manor from September 13-19, 2027.

Click the link below to view details and to apply.

<https://www.rydercup.com/content/2027-legacy-fund>

Ballot applications for charity tickets to the Ryder Cup 2027 open



The Ryder Cup 2027 Charity Ticket Application process seeks to identify operations which might like to apply for tickets to the 2027 Ryder Cup at Adare Manor, co Limerick in Ireland. Please [click here](#) for further information.

To apply for charity tickets to the 2027 Ryder Cup please complete [THIS FORM](#).

Stronger for Longer: Building Strength and Muscle as We Age Webinar/ Thursday 22nd October 2026



PROGRAMME

Stronger for Longer: Building Strength and Muscle as We Age


Thursday, 22 October 2026

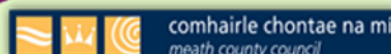
10am

10.00am	Welcome and Introduction Suzanne Costello, Chief Executive All Island Institute of Public Health
10.10am	Dr Christopher Hurst Newcastle University Energiser – Siel Bleu
10.35am	Dr Ashley Gluchowski and Prof Marie Murphy University of Salford and Ulster University
11.00am	Dr Ciara O'Hagan South East Technological University Energiser – Siel Bleu
11.25am	Panel Discussion Chair: Prof Roger O'Sullivan
11.55am	Closing remarks Prof Roger O'Sullivan All Island Institute of Public Health

The All Island Institute of Public Health (IPH) is hosting a webinar on Thursday, 22nd October, focusing on the latest evidence and practical ways to support healthy ageing through building strength and maintaining muscle as we age.

The webinar, 'Stronger for Longer: Building Strength and Muscle as We Age', will feature expert speakers, followed by a panel discussion chaired by IPH's Director of Ageing Research and Development, Professor Roger O'Sullivan. See registration link below.

[Webinar Registration](#)



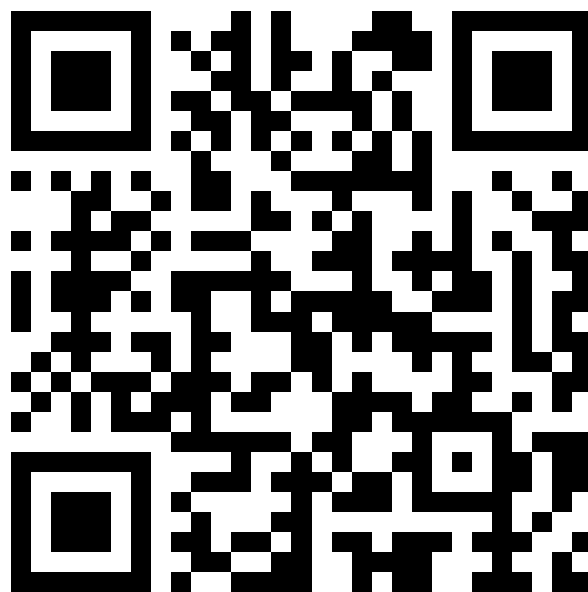
Banking survey for small community groups

Survey on Barriers to Accessing Bank Accounts for Small Community Groups

We are interested in learning more about any barriers that small community groups faced when trying to open bank accounts. They usually need them in order to apply for and receive small grants and funds. The survey is short and not too onerous. We would appreciate if you could share with your relevant networks please.

The survey is here -

<https://www.surveymonkey.com/r/FVCFB9S>



Community Heritage Grant Scheme 2027 Open

The Heritage Council are pleased to let you know that Expressions of Interest (EOIs) for the Community Heritage Grant Scheme 2027 are open. Applicants will be able to submit their Stage 1 EOI through the Heritage Council's [online grants system](#).

The 2027 scheme introduces a new two-stage application process. At Stage 1, applicants submit a short Expression of Interest outlining their project idea, the heritage involved, why the project is needed, who will benefit, and how it aligns with one of the scheme themes. Detailed budgets, quotations and supporting documentation are not required at this stage.

To support applicants, a comprehensive suite of guidance materials will be available on the website when the scheme opens, including:

General Scheme Guidance

Theme Guidance Notes

Expression of Interest Form Guidance, including the application questions, example responses and practical tips for applicants

An online applicant information webinar will take place on **28 September 2026 at 12 noon**. You can register for this Webinar [HERE](#)

The key messages for applicants are:

- Expressions of Interest open at **12 noon on Friday, 18 September 2026**
- The deadline for submission is **5.00pm on Friday, 16 October 2026**
- Applications must be submitted through the online grants system
- Late applications cannot be accepted
- Applicants should review the guidance documents before submitting their EOI
- EOIs will be reviewed against the scheme requirements to determine whether they progress to Stage 2: Full Application

Full scheme details and guidance materials will be available on the [Heritage Council website](#) from the opening date.

