



UNIVERSITY *of* LIMERICK

OLLSCOIL LUIMNIGH

**St. Marys Community and Faculty of
Education & Health Sciences
University of Limerick**



**Diploma in Community Wellness, Empowerment,
Leadership and Life Skills (CWELL)**

**Programme Handbook for Students
2014/2015**

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Welcome to the Faculty of Education and Health Sciences

Welcome to the Faculty of Education and Health Sciences at the University of Limerick.

The Faculty is committed to facilitating students' personal and professional development within a supportive, respectful and flexible environment. We hope that you will find your programme of study and your time at the University of Limerick both stimulating and enjoyable.

I hope that during this programme you will not only develop both personally and professionally, but also that the process of learning and development will be both enjoyable and inspirational.

I wish you all the best with your studies

Professor Mary O'Sullivan
Dean Education and Health Sciences
University of Limerick



Welcome to the Programme

It is a pleasure to welcome you to the Diploma in Community Wellness, Empowerment, Leadership Lifeskills (CWELL) programme and along with my colleagues, I trust that you will enjoy your time with us, both in U.L and in St Mary's community.

All those involved in the organising and delivery of the programme are extremely committed to it, and look forward to working with you to generate a supportive and beneficial learning environment. They are also committed to the success of each and every learner, helping him or her achieve the highest quality of academic enrichment and personal growth possible.

With this support, we are preparing students for healthier lives. We trust that you will find your time here to be exciting and rewarding and that from your studies you achieve academic enrichment and personal fulfilment.

Best wishes

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Purpose of Course Handbook

The purpose of this handbook is to provide you with specific information about your programme, the Diploma in Community Wellness, Empowerment, Leadership and Lifeskills (CWELL). It will also provide you with resources and structures that are available for you to access both within the community and the University, which will further support your personal and professional development. It is expected that you will use this handbook as a resource over the next two years of your programme. You will also need to regularly refer to the annually published University of Limerick Handbook of Academic Regulations and Procedures and the University of Limerick, Student Code of Conduct for additional important information.

This handbook should be read in conjunction with the Student Handbook - Student Academic Administration, which is available online at www.ul.ie/studentacademicadmin/

Section one provides information on the CWELL programme.

Section two sets out the student supports and resources available to students.

These resources contain important information, which will support your endeavours as a student on the programme and hopefully enable you to make better use of the opportunities offered to you during your time with the University.

Section 1:

1.0 Background to the Programme

This two year programme will be delivered in a flexible and proactive manner, designed to meet the needs of students. Specifically, the CWELL programme is concerned with empowering the individual to work towards wellness through a range of educational interventions. It will equip students with the knowledge, skills and attitudes to become confident, creative, responsible and proactive individuals who are able to make maximum use of skills, knowledge and resources to achieve better health in their everyday lives.

1.1 First Year Overview:

All modules are required modules. The first year will consist of four modules of lectures/seminars, practical assignments, and workshops/role-plays. The modules will run consecutively with two during semester one and two during semester two. Project or field work through practical application of knowledge will form part of each module. The modules will be closely integrated and each will support the other.

1.2 Second Year Overview:

The second year of study will reflect the previous method of course delivery while the remaining module in semester one and semester two will be Practicum Module 1 and Practicum Module 2 respectively. In this regard, students will have an opportunity to undertake service learning as an integrated programme component.

Integrating service-learning through academic credit-bearing programmes can make the programmes more effective and meaningful because they can have a major effect not only on the target population, but also on other populations in the community. Such projects encourage students to apply what they have learned in the classroom in real-world settings. See figure 1, programme outline.

2.0 Aims/Objectives of the Programme

The aim of the programme is to bring together community partners, university staff and students, to help you address community health issues, through a range of educational interventions. It will enhance your existing strengths and develop your confidence and leadership skills, enabling you to contribute to improving the quality of life for you and your families and the creation of healthier communities. The programme structure will focus on three areas, (i) Mental health, (ii) physical health and (iii) personal and professional development. Within each of these areas, health and well-being issues related to the young person, middle age and older person will be addressed.

