

PLEASE TAKE YOUR FREE COPY

SCOIL
MHUIRE
COMMUNITY SCHOOL
CLANE

ADULT EDUCATION
EVENING & DAYTIME COURSES
AUTUMN TERM 2023

Classes Start Monday 25th September

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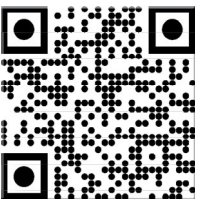
Colette Breslin

Bernie Holligan

Night Staff:

Eileen Cribbin

Scan the code to view online brochure.



ENROLMENT

All Courses will run for EIGHT WEEKS unless otherwise noted.

Mid Term Break: Monday 30th October to Friday 3rd November.

BL

Courses identified with this symbol will have some element of blended and/or self directed learning. These courses will require learners to access some classes and/or resources online in addition to the in school hours listed in the brochure.

COURSES BEGIN:

Monday 25th September

Tuesday 26th September

Wednesday 27th September

Thursday 28th September

Friday 29th September

HOW TO ENROL:

Enrol using VISA, MASTERCARD or LASER. (LASER cards do not incur a transaction fee. A fee is applied to CREDIT card users).

POSTAL ENROLMENT:

Save queuing and enrol by post. Payment accepted by cheque, postal order or bank draft. Complete Postal Enrolment Form (see inside back page) and return it with full fee payment to:

Scoil Mhuire Adult Education, Clane, Naas, Co. Kildare.

ONLINE ENROLMENT:

To enrol anytime visit www.clanesm.com

TELEPHONE ENROLMENT:

Phone 045 868255.

Lines open daily from 9.30am to 4.30pm

FOR FURTHER INFORMATION

Telephone: 045 868255

Email: info@clanesm.com Website: www.clanesm.com

Facebook: www.facebook.com/clanesm

Address: Scoil Mhuire Adult Education,

Clane, Naas, Co. Kildare.

PAYMENT OF FEES

Fees must be paid in full on Enrolment or by Payment Plan Options.

Payment Plan Options: Choose a Payment Plan Option to suit you

1. Full Payment.
2. Payment by monthly instalments.

Fees: Are non-refundable except where a course is not formed or the Director closes a course.

All cheques should be crossed and made payable to:

Scoil Mhuire Adult Education Account.

Fee reductions may apply.

Class Materials: Where necessary a charge will be made for class materials.

Gift Vouchers: Can be purchased in the office during office hours.

TERMS & CONDITIONS

QQI Courses:

Scoil Mhuire Community School is registered with QQI to offer programmes leading to QQI awards in the National Framework of Qualifications & adheres to the Equal Status Act 2000.

QQI Requirement:

All QQI courses facilitate Self Directed Learning (SDL). Hours stated indicate minimum Tutor/Learner contact hours. All Learners' English Oral and Communication skills should be appropriate to the QQI level which they wish to study.

Car Park:

Over 270 car parking spaces available on school grounds. Cars are parked at owner's own risk.

Car Park closes at 9.45pm.

No Smoking:

Smoking is prohibited by law in any part of the school building or school grounds.

Health & Safety:

All course participants attend at their own risk. Neither the Minister for Education nor the Board of Management and their officers accept liability for damage or injury to persons or property, while present in the school or its precincts.

Courses:

- Formation of courses will depend upon sufficient enrolments for the course.
- The Director reserves the right to close a course and refund fees or to alter times & dates of a course if deemed necessary.
- Course content may be subject to change.
- We will only contact you if your course is not formed.

Age Requirement:

Participants must be at least 18 years of age in order to enrol in Adult Education Courses.

New Courses:

If you feel you would be suitably qualified to give a particular course please contact us.

