

HEALTH CARE PROGRAMME

LiKe Bikes - Greenways Cycle Hire in conjunction with Limerick Sports Partnership, the Primary Health Care Project for Travellers, West Limerick Resources has just delivered a six week 'Healthy Outdoor Programme'. The objective of the programme was to promote cycling in a safe outdoor setting and connect with people through movement and nature. The participants cycled a different section of the Limerick Greenway one morning per week. Over the six weeks the members cycled the entire length of the Limerick Greenway.

This was a very positive collaboration involving LiKe Bikes, funded by Limerick Sports Partnership for the Primary Health Care Project for Travellers, West Limerick Resources. This Mental Health & Wellbeing initiative was requested by the local Traveller community.

Diana Thornton of LiKe Bikes said "The programme was very successful and reintroduced many of the participants back into cycling, an activity which many had not taken part in since childhood. We look forward to delivering further programmes next year and can be contacted by email at info@likebikes.ie, info@limericksports.ie, tsheahan@wlr.ie for further information"



Myra O'Brien, Margaret Harty and Bridget Harty (all left) pictured after receiving flowers for their total dedication to the Healthy Outdoor Programme. Also in photo are Andy Smith, LiKe Bikes, Theresa Sheahan, West Limerick Resources, Dwayne Blenkinsop, LiKe Bikes, Rachael Macauley, Limerick Sports Partnership and Diana Thornton, LiKe Bikes.

Photo by Paul Ward



Finally over the line after finishing the six week Healthy Outdoor Programme.

Photo by Paul Ward