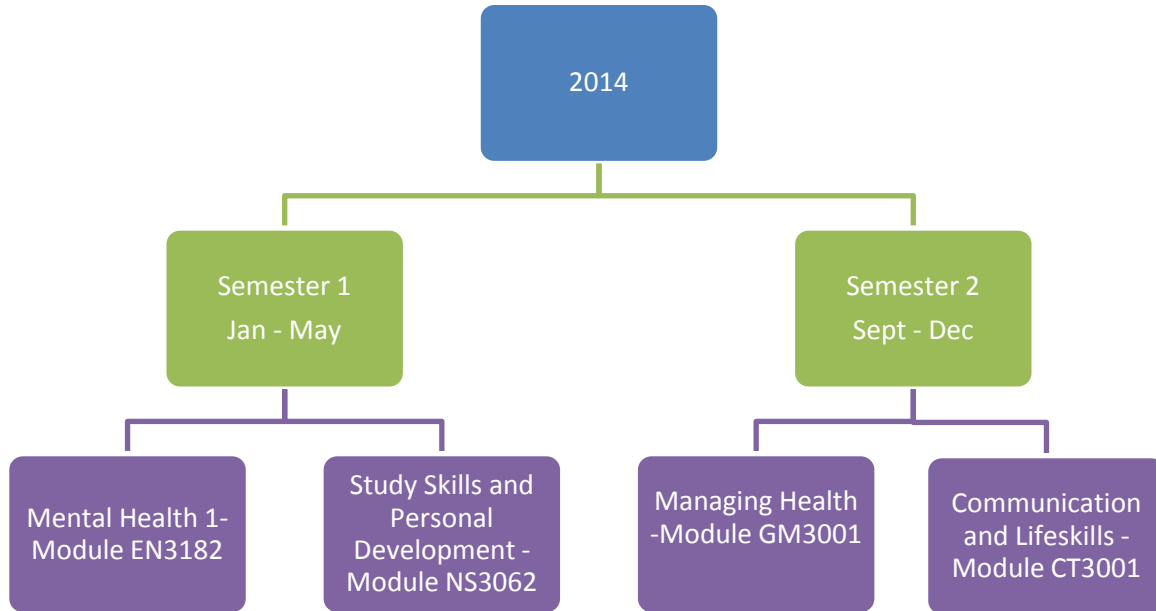
3.0 Learning Outcomes of the Programme

On completion of the programme the student will be able to:

- Identify life style choices that contribute to well-being and health across the lifespan.
- Demonstrate capacity to bring experience and knowledge to bear on real societal problems and challenges related to health and well-being.
- Demonstrate an understanding of the key principles of a healthy lifestyle
- Acquire the skills to explore new possibilities and opportunities to attain better health outcomes.
- Develop and apply activities conducive to positive health in a family/community setting.
- Demonstrate competence in written, verbal and digital communication skills at individual and collaborative levels
- Develop skills in reflection, creative and critical thinking, fostering personal and professional growth
- Participate in activities/projects which benefit health and well-being based on their own identified needs.
- Demonstrate an appreciation of the need to work collaboratively and accommodate diversity and difference.
- Demonstrate effective communication knowledge and skills to work effectively as a team member within a community setting
- Practice skills in reflection, enquiry, problem solving, creative and critical thinking in order to enhance interpersonal and professional growth.
- Demonstrate a commitment to the continuous development of own skills and learning and the ambition to drive improvements and positive change in the area of well-being and health.
- Demonstrate the ability to undertake independent learning activities
- Ascertain the issues within the local community which affect well-being and explore ways in which they can be addressed.
- Initiate a responsible, civically aware and engaged approach to actions orientated towards making positive contributions to healthier lifestyles within family and community settings.
- Demonstrate the ability to convey ideas clearly and effectively to a range of different stakeholders.

4.0 Programme Outline

4.1 Year One



4.1.1 Semester One

4.1.1.1 **Module EN3182 - Mental Health 1: Well-being and Positive Mental Health Across the Lifespan**

In this module, students will learn about the factors (e.g., psychological and social) associated with well-being and mental health problems over the life course from childhood to old age. An experiential and reflective approach will be fostered where students will explore different definitions of wellbeing, 'normal' mental health and common mental health problems. An overview of mental health and its features and factors which impact on mental health will be addressed including the negative effects of stigma and discrimination. Ways to reduce risks of developing mental illness will be explored. Social and community factors associated with the promotion of well-being and positive mental health will also be explored.

4.1.1.1.1 **Module NS3062 - Study Skills and Personal Development**

The student will be supported to apply the skills-set acquired, which will include writing skills; oral presentation skills; Creating a portfolio; Preparing for PowerPoint presentations; Profiling different learning styles e.g. mind mapping, reflective logs; Learning to read academically i.e. scanning/skimming. The student will learn academic

reading; note-taking; effective use of lectures and tutorials; basic research skills, and using sources of information. Students will learn about the conventions for writing academic assignments: argumentation, planning an essay, referencing as well as reflecting on the learning experience. Personal development will include career decision-making and preparation; the Job Search Process; Identifying and securing employment opportunities; CV Preparation including online job-hunting; Interview Preparation & Interview Techniques; Guidelines on CV applications & Cover Letter; Introduction to Interview skills. Managing finances, financial planning and budgeting will also be covered.