No.	Course	Time	Page
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MONDAY

0105	Drawing - Introduction	9:15 a.m. 11:15 a.m.	15
0813	Understanding Mental Health	10:00 a.m. 12:30 p.m.	29
0111	Yoga	9:30 a.m. 11:00 a.m.	25
0102	Yoga Nidra	1:00 p.m. 2:00 p.m.	24

TUESDAY

0201	Special Needs Assisting	10:30 a.m. 1:00 p.m.	28
0223	Mindfulness	11:30 a.m. 1:30 p.m.	23

WEDNESDAY

0301	Somatic Movement Education	9:30 a.m. 11:00 a.m.	25
0305	Spanish - Beginners	9:30 a.m. 11:30 a.m.	14
0306	Spanish - Improvers	11:30 a.m. 1:30 p.m.	14
0837	Care of the Older Person	10:30 a.m. 1:00 p.m.	27
0323	Watercolour Painting	11:45 a.m. 1:45 p.m.	15

THURSDAY

0401	ICDL Workforce (ECDL)	9:30 a.m. 11:30 a.m.	8
0402	Creative Photography & Techniques	11:00 a.m. 1:30 p.m.	16
0404	Oil Painting	12:15 p.m. 2:15 p.m.	15
0409	Piloga	9:30 a.m. 10:30 a.m.	24
0418	Cognitive Behavioural Therapy	10:00 a.m. 12:00 p.m.	17

FRIDAY

0508	Flower Arranging	9:30 a.m. 11:30 a.m.	29
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Daytime classes marked thus throughout the brochure:

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Welcome to our New Autumn 2023 Brochure!

We have been busy preparing our Brochure - We hope we have something for everyone - Further your education, improve your skills, learn a new hobby!

We offer over 140 classes including many Certified - See pages 6 and 7.

We have also extended the range of Daytime courses - See listing opposite.

Scoil Mhuire is a Community School - Your Community School!

No.	Course	Award	Page
7016	Make-Up (ITEC Certified)	Level 2 Certificate	17
1013	MICROSOFT® Excel - Office Specialist	Certificate	8
1031	ICDL Workforce (ECDL)	Certificate	8
0401	ICDL Workforce (ECDL)	Certificate	8
7003	Maynooth University Certificate in Psychology	Certificate	18
5023	Practical First Aid	Certificate	28

ICDL Workforce is designed to build the digital skills of the modern workplace. These modules will help employees and candidates demonstrate their effective use of technology with skills and knowledge that can be further developed by progressing to the ICDL Professional modules and beyond.

Many jobs now entail the use of technology. This requirement continues to grow, even in sectors considered traditional or non-technical. Online tools and mobile apps today perform a huge range of functions which were once paper-based.

The workplace is digital, and in today's competitive environment, employers highly value digital skills. Having the certified ability to use devices and tools confidently and productively is an effective way for workers to set themselves apart.

ICDL enables you to develop and certify your computer skills in the subject areas of your choosing and to the level that you need - either for work, or for day-to-day life.

Develop Your ICDL Profile At Scoil Mhuire Clane

See Page 8 for Details

ICDL Workforce Modules

Computer & Online Essentials

Documents

Spreadsheets

Presentation

Digital skills for employability and productivity

Other ICDL Workforce MODULES (Available on request)

Teamwork

Cyber Security

Data Protection

Remote Work



No.

Course

Code

Page

8073	Accounting Manual And Computerised	5N1348	10
8054	Anatomy and Physiology	5N0749	27
8044	Bookkeeping: Manual and Computerised	5N1354	10
8074	Business Administration Skills	5N1610	11
0837	Care of the Older Person	5N2706	27
8104	Care Skills	5N2770	26
8105	Care Support	5N0758	26
8042	Child Psychology (4- 18 Years)	6N2023	27
8001	Digital Marketing	5N1364	11
8017	Digital Photography	5N1270	16
8081	Healthcare Support - Major Award	5M4339	26
8012	Infection Prevention and Control	5N3734	27
8076	Information and Administration	5N1389	12
8088	Legal Practice And Procedures	5N1394	12
8075	Medical Terminology	5N2428	10
8011	Payroll: Manual & Computerised	5N1546	10
8018	Special Needs Assisting	5N1786	28
0201	Special Needs Assisting	5N1786	28
8106	Special Needs Assisting (Level 6)	6N1957	28
8038	Training Delivery And Evaluation (Train the Trainer)	6N3326	22
8013	Understanding Mental Health	5N3772	29

Please also visit www.qqi.ie for further details of all QQI Modules including all Major awards.