If you have any questions, please do not hesitate to contact Tom O'Neill on thomas.oneill@limerick.ie

HUGG Limerick Pop-Up Cafe

HUGG Limerick Pop Up Café – For adults bereaved by suicide

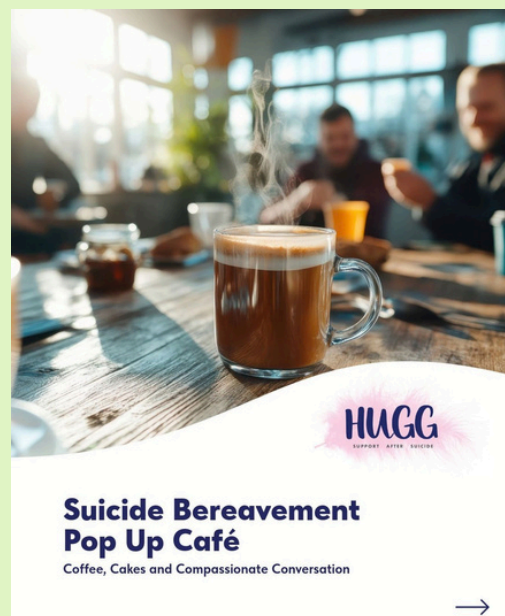
Register here: bit.ly/4hbf0Yu

Join us for coffee, cakes & compassionate conversations at HUGG's suicide bereavement popup cafes, led by trained volunteers with lived experience of suicide loss.

Time: 10.30am

Location: Newcastle West, Limerick

Dates: Friday, 16th October & Friday 13th November



Accessible and Inclusive Tourism in Ireland Survey Now Live



Your voice can help shape the future of tourism in Ireland. Through the Your Voice, Your Journey Visitor Consultation, Fáilte Ireland is seeking feedback from people who benefit from accessible and inclusive tourism when travelling in Ireland. Insights gathered through the consultation will help improve understanding of visitors' experiences and expectations across areas including trip planning, transport, accommodation, attractions and visitor experiences.

Take part in the survey at the following link

[Fáilte Ireland Accessible and Inclusive Tourism Survey](#)

#AccessibleTourism #InclusiveTourism #YourVoiceYourJourney

Public Consultation - Proposed Limerick City Centre Public Realm Strategy and Draft Limerick City Centre Transport 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. and [HERE](#).

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

Climate Action Newsletter



Please see the September edition of the Climate Action Newsletter which you can find at either of the below link:

[Climate Action Newsletter September 2026.pdf](#)

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

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.





University College Dublin
An Coláiste Ollscoile,
Baile Átha Cliath

PARTNER EXPERIENCES SURVEY

Has your partner been diagnosed with prostate cancer?

You experience matters.

Help us understand partners' experiences of intimacy, communication, information and support following a prostate cancer diagnosis in Ireland and Northern Ireland.

Who can take part?

- Adults aged 18 or over.
- Current or former partners of someone diagnosed with prostate cancer in Ireland or Northern Ireland.
- Includes active surveillance and watchful waiting, as well as treatment.

TAKE PART

Scan the QR code to open the survey

- Anonymous and voluntary
- Approximately 10-15 minutes
- Read the participant information before deciding

eu.surveymonkey.com/r/leaflet



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](https://www.limerick.ie/encourages-public-to-hop-to-it-and-help-track-local-frogs)

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.