4.1.2 Semester Two

4.1.2.1 Module GM3001 - Managing Health in the Home and in the Community

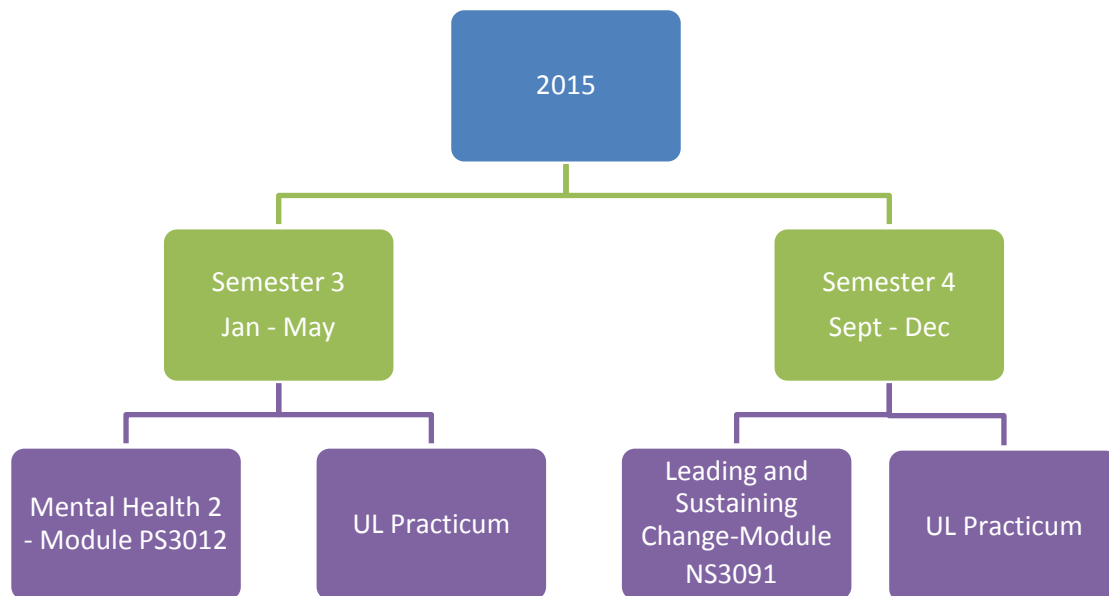
Students will learn about lifestyle choices and health, including: diet, physical activity, smoking, and substance use. Specific issues affecting physical health for particular groups and at various life stages will be considered including: child health, adolescent health, women's health, men's health and aging. Factors that impact on the health of people with chronic illness and on their families and communities will be explored, including coping with reduced independence. Students will learn about the role and specific needs of the carer in managing someone with chronic illness. Students will develop skills in looking after an individual in an emergency situation (First Aid, Basic life Support/ Cardiac first response), injury prevention.

4.1.2.2 Module CT3001 - Communication and life-skills

In this module students will learn about life skills, human communication, group theory and conflict. Students will have opportunities to develop skills in assertive communication, conflict resolution, team working, group facilitation, peer education, time management and decision making. Students will learn about the relationship between psychosocial competencies (self-awareness, self-esteem) and interpersonal relationships.

4.2 Programme Structure

Year Two



4.2.1 Semester Three

4.2.1.1 Module PS3012 - Mental Health 2: Prevention and Management

In this module, students will learn about the theoretical foundations underlying the management and treatment of mental health problems. For this, the role of social, psychological and biological factors in the prevention, management and treatment (e.g., social support and psychological resilience, cognition, attribution, stress-management, genetics, disease, brain anatomy and neurochemistry) of mental health will be taught to students. An experiential and critical reflective approach will be developed in students where they will explore the most effective methods of applying preventive and treatment measures to reduce the burden associated with mental health and to foster positive mental health.

4.2.1.2 U.L Practicum 1

This module will focus on practical work. It will provide students with practical experience, generic skills development (such as applied research work, team work, problem-solving and project work) as well as the experience of being part of a multi- or inter- disciplinary team. It will enable them to apply the disciplinary knowledge that they have learnt to multi-faceted real-world problems. Students will: take part in problem identification and ideation; develop a deeper understanding of academic issues areas and problems in consultation with external stakeholders; work towards solutions in collaboration; implement identified changes and evaluate outcomes. A reflective practice will underpin the student experience throughout.

4.2.2 Semester Four

4.2.2.1 Module NS3091 - Leading and Sustaining Change in the Community

In this module students will learn about psychological and social theories of relevance to leadership, leadership styles, and the contexts where leadership occurs. Students will have opportunities to reflect on and develop their own leadership skills (e.g. conducting effective meetings, group facilitation, negotiation skills, needs analysis, community profiling). Students will learn about the benefits and challenges of community leadership and the qualities of effective community leaders. This module will include the principles of teamwork, and factors which may impede or facilitate change. Implementing change, project planning, implementation and evaluation will be addressed, along with supervision and delegation.

