

| Name of Organisation | Name of Contact Person | Email | Phone Number | Sports/Activities Available | Day/Time | Location | Open to whom i.e. particular disability/group etc. |
|---|-----------------------------------|--|---------------------------|---|---|--|---|
| Special Olympics Ireland, Limerick | Mary Keogh Mick Kelliher | Contact by phone only mick.m.kelliher@aib.ie | 086-6081814 | Swimming, (Advanced/Beginners (Less Abled)) Athletics Basketball | Mon & Fri 8-9pm (Adv) Wed 7-8pm (Beg) Tues 6-6:45pm Thurs 6:30-8pm | Bawnmore UL Track Outside Catherine McCauleys | Advanced Swimmers (Beginners and Less Abled Swimmers) Able Bodies 6:30pm to 7:15- Beginners, 7:15-8pm- Advanced |
| Down Syndrome Limerick | Breda Coughlan | info@downsyndromelimerick.ie | 061-334023 | Swimming Hip-Hop | Saturday 11am Sat 2:30 & 3:30pm | Bawnmore Down Syndrome Centre in Castletroy | Down Syndrome Limerick Members 2:30 for Teens/Adults while 3:30pm is for Kids (aged 5-12) |
| Brothers of Charity Bawnmore | Cyril Garvey | | 087-7445873 | Swimming Bowling Golf 5-a-side-soccer | Daily 11am-12pm & 2-4pm Wed 6-8pm Tues 2-4pm Thurs 5-7 pm | Bawnmore Funworld- Supermacs- Ennis Rd | Brothers of Charity Members Brothers of Charity Members Brothers of Charity Members Brothers of Charity with Speical Olympics Limerick |
| Brothers of Charity St Muchins | Phil O'Brien | stmunchins@limerick.brothersofcharity.ie | 087-6542209 061-313120 | Badminton Boccia Keep Fit Bootcamp | Thurs 11-12pm Wed 2-3pm Fri 2-4 Mon 10.30-12.30 | Delta Sports Dome Southhill Area Centre St.Munchins Centre Our Ladies of Lourdes | Brothers of Charity Members with LSP Brothers of Charity Members with LSP Brothers of Charity Members Brothers of Charity Members |
| Brothers of Charity NCW | Mike Sheahan | mikeshsheahan@limerick.brothersofcharity.ie | 086-3444724 | Swimming | Tuesday, Wednesday & Friday | Asketon Pool | Half of the groups can swim & the rest just go in the water |
| Headway | Lisa O'Donovane | odonovane@headway.ie | 086-1072597 061-469305 | Boccia Gym- Aerobics | Wed 1.30-4.00pm Mon 10.30-1.00 | | |
| Brothers of Charity NCW | Aoife Keogh | aoifekeogh@limerick.brothersofcharity.ie | 087-9542361 069-62733 | Soccer Boccia Cycling | Mon 11am-1pm Winter All Year Weather Permitting | Newcastle West Rovers Soccer Pitch Newcastle West Community Centre Railway Track in Newcastle West | Able Bodies |
| Limerick FC | Martha Potter | | 061-383884 | Step Forward Disability Group | Wed 10:30am-12:30pm | Hospital Family Resource Centre | Meetings are every 2 weeks |
| | Mike Kenny | johnk1@limerickfc.ie | 087-0542471 | Soccer | Sat 11-12:30pm | Bawnmore | Adults |
| CPSI | Rosemary Ryan | | 083-1772097 | Boccia | Sat 3-5pm | Delta Sports Dome | All abilities Munster Boccia Challengers Club |
| Aisling Annacotty FC Football | Pat Cleary | patcleary16@eircom.net | 086-3892441 | Football for all | Sun 9:15-10am | Aisling Annacotty Football Club | Children aged 6-14 Down Synrome, Autistim, Multiple or Undiagnosed Issues |
| Wheelchair Hurling | Steven Casey David Fitzgerald | | 087-9340151 | Wheelchair Hurling Wheels in motion do basketball & boccia Contact John Byrnes regarding Basketball | Thurs 7-9pm | Delta Sports Dome | All abilities in wheelchairs |
| Limerick FC | Ann Mullins | office.secretary@limerickfc.ie | 087-4146367 | Soccer | Saturday 12pm | Delta Sports Dome | Football for all |
