

## LITERACY & ADULT BASIC EDUCATION



**This free and confidential service is available at the centre and is open to anyone over 16, who is no longer in full time education.**

**Reading, Writing, Spelling & Numeracy, Computers, Driver Theory and more...**

You can have one to one tuition or be part of a small group. You can decide what you want to work on and learn at your own pace with an understanding tutor.

For information please contact Deirdre at 066-9473166 or 066-9472414.

### FULL-TIME COURSES 2018-2019

**VTOS** course QQI certs at Level 3, 4.  
**PLC** course QQI cert at Level 5.  
**Tour Guiding** QQI cert at Level 6.

Contact centre to apply.



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AGUS OILIÚNA CHIARRAÍ

KERRY EDUCATION  
AND TRAINING BOARD

## CONTACT DETAILS

O'CONNELL CENTRE

**Tel: 066 9472414**

Email: [info@oconnellcentre.ie](mailto:info@oconnellcentre.ie)

[www.oconnellcentre.ie](http://www.oconnellcentre.ie)



ALL courses are subject to minimum numbers enrolling.

## O'CONNELL ADULT EDUCATION CENTRE CAHERCIVEEN

Spring Programme 2018



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Clár an Earraigh 2018

**066-9472414**  
**[info@oconnellcentre.ie](mailto:info@oconnellcentre.ie)**



## BACK TO EDUCATION INITIATIVE (BTEI)

Under this programme, learners gain a QQI cert. Free fees apply to medical cards holders, most social welfare recipients and early school leavers. BTEI fees apply to other categories.

### Healthcare and Childcare Modules

#### Nursing Theory & Practice 5N4325

Wednesday: 9.30am – 2.30pm

#### Care of The Older Person 5N2706

Tuesday: 9.30am – 2.30pm

#### First Aid

Wednesday: 7pm – 10pm

#### Understanding Special Needs 5N1709

Monday: 7pm – 10pm

#### Child Care and Safety 4N1905

Wednesday: 9.30am – 1.30pm (course can be arranged for evenings subject to demand)

**Garda Vetting is required for all participants in Healthcare and Childcare courses.**

### Other Cert. Courses

#### Customer Service Level 4

This course will provide you with the knowledge and skills to provide effective and efficient customer service in work, voluntary and community settings.

**Thursday: 10am – 2pm**

#### Computers Desktop Publishing Level 4

Produce a range of documents containing text and graphic images using desktop publishing.

**Wednesday: 10am – 2pm**

#### Horticulture – Gardening Level 4

Types of plants, crop rotation, soil types and nutrition, pest control, growing conditions and more.

**Monday: 9.30am – 1pm**

#### Cookery Culinary Techniques Level 4

Learn to safely prepare a range of foods and produce standard dishes in a professional kitchen setting in accordance with food hygiene standards.

**Thursday: 9.30am – 2pm**

## COMMUNITY EDUCATION

The Community Education Programme provides courses that meet the needs of the local community.

Community Groups are welcome to contact the centre directly if they would like a course for their group.

#### Computer for Farmers at Dromid Community Centre

Learn how to use computers as part of your farming role, the Ag. Foods website and ICBF Website.

**Evening to be decided: 7pm – 9pm 6 weeks**

#### Storytelling

Explore all elements of storytelling. A great way to improve your public speaking skills.

**Wednesday: 7pm – 9pm 8 weeks**

#### Photography

Make the best use of your smartphone camera or your digital camera. Learn about the settings, editing and enhancing photos and printing photos.

**Tuesday: 10am – 12noon 8 weeks**

#### Painting Class at the Men's Shed

Gentlemen, explore your creative side in this relaxed and fun class! Try a landscape or even a self-portrait! Small fee for materials.

**Monday: 1pm – 3pm 6 weeks**

#### Woodwork for women

Ladies, always wanted to try your hand at making your own woodwork piece? Then we'll see you here! Cost of materials not included.

**Wednesday: 7.30pm – 9.30pm 6 weeks**

#### Drama

Join the exciting world of drama. Explore a range of acting techniques.

**Monday: 7pm – 9pm 8 weeks**

#### Living a Balanced Life

Learn about ways to enhance your environment, take care of physical health, find mental balance in our busy world.

Gentle exercise. Breathe. Plants.

**Thursday: 6.30pm – 8pm 6 weeks**

## RANGE OF HOBBY COURSES

All courses must be booked and paid for before the course starts. Start dates will be confirmed once enough participants have booked and paid. Fees will be refunded if course does not run.

#### Pilates

Great for strengthening core muscles and alleviating and preventing back pain. This class is suitable for all levels

**Monday: 7pm – 8pm 8 weeks €50**

#### Yoga For Men

Yoga poses to develop physical and psychological suppleness. Learn relaxation and breathing techniques.

**Monday: 8.15pm – 9.15pm 8 weeks €50**

#### Yoga for Everyone

Improve posture, flexibility, strength, concentration.

**Thursday 8.15pm – 9.15pm 8 weeks €50**

#### Painting for Pleasure

Explore your creative side and produce a painting in a relaxed and friendly environment.

**Monday: 10am – 12 noon 8 weeks €95**

### Workshops

#### Aromatherapy

An introduction to pure and essential oils for health and wellbeing. Make your own essential oils blend to enhance mood, feed your skin and relax your muscles.

**Saturday 24<sup>th</sup> Feb 11am – 1pm**

**€20 (this includes fee for oils)**

#### Make Nutritional Smoothies

Which type of smoothie is best for me? Fruit, Veg or a mix? What spices and herbs to add. Make and taste and get recipes.

**Saturday 3<sup>rd</sup> March 11am – 1pm**

**€20 (this includes fee for ingredients)**

#### Introduction to Silk-Screen Printing

Get creative and learn a new skill.

**Saturday 24<sup>th</sup> March 10.30 – 2.30**

**€35 (includes fee for materials)**