4.2.2.2 UL Practicum 2

This module will focus on practical work. It will provide students with practical experience, generic skills development (such as applied research work, team work, problem-solving and project work) as well as the experience of being part of a multi- or inter- disciplinary team. It will enable them to apply the disciplinary knowledge that they have learnt to multi-faceted real-world problems. Students will: take part in problem identification and ideation; develop a deeper understanding of academic issues areas and problems in consultation with external stakeholders; work towards solutions in collaboration; implement identified changes and evaluate outcomes. A reflective practice will underpin the student experience throughout.

5.0 Learning, Teaching and Assessment Approaches

The programme provides a balance between structure and flexibility in the learning process, encouraging discussion and the fostering of opportunities for students to develop knowledge, understanding and critical thinking for application to practice. A full range of interactive strategies are used across the delivery of the programme. Lecturers will make students aware of the method that attaches to a given course.

These may include lectures, seminars, peer presentations, tutorials, small group teaching, enquiry based learning, problem based learning, observations, student-led sessions, role-play, workshops, online learning, audio-visual, interactive teaching and learning modalities and tutorial sessions.

Examples of these include all or some of the following:

- ◆ forms of examinations such as open-book and take-away examinations
- ◆ projects and investigations
- ◆ varied writing tasks
- ◆ multiple choice and other objective tests
- ◆ oral assessment
- ◆ realistic or problem-solving tasks
- ◆ assessment based on simulations or role play

- ◆ computer-assisted assessment
- ◆ portfolios and profiles
- ◆ negotiated assignments and learning contracts
- ◆ group assignments
- ◆ self, peer and co-assessment

Work submitted by students as part of their year's work requirements, such as project, assessments, etc. remain the property of the University of Limerick. It is the responsibility of each student to retain copies of their continuous assessment work, where required, before submission.

6.0 Attendance

Please note that attendance to all scheduled sessions is both compulsory and essential for your personal and professional development. Attendance at all scheduled sessions will be monitored closely by the Course Director. If for any reason you cannot attend any of the scheduled sessions, you are advised to contact the Course Director. Section Two



1.0 Your Email Account

The Course Directors, your lecturers and student supports will often email you to inform you of work to be done, deadlines and general information to do with the course. You will get emails from the University too, informing you of events on campus and opportunities that are available to you. It is important to check your student email account daily and only to use it for material related to CWELL. Your email account can be used to get in touch with the CWELL staff or your lecturers. You will find your lecturers email addresses on the UL website by searching their names.

You can access your email account by clicking Student Webmail in the Students & Staff link on the UL homepage. Type in your email address and then your password. If you are logging in off campus it will ask you for a username. In the box, type **ul\your ID number**).

- Every student has been set up with a student email account

Example: 12211212@studentmail.ul.ie

- NOTE: Any correspondence from lecturers or other institute staff will be to your student email account.



2.0 Student Support Structures

- **Academic supports.**

Students should also refer to the Student Handbook which has been compiled to help you deal with all aspects of your academic progression. It contains all the procedural requirements that you must adhere to for the duration of your programme. The Student Handbook and the Handbook of Academic Administration is available online here, http://www2.ul.ie/web/WWW/Services/Student_Affairs/Student_Administration/Student_Academic_Administration and you should consult this regularly.



Peer Assisted Student Support

The peer assisted student support structure has been set up to help you during your time with the CWELL course. You may approach the student supports one-on-one or in a group, looking for help with coursework, problems with finding books or using websites, or any other queries that you may have regarding the CWELL diploma. A number of resources will be set up to aid you in these aspects.



The number for the student support helpline is 086-8141620. You can contact this phone if you have any problems, for example, with assignments. You will be informed in Semester One of the times during which you will be able to reach the helpline.

The number for the research assistant phone is 086-8141774.

A drop-in clinic will be established in the CPD House, days and times will be provided to you during the semester. This provides you with a chance to get one-on-one or group help from the student supports, regarding any difficulties you may be having surrounding your time on the CWELL diploma. We can help you with approaching and completing assignments, referencing your sources, provide mentoring on academic writing and any other aspects of the coursework that you may be finding challenging. If these drop-in times don't suit you during the week, you can call in to the CWELL office

with any queries by getting in contact with us beforehand so that you can be sure someone will be there to talk to you.



A suggestions box will be set up in the hall of the CPD House which will allow you to contribute your ideas and opinions on what parts you of course you find relevant and worthwhile, or if there are aspects you think could be improved. You can propose ways to bring the group together socially, or to involve the community with the CWELL diploma. You can make suggestions anonymously, and all feedback is greatly appreciated.

The computers in the CDP House are free for individual students to use, but make sure to ask in reception if the room is free or not due to be used by a computer class.