Scoil Mhuire - Your Community School

ICDL WORKFORCE (ECDL)



Course No. 1031

Sessions: 8

Thursday

7:30 PM - 9:30 PM

Fee: €325

Essentials Certificate - Certified by ICDL

(Payment Plan Option)

ICDL (formally known as ECDL) is Ireland's most popular digital skills programme with a range of 30 modules. The quality and reputation of ICDL is built on over twenty years delivering certification programmes to over 15 million people in more than 40 languages worldwide, with more than 2.5 million ICDL tests taken annually.

ICDL Workforce is designed to build the digital skills of the modern workplace.

We offer 4 modules as part of the ICDL Workforce programme.

See <https://icdl.ie/workforce/icdl-workforce/> for full details of all ICDL modules.

1. Computer and Online Essentials

This module covers the main concepts and skills needed for using computers and devices, file and application management, networks, online information, online communication, and safety.

2. Documents

Develop the skills needed to create complex documents that are attractive and easy to read. This module covers the knowledge and skills needed to create clearly presented, well-structured documents.

3. Spreadsheets

Develop the key skills needed to organise and analyse data using spreadsheet software. The Spreadsheets module covers the main concepts and skills needed to use spreadsheets, such as tasks associated with developing, formatting, modifying, and using a spreadsheet.

4. Presentation

The Presentation module covers the main concepts and skills needed to work with presentation software to create and use presentations. Presentations are a helpful way of communicating information, whether it is to be delivered by a speaker or used as a reference or guide.

Some computer experience is essential and beginners should consider completing **Course No. 1009 'Computers For Improvers: Pre - ICDL'** prior to attempting this course.

Important: Learners should allow for time between classes to access available online elearning resources. ICDL Tests may be completed after course ends if additional time is required.

ICDL WORKFORCE (ECDL)



D

Course No. 0401

Sessions: 8

Thursday

9:30 AM - 11:30 AM

Fee: €325

Essentials Certificate - Certified by ICDL

(Payment Plan Option)

Description as Evening Course No. 1031 Above.

MICROSOFT® EXCEL - OFFICE SPECIALIST



Microsoft

BL

Course No. 1013

Sessions: 8

Monday

7:30 PM - 9:30 PM

Fee: €120

 Scan Me!

Optional Additional Costs - eLearning Pack including Exam Voucher €80

Certificate - Certified by Microsoft* Gain a solid foundation in Excel 2019. This course is suitable for improvers (Optional Certificate). Complete practical projects in a relaxed workshop environment. Learn the terminology, create and manage worksheets and workbooks, create cells and ranges, create tables, apply formulas and functions, create charts and objects. Create professional quality spreadsheets.

***Optional:** Undertake Microsoft Office Specialist Excel 2019 Exam and become a Microsoft IT Academy Office Specialist. Immediate results using the most modern testing methods. Test yourself in advance using automated practice exams. Put Microsoft on your CV! Optional eLearning pack and testing cost extra as above.

(External Test Center Fee will be approx. €25 - Not payable to Scoil Mhuire).

COMPUTERS BEGINNERS

Course No. 1005 Sessions: 8 Tuesday 7:30 PM - 9:30 PM Fee: €120

This course will help you learn the basics and enable you gain confidence to use the Internet, send emails, create documents. and share photos online, find and enjoy content online. This course will introduce you to lots of interesting Internet sites and services. Learn the basics in a relaxed workshop class environment.

COMPUTERS IMPROVERS

Course No. 1008 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee: €120

Suitable for those who have some basic computer skills or for those who have completed the Computers (Beginners) course. Topics may include: File management, Email, Creating and sharing documents using MS Office and Google Workspace, Sharing photos online, YouTube, Safety online. This course will help you to use your computer more efficiently and will introduce you to lots of interesting online sites and services. Tips, tricks, and links shared in a relaxed workshop class environment.

COMPUTERS FOR IMPROVERS: PRE - ICDL

Course No. 1009 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee: €120

This Pre - ICDL course is designed to help learners develop the confidence and skills required to proceed and undertake the 'ICDL Workforce (ECDL)'. Description as Evening Course No. 1008 Above.