| Daughters of Charity The Garvey | Glenith | rendu@lim-docservice.ie | 061-311656 | Dancing and Drama Soccer Boccia Golf Basketball Swimming | Times and Days Not Given | The Garvey UL Lisnagry Lisnagry Lisnagry Lisnagry | call back |
| Service Co-Ordinator Irish Wheelchair Association | Majella Fagan | majella.fagan@iwa.ie | 087-2977194 | Boccia New Age Kurling Wheelchair Basketball | Monday and Friday Afternoons One/Two Thursdays A Month Wed Nights | Irish WheelChair Association Centre - Nenagh Sports Arena | Football for all |
| Daughters of Charity Lisnagry Irish Wheelchair Assosiation | Susan Kenny Laureen Mckenna | susan.kenny@lim-docservice.ie | 061-501400 061-301830 | Basketball Boccia | Monday 6:30-7:30pm | St. Vincents Lisnagry | Special Olympics Clubs Enable Ireland |
| Rathbane Golf Club | Main Reception John O Sullivan | info@rathbanegolfclub.com | 061-313655 | Golf | Leisurely | Rathbane Golf Club | Caters for disability groups |
| Deaf School | Maria Allen | mwshic@eircom.net | 061-227722 | Soccer with FAI Rugby PE Classes Swimming | Times and Days Not Given | In school In School In School St.Gabriels | school based? |

Contacts

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|-----------------------------------|-------------------|--|------------------------|-------------------------------|
| Enable Ireland | Siobhan O'Malley | | 087-9921717 | |
| National Council of the Blind | Caroline Lane | caroline.jane@ncbi.ie | 086-8185364 | swimming, football, athletics |
| Brothers of Charity Fairgreen | Terry Cullmore | terrycullmore@limerick.brothersofcharity.ie | 087-2449538 308149 | |
| Brothers of Charity Blackberry Pk | Catherine | | once rang enter 305 | |
| Brothers of Charity Austim Unit | Karen Greaney | karengreaney@eircom.net | 087-9041767 | |
| Spinal Injuries Ireland | Deirdre Griffen | deirdre@spinalinjuries.ie | 087-1845935 | |
| Community Liasion Officer | | | 087-7936746 | |
| Community Development Manager | Catherine Smyth | csmyth@ballyhoura.org | 061-391300 | |
| Ballyhoura Development | | | 086-4130162 | |
| Health Promotion Officer | Mairead Kelly | mairreada.kelly@hse.ie | 061-461243 | |
| Limerick Health Promotion | | | | |
| Rehab Care Shannon | Sharon Fox | sharon.fox@rehabcare.ie | 061-719500 | |
| National Learning Network | Kieran O'Loughlin | | | |
| Irish Wheelchair Assosiation | Laura O'Connell | laura.oconnell@nlm.ie | | |
| Development Officer | Paul Ryan | paul.ryan@iwa.ie | 087-1371333 | |
| Catherine McCauley School | Joe McCarthy | joemackone@gmail.com | 061-228281 | |
| Hip Hop Intervention | Liz O'Mahony | elizabeth.omahony@ui.ie | 087-0967084 | |
| Brothers of Charity | Paul Purcell | paulpurcell@limerick.brothersofcharity.ie | | |

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| Brothers of Charity Blackberry Pk | Norma Bagge | normabagge@limerick.brothersofcharity.ie | 061-308149 | |
| Brothers of Charity Clonmore | John Considine | | 061-410292 | |
| HSE Training Services Limerick | Mags Tyrrell | margaret.tyrrell@hse.ie | 086-2257669 | Boccia, Badmington |
| IWA Phoenix Lodge | Bridget Dormer | bridgetdormer@yahoo.ie | 087-6957683 | |
| Brothers of Charity at Blackberry Park | Lilian Walsh | lilianwalsh@limerick.brothersofcharity.ie | 061-482469 | |
| HSE Dooradoyle | Marie Walshe | marie.walshe@hse.ie | 087-7378732 | |
