

Social Inclusion and Community Activation Programme (SICAP)

Education and Learning Supports

- ***Are You 15 or Over?***
- ***Do You Want to Learn a New Skill?***
- ***But Not Sure Where to Start?***

A confidential one-to-one service is available to help you to:

- Work out your options
- Set goals
- Make an Action Plan
- Build confidence
- Realise your existing skills and knowledge
- Finding the right course
- Achieve your potential

How can I access this service?

Just drop in or call any of the Education and Lifelong Learning Support Workers listed below and make an appointment. The service is free!

| Location/ Organisation | SICAP Contact Person | Contact Details |
|--|-------------------------|--|
| Limerick City CDP, C/O St. Munchin's Community Enterprise Centre, Kileely Court, Kileely. | Susan O'Neill | 061 328690/086 8162906 susan@limerickcitycdp.ie |
| | Kay Flanagan | 061 609603/087 6254216 kay@limerickcitycdp.ie |
| | Helen Flanagan | 061 328690/087 2843172 helen@limerickcitycdp.ie |
| Moyross CEC, Moyross Community Enterprise Centre, Moyross. | Catherine O'Shaughnessy | 061 326057 catherine@moyross.ie |
| | Noelle Howard | 061 326057 noelle@moyross.ie |
| St. Mary's AID, Widows Alms, Nicholas St. | Mary Quane | 061 318106 mary.quane@stmarysaid.ie |
| Garryowen Community Development Project, 2 Garryowen Road. | Maghnus Collins | 061-312555 maghnus@garryowencdp.com |
| Our Lady of Lourdes CSG, Greenfields Cross, Rosbrien. | Gillian Jonker | 061 228596 adult.ed@ololcsg.ie |
| | Denise Hannan | 061 228596 denise.hannan@ololcsg.ie |
| Tait House, Roxboro Road. | Ann McNamara | 061-415340 amcnamara@taithouse.ie |