PYTHON FOR WEB DEVELOPMENT

NEW

Course No. 1021 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee: €140


Beginner computer programming course. Learn the fundamentals of the Python programming language and the skills gained to build a functioning website.

AUTOCAD

Course No. 1010 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee: €190

 Scan Me!

(Payment Plan Option)

 This course is designed for people working in industry i.e. Engineering, Architecture or Design, Apprentices in many of the trades, Students who are in or hope to follow a Third Level College Course. A student who successfully completes this course will have the ability to set up and use AutoCAD software for the production of a wide variety of Drawings. Some computer experience necessary.

AUTODESK REVIT

Course No. 1028 Sessions: 8 Monday 7:30 PM - 9:30 PM Fee: €190

(Payment Plan Option)

This course is designed for new users and incorporates the features, commands, and techniques for creating, editing, and printing drawings with Autodesk Revit. Learners are introduced to the concepts of Building Information Modeling (BIM) and the tools for parametric design, analysis, and documentation. Revit is increasingly becoming a necessary requirement for job applicants in the building design sector. Competent computer skills required. CAD experience an advantage but not essential.

COMPUTER PROGRAMMING - INTRODUCTION

Course No. 1026 Sessions: 8 Thursday 7:30 PM - 9:30 PM Fee: €120

Learn how to read and write code and use computers to solve simple problems using the Java programming language. Learn how to install and use any required software such as the Java Development Kit. We will start to think like software developers. We will deal with all the major areas of the Java Programming language in a simple and structured fashion to allow us to build our knowledge from the ground up. This course should help people to discover if they are interested in or suited to a career in Information Technology. Computer programming experience not required.

BUSINESS - LEGAL - ACCOUNTING

ACCOUNTING MANUAL AND COMPUTERISED



BL

Course No. 8073 Sessions: 15 Thursdays and some Tuesdays 7:30 PM - 9:30 PM Fee: €390

Level 5 Component Code 5NI348 - Certified by QQI

(Payment Plan Option)

The purpose of this award is to equip the learner with the knowledge, skill and competence to prepare financial statements for a range of organisations both manually and using integrated accounting software. Good knowledge of bookkeeping required. There are 8 components required to complete a full QQI Level 5 award.

This may lead to a major award [Business Administration Code 5M2468](#)

BOOKKEEPING: MANUAL AND COMPUTERISED



BL

Course No. 8044 Sessions: 16 Thursdays and some Tuesdays 7:30 PM - 9:30 PM Fee: €390

Level 5 Component Code 5NI354 - Certified by QQI

(Payment Plan Option)

This is a course in both Manual and Computerised Bookkeeping. QQI Level 5 Component Certificate will be available upon completion of both Term 1 (Manual Bookkeeping) and Term 2 (Computerised Bookkeeping) using Sage 50.

The course will appeal to those considering self employment or working (or intending to work) as a BookKeeper. (Memory stick required).

This may lead to a major award in [Business Administration Code 5M2468](#).

PAYROLL: MANUAL & COMPUTERISED



BL

Course No. 8011 Sessions: 12 Tuesday 6:30 PM - 9:30 PM Fee: €390

Level 5 Component Code 5NI546 - Certified by QQI

(Payment Plan Option)

Exam will be held during the 12th session - Date to be confirmed.

This course will provide you with the knowledge and skills necessary to maintain payroll records for small to medium sized businesses covering terminology, calculations and the production of statutory reports. **Sage Micropay used.** (Memory stick required).

Students should be familiar with how to use a computer, USB Key and Excel/Google Sheets.

This may lead to a major award in [Business Administration Code 5M2468](#).

MEDICAL TERMINOLOGY



BL

Course No. 8075 Sessions: 8 Thursday 7:30 PM - 9:30 PM Fee: €290

Level 5 Component Code 5N2428- Certified by QQI

(Payment Plan Option)

This course covers the medical terminology applicable to a medical receptionist or secretarial role in a medical practice, clinic and or hospital context. Medical secretaries work in a variety of areas in the medical field, such as general practice, dental practice and hospitals. Opportunities exist abroad for those with language skills. Many successful learners progress to third level institutions through the Higher Education Links Scheme (HELS).