Course Director/Co-Course Director

The quality of the student experience is fundamental to the role of the Course Director and Co-Course Director in supporting students. Their main roles include:

- Managing and overseeing the academic elements of the programme and working closely with faculty, administration, Head of Department and other support structures available to students.
- Assisting in clarifying queries and concerns, helping students adjust to the University environment and supporting you to make the most of your potential while in UL.
- Acting as a source of advice and information on general student problems, including professional and personal problems, and in appropriate cases, makes referrals to other support structures such as the Writing Learning Centre, Science Learning Centre, Counselling Service etc.
- Making representations on behalf of students.
 - Contact Bernie Quillinan, Course Director, by emailing Bernie.Quillinan@ul.ie
 - Contact Geraldine Reidy, Co-Course Director, by emailing lyons_geraldine@hotmail.com



Advisor System

The UL academic adviser system plays a key role in ensuring that students adjust to the University environment and supports them to make the most of their potential while at the University of Limerick. Each student will be allocated an academic advisor and opportunities for group advisee sessions may be available. Students are encouraged by

faculty to liaise with their academic advisor. All matters discussed between students and advisors are confidential.

Advisors will help you to deal with situations such as:

- Having problems with your coursework, and feeling that you are unable for it.
- Having problems in your personal life which you feel may affect your participation in the course.
- Experiencing doubts concerning your ability to stay within the course structure.

Advisors make representations for you on your behalf.



Library

For new students it can take a while to get to know how to use the library effectively. To start with, here are the basics:

- Opening Hours: Monday to Friday 08:30-21:00, Saturday 09:00-12:45
- The library catalogue is freely available on the web, you can search the catalogue on any PC with internet access <http://www2.ul.ie/web/WWW/Services/Library>
- Use your ID card to borrow materials at the self-service machine on Floor 1 or at the Service Desks. Return books to the Service Desks.
- The Information Desk is based on the Ground Floor.
- Group study rooms can be booked at the security office in the foyer.
- Self-service photocopiers are available on each floor.

The librarian for the Faculty of Education and Health Sciences is Donna O’Doibhlin. Contact her if you need any help with identifying resources for your essay or research project or if you have a specific information query donna.odoibhlin@ul.ie

Referencing guidelines: UL Harvard/ Cite it Right Guide

NB. Download and keep a copy of this detailed description of how to use Harvard as your referencing style in UL. <http://www.ul.ie/~library/pdf/citeitright.pdf>



Student Academic Administration

The Student Academic Administration Office maintains controls and develops the University's student records, including all personal information, grant records, student registrations, grade input, performance reports and student results, the issuing of all University graduate parchments and the publication of all class and examination schedules for the University. The office also develops and administers procedures for the compliance by all students and faculty in support of the University's Academic Regulations and Marks and Standards.

Location: Main Building, EG-001

Phone: 061-201946

Counter Service: 9.30am-12.30pm and 2.30pm-4.30pm Daily.



The Writing Centre

The Regional Writing Centre is available to all University of Limerick students who seek support to enhance and develop their academic writing skills.

- One-to-one peer support is available, where any aspect of writing, or the writing process, can be addressed.
- Peer writing-tutors help you to examine your unique writing process - what you do from the time you get an assignment until the time you hand it in.
- They help you to identify strategies that you employ as you go. Finally, peer writing-tutors help you to evaluate the contribution made by those strategies and when it is determined that they are not working, identify and choose strategies that are more productive.
- The writing centre also provides writing workshops which is open for any student to attend. Please check their website for details of their workshops. All students are encouraged to avail of this service. To attend you are required to make a reservation for a workshop place on their website [http://www2.ul.ie/web/WWW/Services/Centre for Teaching %26 Learning/Th e Writing Centre/WORKSHOPS](http://www2.ul.ie/web/WWW/Services/Centre%20for%20Teaching%20Learning/The%20Writing%20Centre/WORKSHOPS)

Mature Student's Office

The Mature Students Office has a range of personal and academic resources that students over the age of 23 may avail of. Have a look at their website at <http://www.ul.ie/mso/>



Careers Guidance

The Careers Service is part of the Cooperative Education and Careers Division (www.ul.ie/careers/). Its primary mission is to support students and recent graduates in formulating successful career plans and to facilitate the recruitment process for students and employers. They provide workshops and sessions that are geared towards assisting students in searching for future career opportunities, for example: tips on completing application forms, compiling CVs, interview techniques, preparing for interviews etc. Please access <http://www3.ul.ie/careers/careers/applications/> to find out more information about when these workshops take place.

- **Personal Supports**



Chaplaincy

The University of Limerick Chaplaincy (www.ul.ie/chaplain/) works to meet the many and varied religious needs and backgrounds of the campus community. The Contemplative Centre offers a quiet space for prayer or reflection or just an escape from the hustle and bustle of life on campus.



Disability Support Services

The University of Limerick is an equal opportunities institution and welcomes applications from a diverse range of under-represented groups including people with disabilities. The University's Disability policy (www2.ul.ie/web/WWW/Services/Student_Affairs) is designed to promote and facilitate entry to and participation in the academic programmes and the student life of the University by people with disabilities. The University of Limerick is committed to ensuring that people with a disability are treated in a fair and inclusive manner and given the opportunity to achieve their educational goals in an inclusive learning environment. In providing for specific needs, the University will have particular regard for the human dignity, potential and independence of each individual and the necessity for confidentiality.



