

ADULT EDUCATION (SELF-FINANCING)

Range of hobby and professional courses.

Pilates - Fitness for men and women

Monday 7pm—8pm 8 Weeks €50

Keeping accounts for Farmers, B&B owners, Self-Employed, Community groups.

Learn to keep track of your accounts using a manual system or a spreadsheet. Monday 7.30pm - 9.30pm 8 Weeks €95

Mindfulness

Learn about ways to improve mental balance and physical health in a frantic world.

Friday 10.30am -12.30pm 4 Weeks €50

Tai Chi

A low impact Martial Art, suitable for people of all ages and state of health, sometimes referred to as meditation in motion.

Tuesday 7.30pm – 9.00pm 8 weeks €70

Painting for Pleasure

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

Monday 10.30am - 12.30pm 8 Weeks €95

Adult Literacy & Basic Education (ABE)



Free and confidential help with *Reading, Writing, Spelling.*

Courses also in *English Language, Maths, Digital Media, Computers, Driver Theory Tuition, Nutrition, Career Preparation* and more.

For further information on any Adult Literacy courses, Contact **Deirdre Fitzgerald, Adult Literacy Organiser**
086-0460506 or 066- 9473166

O'Connell Adult Education Centre
Cahersiveen
066– 9472414
Online Registration www.fetchcourses.ie



Spring Programme 2020



An Roinn Oideachais
agus Scileanna
Department of
Education and Skills



SOLAS
learning works

Full Time Courses APPLY NOW FOR AUGUST 2020 START.

1. VTOS Course (Vocational Training Opportunity Scheme)

This is a full-time QQI course.

Open to those who are:

- age 21 or over
 - unemployed for at least 6 months OR in receipt of a qualifying Social Welfare payment OR signing for credits for at least 6 months OR have received Statutory Redundancy.
- Applicants will retain their entitlements.

2. Youthreach programme - Full-time education for young people

Develop the core skills to progress to further education / apprenticeships or to employment.

Contact **Joe Brennan VTOS Co-ordinator 066-9472414.**

Tour Guiding—QQI Level 6 Special Purpose Award 6S2038

October 2020 start.

This is a full-time QQI course for 16 weeks .

This course will equip participants with the professional, technical, social & administrative skills to offer quality guiding services to a range of market profiles and tailored requirements.

Application Details: www.fetchcourses.ie **Course Ref 276174**

Contact **Sinéad Geary, Centre Manager 066-9472414** for further information.

Part Time Courses

BTEI ROGRAMME

Under the Back to Education Initiative programme, you have the opportunity to gain a QQI certificate. These courses are free to those with medical cards, most social welfare recipients and early school leavers. **BTEI fees** apply to other categories.

Carers' Modules Level 5

- Nursing Theory and Practice Tuesday 9.30am - 2pm
- Care of The Older Person Thursday 9.30am - 2pm

Challenging Behaviour 5N1706

Monday & Thursday 7pm -10pm

Garda Vetting is required for all participants in above modules.

First Aid Responder (PHECC)

Thursday 7 weeks 7pm – 10pm

Horticulture Gardening module - 4N11669 *Teamworking*

Monday 9.30am – 1pm

COMMUNITY EDUCATION

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

Exercise with Caherciveen Active Retired Group

Join with the local Active Retired group for gentle exercise classes.

Tuesday 10.45am – 11.45am 4 weeks

Cookery for Men at the Men's Shed

Join with the Men's Shed and learn about nutritious food on a budget.

Friday 1pm—3pm 4 Weeks

Introduction to Ceramics

Join with the Iveragh Women's Group and learn ceramic techniques and create a ceramic piece of your choice.

Wednesday 7.30pm—9.30pm 4 Weeks