5N2428 is a component of the [Major award 5M1997 Office Administration](#)

CREDIT COLLECTION & DEBT MANAGEMENT

Course No. 3032 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee: €120

The purpose of the course is to provide sme & self employed with an overview on how to manage credit and risk within the business. Taking a proactive and structured approach to credit collection and debt management will contribute to a more successful business. Maximise your profit and minimise your risk.

Topics covered

- Overview of credit management as a business function
- Account credit application
- Administration within credit collections & debt management
- Effective communications
- Debt collection
- Credit policy, credit terms
- Structured collection techniques
- Effective collection methods
- The legal process for debt collection.

DIGITAL MARKETING



BL

Course No. 8001

Sessions: 8

Monday

7:00 PM - 9:30 PM

Fee: €225

Level 5 Code NI364 - Certified by QQI

(Payment Plan Option)

This course will introduce students to the core principles required to develop and implement digital marketing strategies and activities. It is ideal for business owners looking to promote their business online, people working with websites who wish to acquire up to date skills, anyone working in a marketing role who wish to acquire online marketing skills or people who wish to gain a professional, accredited qualification in digital marketing.

The course covers the following topics -

Introduction to Digital Marketing, Search Engine Marketing, Pay Per click & Display advertising, Email Marketing, ecommerce, user experience and web design, Mobile Marketing, Google Analytics, Social Media Marketing, Digital strategy and planning.

This is a valuable opportunity to see how industry leaders plan and implement digital strategy.

Upon completion you will have a clear understanding of the various channels and activities required to plan, implement and manage a comprehensive digital marketing campaign.

This module is a component of "eBusiness" 5M0828 and "Marketing" 5M2069

ONLINE & DIGITAL MARKETING

Course No. 3036

Sessions: 8

Monday

7:00 PM - 9:30 PM

Fee: €175

This course is ideal for people looking to build a career in digital marketing, business owners looking to promote their business online or for those looking to build on existing marketing skills.

This course will cover the following subjects -

Introduction to digital marketing, Search engine optimisation, pay per click advertising, email marketing, Digital display advertising, mobile marketing, web analytics, Google Adwords and Social media.

This course will also show you how to create a digital marketing campaign and how to maximise response from a tight budget. At the end of this course you will have a clear understanding of the various channels and activities required to plan, implement and manage a comprehensive digital marketing campaign.

BUSINESS ADMINISTRATION SKILLS



BL

Course No. 8074

Sessions: 8

Tuesday

7:30 PM - 9:30 PM

Fee: €290

Level 5 Component Code 5N1610 - Certified by QQI

(Payment Plan Option)

- Explore the different types of departments and examine the main functions of management and the role and impact of Human Resource management in an organization.
- Examine a range of recruitment options and current employment rights legislation.
- Learn about the need for Quality Assurance systems and the various techniques used to ensure quality in different types of organisations.
- Learn about financial controls.
- Explore Insurance requirements also learn how to implement and adhere to an organisations systems and procedures.
- Learn how to process a range of business documentation and use a range of hardware and software to provide administrative support.

This module is an elective component in the Major Award "Office Administration Skills" and a mandatory component in "Business Administration Skills".

Progression route:

Employment within the Business, Finance, Administration and Marketing sectors.
Progression to 3rd level courses through the Higher Education Links Scheme (HELS).

START AND GROW YOUR OWN BUSINESS

Course No. 3031 Sessions: 7 Tuesday 7:30 PM - 9:30 PM Fee:€100

The course covers the following topics -

- Start ups, Banking, Business Loans, Contracts.
- Day to day Running of your business.
- Cash flow projections, Sales Targets & Sales pipe lines.
- Grow your client base, month by month.
- Sales & Marketing on a tight Budget.
- Grants, Law, Web Sales, Contracts of Employment,
- Company registration & Tax/Vat Returns

INFORMATION AND ADMINISTRATION



BL

Course No. 8076 Sessions: 8 Thursday 7:30 PM - 9:30 PM Fee:€290

Level 5 Component 5NI389 - Certified by QQI

(Payment Plan Option)

The purpose of this award is to equip the learner with the knowledge, skill and competence required to understand how information is processed within organisations and the various systems and methods in use and to enable the learner to operate effectively, under supervision in a range of organisations.