Sport, Recreation and Culture

There are over 60 student-run clubs and societies at UL (www.clubsandsocs.ul.ie), of which almost two-thirds are sports clubs. The Department of Nursing and Midwifery encourages and facilitates student involvement in various clubs.

There are a number of facilities on campus to help everyone with their exercise goals; from an Olympic swimming pool and gym in the Arena, an outdoor race-track, rugby and football pitches, to the rowing club boathouse. With your student card you can avail of unbeatable rates for the use of the Arena facilities <http://www.ulsport.ie/ularena/rates/>. The University Concert Hall hosts a vast range of events, for comedy stand-up shows to pantomimes. A full list of events can be found here <http://www.uch.ie/>.

UL boasts a wide range of cafes and restaurants on campus, offering something to suit every taste <http://www.ul.ie/ul-campus/cafes-restaurants/>



Students' Union

Students automatically become members of the Students' Union www.ulsu.ul.ie/ upon enrolment. Among other services for students, the union runs the class representative (class rep) system. Class reps represent their group to the University and to the union and report back from the union to the class. Photocopying cards bought in the Students Union are the cheapest on campus, at €3. There is a photocopying room in the Students Union also. The common room, upstairs in the SU, is a great place to relax, eat your lunch and chat with friends. There are pool tables, vending machines and free Wi-Fi. The Students Union is also a first port of call should you have any queries regarding student life in general.



Student Counselling

The Counselling Service (www.ul.ie/counselling/) is a professional psychological service available to students to assist them on their progress through University life, with all of its incumbent stresses and strains. Many personal decisions are made and problems solved through discussions with friends or family, a University Lecturer or Course Director or a nurse, GP or chaplain. However, there are times when it may be right to seek help away from the familiar daily environment. Appointments are confidential and the Service works within the Irish Association for University and College Counsellors 'Code of Ethics and Practice'. The Service is available to all undergraduate and post graduate students of the University. The Service has a team of professionally trained and widely experienced male and female psychotherapists, counsellors and a clinical psychologist, who are used to helping people from many different backgrounds and cultures and with a wide range of personal issues. To contact the Counselling Service phone 061-202337 or drop in to them (11am - 12 noon or 3.00pm – 4.00pm) Monday to Friday during term time.



Student Health Centre

The Student Health Centre (www.ul.ie/medical/) is an acute care advisory service provided to all UL students. The centre includes a full-time nursing service and daily attendance by doctors. A consultant psychiatrist and chartered physiotherapist are available through internal referral. The opening hours of the Student Health Centre are 9.00am to 5.00pm Monday to Friday (Phone: 061-202534)

Prices are as follows:

Doctor Consultation	Psychiatrist Consultation	Physiotherapist Consultation	Contraceptive Clinic
€25	€0	€25	€10

Nurse Consultation	Blood Test	STI Clinic	Pregnancy Test
€10	€10*	€30	€15

If you cannot attend your appointment, you must contact the health centre or you will be charged a small fine.



Transport

- Bus Eireann

The 304 bus goes from the City Centre to UL. It leaves and returns to the city centre from Sarsfield St & William St. On weekdays and Saturdays, it is every 15 minutes. On Sunday's it runs every 30 minutes.

Timetable effective Sunday 15th September

MONDAY TO FRIDAY (except Public Holidays)

UL	Terminus				0700	then at these mins past each hour	15, 30, 45, 00		1815	1830	1845	1900	1915	then at these mins past each hour	45, 15	2245	2315	2345
City Centre	Sexton St				0727		42, 57, 12, 27		1842	1857	1908	1923	1938		00, 38	2308	2338	0008
City Centre	Sarsfield St	0655	0710	0725	0740		55, 10, 25, 40	until	1855	1910	1915	1930	1945		15, 45	2315	2345	0015
Raheen	Hospital	0706	0721	0736	0751		06, 21, 36, 51		1906		1926		1956		26, 56	2326		
Ballycummin	Terminus	0710	0725	0740	0755		10, 25, 40, 55		1910		1930		2000		30, 00	2330		

From 1600 to 1800 all departures from UL operate via The National Technology Park

SATURDAY

UL	Terminus			0730	0800	0830	0900	then at these mins past each hour	15, 30, 45, 00		1830	1845	1900	1915	1930	then at these mins past each hour	00, 30	2300	2330
City Centre	Sexton St			0751	0821	0851	0921		36, 51, 06, 21		1851	1906	1921	1936	1951		21, 51	2321	2351
City Centre	Sarsfield St	0700	0730	0800	0830	0900	0930		45, 00, 15, 30	until	1900	1915	1930	1945	2000		30, 00	2330	0000
Raheen	Hospital	0715	0745	0815	0845	0915	0945		00, 15, 30, 45		1915		1945		2015		45, 15	2345	
Ballycummin	Terminus	0720	0750	0820	0850	0920	0950		05, 20, 35, 50		1920		1950		2020		50, 20	2350	