| Wheelchair Hurling | Steven Casey | dave.evafitzgerald@gmail.com | 087-7949145 | |
| East Limerick Childrens Services | Fitzgearld | bcorcoran@eastlimerick.ie | 061-313120 | |
| St Gabriel's Services | Breda Corcoran | mwalsh@stgabriels.ie | 061-482469 | |
| West Limerick Childrens Services | Maura Walsh | yvonne.ryan@hse.ie | 087-9340151 | |
| Rehab Care | Yvonne Ryan | rachael.thurlby@rehabcare.ie | 086-8434423 | |
| Epilepsy Ireland | Rachael Thurlby | akelly@epilepsy.ie | 061-603400 | |
| Dyslexia Awareness | Anna Kelly | dyslexia.awareness@gmail.com | 061-302733 | |
| Kids Martial Arts Class | Ethna O'Donnell | limerickdyspraxiaireland@gmail.com | 069-61919 | |
| Enable Ireland Childrens Services | | | 061-334530 | |
| Arthritis Ireland- Limerick Branch | | info@arthritisireland.ie | 061-313773 | |
| Mid-West Spina Bifida & Hydrocephalus Association | Lynn Buffington | info@spinabifida.ie | 061-315888 | |
| Leader in Brothers of Charity - Community Groups | Aishling Hanrahan | instructorsbp@limerick.brothersofcharity.ie | 087-2378266 | |
| Deaf/Hear | Anna | garvey@lim-docservice.ie | 061-498161 | |
| Spinal Injuries Ireland | Siobhan Egan | siobhan.egan@deafhear.ie | 086-8728443 | |
| | | tmurphy@enableireland.ie | 061-439990 | |
| National Council for the Blind of Ireland | | toni.odwyer@ncbi.ie | 086-3139233 | |
| MS society MidWest Regional Office | | midwest@ms-society.ie | 061-308149 | |
| Headway | Louise Carey | careyl@headway.ie | (205 ext) | |
| Dochas (Autism) | Regina O'Reilly | asdochas@eircom.net | 087-9774575 | |
| Blackberry Park Childrens Services | Anne Long | oreilly.regina@gmail.com | 061-467494 | |
| Daughters of charity | Ryan | anne.long1@hse.ie | 061-307073 | |
| Paralympics Ireland | Main Reception | | 061-303802 | |
| Brothers of Charity | Main Reception | | 061-315566 | |
| Roselawn Day Service | Brenda O'Donnell | | 086-3814976 | |
| Brothers of Charity | Kathleen O'Connell | | 061-498733 | |
| Clonshire Equestrian Centre | Sarah Meek | sarahmeek@limerick.brothersofcharity.ie | 061-301830 | |
| Rehab care Special Olympics | Sue Foley | info@clonshire.com | (01) 625 1175 | |
| Francis Moloney | Patricia Davern | patricia.davern@rehabcare.ie | (01) 818 6400 | |
| Brothers of Charity Our Lady of Lourdes | Deirdre Ronan | olol@limerick.brothersofcharity.ie | (01) 6251160 | |
| St. Gabriels Physiotherapist | Maeve Howlett | mhowlett@stgabriels.ie | 061-369978 | |
| Swim Inc | Rachel Mac Namara | rachelmacnamara@gmail.com | 087-9504154 | |
| Rehab Care | Christina Hennessey | | 061-396770 | |
| Brothers of Charity NCW | Noreen O' Malley | clarecroffey@limerick.brothersofcharity.ie | 086-0487106 | |
| Garryowen | Aoife O' Shaughnessy | Aoife.oshaughnessy@limerick.ie | 086-2560184 | |
| HSE | Christina Keane | christina.keane@hse.ie | | |
| Limerick Regional Child Development Centre | | | 061-302744 | |
| Attention Deficit Disorder | | | 061-312621 | |
| Deaf Community Centre | | | 061-469854 | |
| Dyslexia awareness | | | 061-215888 | |
| Lisnagry Daughters of Charity | John O'Callaghan | | 087-9036462 | |
| | Phil O'Brien | | 086-1987565 | |
| | Laureen McKenna | | 085-7310240 | |
| Caherdavin Brothers of Charity | Tanika Delee | tanikad91@live.ie | | |
| NCW BOC | Joanne O Gorman | jmbogorman@gmail.com | | |