- Organisational charts
- Effective diary management system,
- Roles and functions in the planning and conduct of a range of business meetings,
- Manual or computerised database filing system, Use of office equipment and resources,
- Document collation and proofing and payment validation, Organise inward and outward postage,
- Diary management to include meeting notices and minutes and the preparation of business trip itineraries, Prevent unauthorised access to files and records.

This may lead to a major award in [Business Administration Code 5M2468](#).

LEGAL PRACTICE AND PROCEDURES



BL

Course No. 8088 Sessions: 8 Monday 7:30 PM - 9:30 PM Fee:€290

Level 5 Component Code 5NI394 - Certified by QQI

(Payment Plan Option)

Legal Secretaries assist in the smooth running of law firms by providing full support to professional staff in legal offices. They deal with a wide range of challenging legal and administrative tasks. The purpose of this award is to equip the learner with the knowledge, skill and competence in legal practice and principles to enable the learner to appreciate the role of law in a range of vocational contexts and within their personal lives.

Progression:

- Solicitors, barristers, legal departments of government, the industrial and commercial sector amongst others, employ legal secretaries.
- Many successful student's progress to third level institutions through the Higher Education Links Scheme (HELs).
- 5NI394 is a component of the [Major award 5M1997 Office Administration](#).
- It is also linked to [Early Childhood Care and Education](#).

Start and Grow Your Own Business

"Lots of opportunity to ask questions, lots of information provided on where to get additional support. I really enjoyed it".

Creative Photography

"Teacher was excellent."

"Practical but the theory was necessary. The group was great too."

"Course presenter was excellent overall and made the classes most enjoyable and informative."

LEAVING CERTIFICATE SUBJECTS

LEAVING CERT IRISH (HONOURS)

BL

Course No. 2004

Sessions: 10

Tuesday

7:30 PM - 9:30 PM

Fee:€135

(Payment Plan Option)

Written and oral covered. Course taught by experienced examiner. Leaving Certificate students only.

SHAKESPEARE FOR 5TH YEAR STUDENTS (HONS)

BL

NEW

Course No. 2008

Sessions: 10

Wednesday

8:00 PM - 9:30 PM

Fee:€120

Make a great start to your Leaving Certificate English course with a close analysis of the prescribed Shakespearean play for 2025, King Lear. For 5th Year students only.

LEAVING CERT MATHS (HONOURS)

BL

Course No. 2001

Sessions: 20

Monday

6:00 PM - 8:00 PM

Fee:€270

Complete course will be offered over two terms Autumn and Spring.

(Payment Plan Option)

For 6th year students.

LEAVING CERT MATHS (HONOURS) FOR 5TH YEARS

BL

Course No. 2032

Sessions: 20

Monday

8:00 PM - 9:30 PM

Fee:€240

Complete course will be offered over two terms Autumn and Spring.

(Payment Plan Option)

LEAVING CERT MATHS (HONS) FOR TRANSITION YEAR STUDENTS

BL

Course No. 2026

Sessions: 10

Monday

8:00 PM - 9:30 PM

Fee:€120

For students currently in Transition Year. Great foundation for Leaving Cert honours maths.

LEAVING CERT MATHS (ORDINARY LEVEL)

BL

Course No. 2002

Sessions: 20

Tuesday

8:00 PM - 9:30 PM

Fee:€200

(Payment Plan Option)

Course will be offered over two terms Autumn and Spring. Leaving Certificate students only.

LEAVING CERT BIOLOGY (HONS)

BL

Course No. 2003

Sessions: 20

Tuesday

7:00 PM - 9:00 PM

Fee:€270

(Payment Plan Option)

Course will be offered over two terms Autumn and Spring. Leaving Certificate students only.