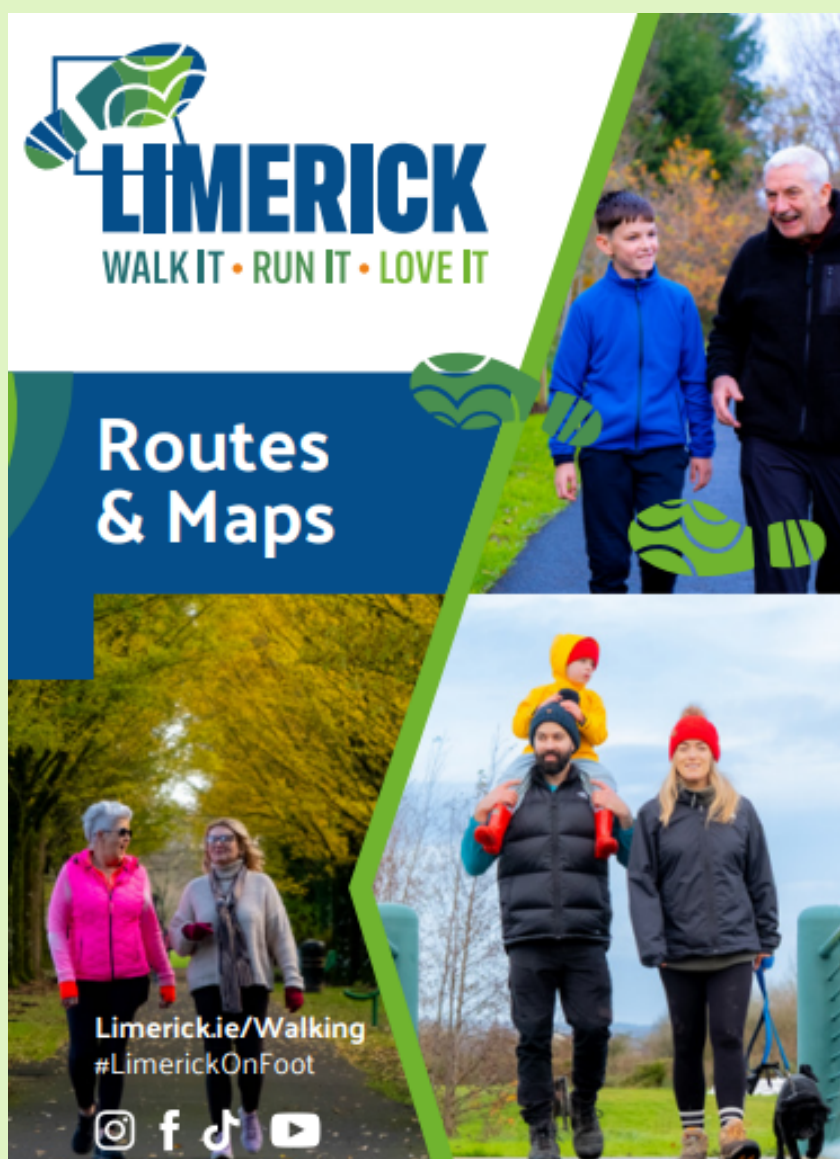


For Adults 18+
33 Henry Street, Limerick

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.

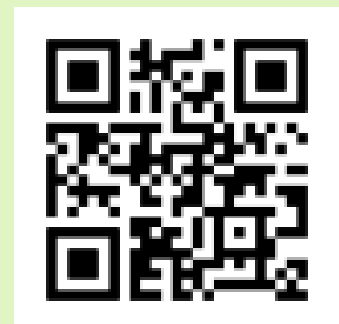
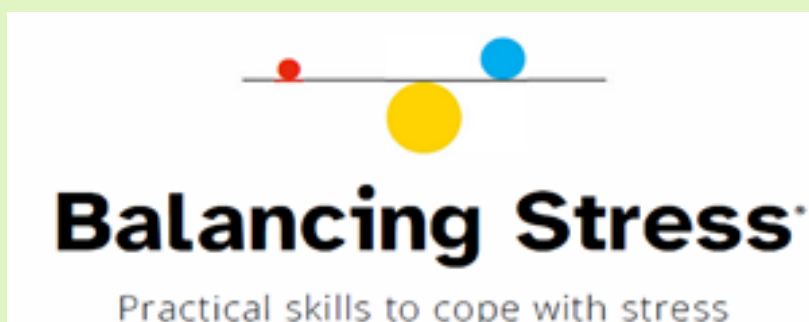
The HSE has developed a Free, easy-to-access online programme called 'Balancing Stress' to support people across Ireland in managing everyday mental difficulties such as stress, anxiety, low mood and worry.

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:

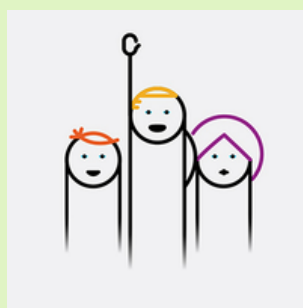
- An Introduction to the PPNs (2 Modules)
- Local Government Budgets
- PPNs and Local Government
- Effective Participation in Consultations
- Effective Facilitation
- Strategic Planning
- Measuring Outcomes and Impacts

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](#)