| Rehab care Thurles | Coleen O'Sullivan | Colleen.OSullivan@Rehabcare.ie | | |
| Limerick Health Promotion | Mairead Kelly | maireada.kelly@hse.ie | | |
| Enable ireland | Terence Murray | tmurray@enableireland.ie | | |
| Senior Physiotherapist | Asia Pasinska | asia.pasinska@hse.ie | | |
| Down syndrome Ireland | Denis Griffin | denis.griffin63@gmail.com | | |
| Daughters of charity | Lorraine O Riordan | lorraineoriordan@live.com | | Swimming |

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|---------------------------------|--------------------|--|-------------|---|
| National Learning Network | Elaine Morris | elaine.morris@nln.ie | | |
| Brothers of Charity NCW | Aideen Shinnors | aideen.shinnors@hse.ie | | |
| MS Development Officer Limerick | Barney Quealey | barneyquealey@msn.com | | |
| Vision Sport Ireland | John McDonald | JohnM@MS-Society.ie | | |
| Emails | | | | |
| Clonshire Equestrian Centre | Elaine Walsh | lizbennet2@gmail.com | | |
| Hockey Ireland | | info@clonshire.com | | |
| Rehab Care Resource Centre | | inclusion@hockey.ie | | |
| Swim Inclusive Classes | Ciara O'Sullivan | michael.quinn@rehabcare.ie | 061-312876 | |
| | Paul Flannery | ciara.osullivan@ul.ie | 061-213519 | Swim Classes for ages 5 to 15 all abilities |
| | Eamonn O'Connor | paulflannery27@gmail.com | | |
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| | | shuttlebadmintonclub@gmail.com | | |
| | | meaney21@eircom.net | | |
| Limerick Lions Basketball Club | Tony Hehir | tonyhehir@gmail.com | 087-9601049 | Catering for children 6 years to senior |
| | Harry Coyne | limericklionsbball@gmail.com | | |
| | | info@ballyhoura.org | | |
| | Michael Lynch | michael.lynych@analog.com | 061-396770 | |
| | | jenny@dancelimerick.ie | | |
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| St Gabriel's | Susan Walsh | swalsh@stgabriels.ie | 061-302733 | |
| | | karen@limerickhockeyclub.ie | | |
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| Club Vitae Maldron Hotel | Marita Byrne | limerick@clubvitae.ie | 061- 436153 | |
| | | club@castletroypark.ie | | |
| Askeaton Pool & Leisure | Declan Nash | askeaton@coralleisure.ie | 061-392570 | |
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| Aikido Club | Jason Kenny | limerickaikido@gmail.com | 085-7511156 | |
| | | gauiber2@iol.ie | | |
| | | secretary@limericktriathlon.com | | |
| Tailteann Gymnastics Club | Elaine Murtagh | gymclubinfo@gmail.com | 087-1355796 | Run for girls and boys aged 5 years + |
| | | volleyball@cbphoto.ie | | |
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| St Gabriel's School & Centre | Patsy Lyons | | 061-302733 | |
| Attention Deficit Disorder | Bridget Kelly or Betty Downs | | 061-312621 | |
| Daughters of Charity Disability Service | Brian O'Shea | brian19999@hotmail.com | | |
| Rehab Group South Region | Phil Atkinson | phil.atkinson@rehabcare.ie | | |
| East Limerick Children's Services | Brian O'Flannagan | BOFlannagan@eastlimerick.ie | 061-603417 | (Referral Process only) |
| | Michael Hennessy | Michael.hennessy@lim-docservice.ie | | |
| Tennis Ireland Disability (Enjoy Tennis) | Mike Lehane | lehane_mike@hotmail.com karen@limerickhockeyclub.ie | 086-6686247 | Wheelchair Tennis, ASD Tennis, Visually Impaired |
| Irishwheelchair Association | Majella Fagan | majella.fagan@iwa.ie | 061-317234 | |

limerick@nl.n.ie do not run activities