

# BEYOND LIMITS

## SLIGO

Doors Open at 10am  
Beyond Limits starts at 11am

### Main Stage

#### Session 1: 11am-11:45am

- Paddy Smyth MC alongside young host Ailís
- Paralympic Gold Medallist Katie George Dunleavy and Eve McCrystal
- Dr Colman Noctor, Child and Adolescent Psychotherapist
- Ombudsman for Children, Dr Niall Muldoon
- Rhythm Room Audience warm up
- Beyond Limits Youth Advisory Panel member Toby
- Performance from Music Generation, Sligo Voices

#### Session 2: 12:30pm – 1:15pm

- Fiacre Ryan of RTÉ Speechless documentary
- Beyond Limits Youth Advisory Panel member Christopher
- Conversation with Paddy Smyth
- Music from Derek Ryan
- Finding Your Wings Mindful Moment
- Claire Kenny of Independent Living Movement Ireland

#### Session 3: 2pm – 2:45pm

- Beyond Limits Youth Advisory Panel member Meabh with song and speech
- Beyond Limits Youth Advisory Panel member Eva
- Adam O'Brien, Autism Advocate
- Young Speaker, Jimbos Accessible Adventures
- Bluestack Choir Performance

### Activities

#### During both breaks

Sensory Play Area, Gaming Station, Arts and Crafts, Para Table Tennis and visit our other exhibitors

#### Break 1 11:45am-12:30pm

##### MAIN STAGE

11:50 – 12:20 Colman Noctor Q&A



##### UPSTAIRS

11:50 – 12:20 Sensory Stories



##### ARENA

12:00 – 12:20 Gymnastics display

##### OUTSIDE

11:50 – 12:20 GAA, IRFU and FAI Come and Try

#### Break 2 1:15pm-2pm

##### MAIN STAGE

1:20 – 1:50 Independent Living Movement Parent's Session

##### UPSTAIRS

1:30 – 1:50 Yoga and Mindfulness



##### ARENA

1:35 – 1:50 Silent Disco



##### OUTSIDE

1:20 – 1:50pm GAA, IRFU and FAI Come and Try

