

# BEYOND LIMITS

## LIMERICK

**Saturday 15th October**

Doors open 10am. Everyone given lunch bag on arrival

### Main Stage

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

- Ellen Keane MC alongside young host Julie
- Beyond Limits Youth Advisory Panel member Toby
- Performance from Méabh of Beyond Limits YAP
- Ombudsman for Children, Dr Niall Muldoon
- Young Speaker Saoirse Ruane
- Jack Kavanagh, Disability Advocate
- Kabin Crew Performance

#### Session 2: 12:30pm – 1:15pm

- Pdraig O’Callaghan, Limerick Person of the Year
- Adam O’Brien, Autism Advocate
- Finding Your Wings Mindful Moment
- Beyond Limits YAP member Christopher
- “Disability is not a dirty word” conversation with Claire Kenny and Paula Soraghan led by Paddy Smyth
- Free to be Me - performance choreographed by John Nolan, Dancing with the Stars

#### Session 3: 2pm – 2:45pm

- Bluestack Foundation Choir Performance
- Dr Colman Noctor, Child and Adolescent Psychotherapist
- Beyond Limits YAP member Eva
- James Casserly, Jimbos Accessible Adventures
- Mark Smith, Actor
- Ian O’Connell, Radio Kerry DJ
- Performance from Wild Division and Detention

### Activities

#### During both breaks

Sensory Play Area, Gaming Station, Arts and Crafts, GAA, Soccer, Rugby, Para Table Tennis, Cookery demo, Yoga and visit our other exhibitors

#### Break 1

Sensory Stories



#### Break 2

Silent Disco