SUNDAY (& Public Holidays)

UL	Terminus			1130	1200	then at these mins past each hour	30, 00		2100	2130	2200	2230	2300	2330
City Centre	Sexton St			1151	1221		51, 21		2121	2151	2221	2251	2321	2351
City Centre	Sarsfield St	1100	1130	1200	1230		00, 30	until	2130	2200	2230	2300	2330	0000
Raheen	Hospital	1115	1145	1215	1245		15, 45		2145	2215	2245			
Ballycummin	Terminus	1120	1150	1220	1250		20, 50		2150	2220	2250			

Timetable effective Sunday 15th September

MONDAY TO FRIDAY (except Public Holidays)

Ballycummin	Terminus			0700	0710	then	25, 40, 55, 10	1825	1840	1855	1910	1930	then	00, 30	2300	2330
Raheen	Hospital			0711	0722	at	37, 52, 07, 22	1837	1852	1907	1922	1942	at	12, 42	2312	2342
City Centre	Bus/Rail Stn.			0724	0737	these	52, 07, 22, 37	1852	1907	1922	1930	1954	mins	24, 54	2324	2354
City Centre	William St	0700	0715	0730	0745	past	00, 15, 30, 45	1900	1915	1930	1945	2000	each	30, 00	2330	0000
UL	Terminus	0715	0730	0745	0800	hour	15, 30, 45, 00	1915		1945		2015	hour	45, 15	2345	

From 0700 to 0900 all departures from the city centre (William St.) operate via the National Technology Park

SATURDAY

Ballycummin	Terminus		0720	0750	0820	0850	0920	then	35, 50, 05, 20	1850	1905	1920	then	50, 20	2250	2320	2350
Raheen	Hospital		0727	0757	0827	0857	0927	at	42, 57, 12, 27	1857	1912	1927	at	57, 27	2257	2327	2357
City Centre	Bus/Rail Stn.		0737	0807	0837	0907	0937	these	52, 07, 22, 37	1907	1922	1937	mins	07, 37	2307	2337	0007
City Centre	William St	0715	0745	0815	0845	0915	0945	past	00, 15, 30, 45	1915	1930	1945	each	15, 45	2315	2345	0015
UL	Terminus	0730	0800	0830	0900	0930	1000	hour	15, 30, 45, 00	1930		2000	hour	30, 00	2330		

SUNDAY (& Public Holidays)

Ballycummin	Terminus		1120	1150	1220	then	50, 20	2050	2120	2150	2220	2250	
Raheen	Hospital		1127	1157	1227	at	57, 27	2057	2127	2157	2227	2257	
City Centre	Bus/Rail Stn.		1137	1207	1237	these	07, 37	2107	2137	2207	2237	2307	
City Centre	William St	1115	1145	1215	1245	past	15, 45	2115	2145	2215	2245	2315	
UL	Terminus	1130	1200	1230	1300	hour	30, 00	2130	2200	2230	2300	2330	

