

Social Supports for Loneliness:



Provide Classes in various activities to prevent isolation and loneliness. Also provides peer support
Classes include music, creative writing, meditation, mens shed, coffee mornings, Sunday Social
3 Sexton street, 061 – 446786
<http://limerickmentalhealth.ie/calendar/classes/>



Provides support, information and company to men of all ages through activities. Operates in many locations.
Aim is to increase connection and reduce loneliness and isolation in men
Tel 01-8916150
https://menssheds.ie/shed_county/munster/co-limerick



Group of both men and women who meet up regularly to do activities such as walks, bowling, comedy nights, cinema etc
Based in Limerick City
Tel John Mulligan: 089 2150682
<https://limerickssc.ie/about/>



Specifically Sports and wellbeing courses and activities in the city
<https://www.limericksports.ie/index.php>
Tel 061-333600



Volunteering can often be a great way to socialise, meet new people and get involved in your community.
Contact your local volunteer centre: www.volunteer.ie
Tait Business Centre Tel: 087 7387481

See Also courses available in the “Courses” Section and also www.fetch.ie

See Also support groups available in the “Support Group” Section

Activities also available in Local health & community Centres –

See <https://www.hse.ie/eng/services/list/2/healthcentres/>