- Eurobus

This is the 307 Bus

City Centre - University - Annacotty													
MONDAY - SATURDAY													
William Street (Superdrug)	07:40	08:40	09:40	10:40	11:40	12:40	13:40	14:40	15:40	16:40	17:40	18:40	19:40
Browsers	07:42	08:42	09:42	10:42	11:42	12:42	13:42	14:42	15:42	16:42	17:42	18:42	19:42
School of Music	07:43	08:43	09:43	10:43	11:43	12:43	13:43	14:43	15:43	16:43	17:43	18:43	19:43
Brannagans Pub	07:45	08:45	09:45	10:45	11:45	12:45	13:45	14:45	15:45	16:45	17:45	18:45	19:45
Tubs & Tiles	07:46	08:46	09:46	10:46	11:46	12:46	13:46	14:46	15:46	16:46	17:46	18:46	19:46
O' Rahilly's Foodstore	07:47	08:47	09:47	10:47	11:47	12:47	13:47	14:47	15:47	16:47	17:47	18:47	19:47
Shanavogha (Ballysimon Rd)	07:48	08:48	09:48	10:48	11:48	12:48	13:48	14:48	15:48	16:48	17:48	18:48	19:48
Childers Road, Bloodmill	07:49	08:49	09:49	10:49	11:49	12:49	13:49	14:49	15:49	16:49	17:49	18:49	19:49
Parkway Shopping Centre	07:50	08:50	09:50	10:50	11:50	12:50	13:50	14:50	15:50	16:50	17:50	18:50	19:50
Castleroy Retirement Village	07:52	08:52	09:52	10:52	11:52	12:52	13:52	14:52	15:52	16:52	17:52	18:52	19:52
Dromore before Roundabout	07:54	08:54	09:54	10:54	11:54	12:54	13:54	14:54	15:54	16:54	17:54	18:54	19:54
Stables U.L.	07:55	08:55	09:55	10:55	11:55	12:55	13:55	14:55	15:55	16:55	17:55	18:55	19:55
Plassy Park Road-Sports field	07:56	08:56	09:56	10:56	11:56	12:56	13:56	14:56	15:56	16:56	17:56	18:56	19:56
Opp Oaklawns Plassy Park Rd	07:57	08:57	09:57	10:57	11:57	12:57	13:57	14:57	15:57	16:57	17:57	18:57	19:57
Kilmurry Roundabout	07:58	08:58	09:58	10:58	11:58	12:58	13:58	14:58	15:58	16:58	17:58	18:58	19:58
O'Connells Bar Annacotty	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Beechfield - Monaleen	08:01	09:01	10:01	11:01	12:01	13:01	14:01	15:01	16:01	17:01	18:01	19:01	20:01
Superquinn	08:02	09:02	10:02	11:02	12:02	13:02	14:02	15:02	16:02	17:02	18:02	19:02	20:02
Hurlers Pub	08:03	09:03	10:03	11:03	12:03	13:03	14:03	15:03	16:03	17:03	18:03	19:03	20:03
Opp Castletroy House B&B	08:04	09:04	10:04	11:04	12:04	13:04	14:04	15:04	16:04	17:04	18:04	19:04	20:04
Curragh Birin (Dublin Rd)	08:05	09:05	10:05	11:05	12:05	13:05	14:05	15:05	16:05	17:05	18:05	19:05	20:05
Homebase (Dublin Rd)	08:07	09:07	10:07	11:07	12:07	13:07	14:07	15:07	16:07	17:07	18:07	19:07	20:07
Frank Hogans	08:10	09:10	10:10	11:10	12:10	13:10	14:10	15:10	16:10	17:10	18:10	19:10	20:10
William Street (Superdrug)	08:20	09:20	10:20	11:20	12:20	13:20	14:20	15:20	16:20	17:20	18:20	19:20	20:20

This is the 308 Bus

City Centre - University - Annacotty							
Pick-up/Set down	Sunday & Public Holidays						
William Street (Superdrug)	12:30	13:30	14:30	15:30	16:30	17:30	18:30
Browsers	12:32	13:32	14:32	15:32	16:32	17:32	18:32
School of Music	12:33	13:33	14:33	15:33	16:33	17:33	18:33
Brannagans Pub	12:35	13:35	14:35	15:35	16:35	17:35	18:35
Tubs & Tiles	12:36	13:36	14:36	15:36	16:36	17:36	18:36
O' Rahilly's Foodstore	12:37	13:37	14:37	15:37	16:37	17:37	18:37
Shanavogha (Ballysimon Rd)	12:38	13:38	14:38	15:38	16:38	17:38	18:38
Childers Road, Bloodmill	12:39	13:39	14:39	15:39	16:39	17:39	18:39
Parkway Shopping Centre	12:40	13:40	14:40	15:40	16:40	17:40	18:40
Plassy Park Road	12:41	13:41	14:41	15:41	16:41	17:41	18:41
UL Flagpoles & (13B) Dromore	12:42	13:42	14:42	15:42	16:42	17:42	18:42
Stables U.L.	12:43	13:43	14:43	15:43	16:43	17:43	18:43
Plassy Park Road-Sports field	12:44	13:44	14:44	15:44	16:44	17:44	18:44
Plassy Park Road-Oaklawns	12:45	13:45	14:45	15:45	16:45	17:45	18:45
Kilmurry Roundabout	12:46	13:46	14:46	15:46	16:46	17:46	18:46
O'Connells Bar Annacotty	12:47	13:47	14:47	15:47	16:47	17:47	18:47
Beachfield - Monaleen	12:48	13:48	14:48	15:48	16:48	17:48	18:48
Superquinn	12:49	13:49	14:49	15:49	16:49	17:49	18:49
Hurlers Pub	12:50	13:50	14:50	15:50	16:50	17:50	18:50
Opp Castletroy House B&B	12:51	13:51	14:51	15:51	16:51	17:51	18:51
Curragh Birin (Dublin Rd)	12:52	13:52	14:52	15:52	16:52	17:52	18:52
Homebase	12:54	13:54	14:54	15:54	16:54	17:54	18:54
Frank Hogans	12:55	13:55	14:55	15:55	16:55	17:55	18:55
LIT Clare Street	12:56	13:56	14:56	15:56	16:56	17:56	18:56
William Street (Superdrug)	13:05	14:05	15:05	16:05	17:05	18:05	19:05