LEARNING SKILLS (EVENING)

Course No. 2007

Monday, Tuesday, Wednesday, Thursday

4:00 PM - 6:00 PM

Note: Places are limited - Fees are non-refundable.

LANGUAGES

SIGN LANGUAGE - BEGINNERS

Course No. 4018 Sessions: 8 Wednesday 7:30 PM - 9:00 PM Fee:€90

The course is designed to enable learners to learn in basic Irish sign language (ISL) to communicate with deaf people about familiar, day to day topics and activities, deaf community and deaf culture.

By the end of the course learners will be able to communicate with deaf people using sign language, understand basic questions/answers using ISL conversation, and sign a short story.

SIGN LANGUAGE - IMPROVERS

Course No. 4019 Sessions: 8 Monday 7:30 PM - 9:00 PM Fee:€90

The course is designed to enable learners to improve basic Irish sign language (ISL) to communicate with deaf people about familiar, day to day topics and activities, deaf community and deaf culture. By the end of the course learners will be able to communicate with deaf people using sign language, understand basic questions/answers using ISL conversation, and sign a short story.

SPANISH - BEGINNERS

Course No. 4001 Sessions: 8 Monday 7:30 PM - 9:30 PM Fee:€120

An introduction to Spanish language, covering everyday situations, with emphasis on pronunciation and oral practice. Just the course to get you started.

SPANISH - BEGINNERS

D

Course No. 0305 Sessions: 8 Wednesday 9:30 AM - 11:30 AM Fee:€120

Course description as evening course no. 4001 above.

SPANISH - IMPROVERS

D

Course No. 0306 Sessions: 8 Wednesday 11:30 AM - 1:30 PM Fee:€120

For those who have taken a Basic Course in Spanish.

CONVERSATIONAL FRENCH

Course No. 4008 Sessions: 8 Tuesday 7:30 PM - 9:30 PM Fee:€120

This course is suitable for those interested in improving their spoken French, especially when going on holiday.

FRENCH BEGINNERS

Course No. 4009 Sessions: 8 Monday 7:30 PM - 9:30 PM Fee:€120

Suitable for beginners. Prepare for your holiday in France, move on to Conversational French next term.

CONVERSATIONAL IRISH

Course No. 4003 Sessions: 8 Tuesday 7:30 PM - 9:30 PM Fee:€120

Expand on your 'Cúpla Focal' in a relaxed and friendly environment.

ITALIAN BEGINNERS

Course No. 4010 Sessions: 8 Tuesday 7:30 PM - 9:30 PM Fee:€120

Enjoy learning Italian, discovering something new about Italy and her people.

GERMAN BEGINNERS

Course No. 4012 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee:€120

Learn a new language and dip into the customs of German speaking countries.

Spanish Beginner

"Good class interaction." "Pace suited to beginners."

"Thank you very much for the excellent programme. It is a real benefit to the community."

OIL PAINTING

Course No. 6058 Sessions: 8 Tuesday 7:30 PM - 9:30 PM Fee:€120

(Cost of materials extra)

Learn oil painting in a relaxed and supportive environment. The focus of this class is on developing individual abilities in painting style and expression by providing advice and demonstrations of techniques. Class tutor is experienced and is a practising artist

OIL PAINTING

Course No. 0404 Sessions: 8 Thursday 12:15 PM - 2:15 PM Fee:€120

Description as Evening Course No. 6058 Above.

D

DRAWING THE PORTRAIT

Course No. 6076 Sessions: 8 Monday 7:30 PM - 9:30 PM Fee:€120

Cost Materials €20 approx.

This course is designed for learners who have an interest in sketching portraits that achieve a good likeness. Suitable for absolute beginners and those who have some knowledge in drawing techniques. You will need to purchase your own drawing supplies.

DRAWING - INTRODUCTION

Course No. 0105 Sessions: 8 Monday 9:15 AM - 11:15 AM Fee:€120

D


ART WORKSHOP

Course No. 6039 Sessions: 8 Thursday 8:00 PM - 9:30 PM Fee:€90

NEW

 Scan Me!

Cost Materials €10 approx.

 3 layer Art Brush Painting, Face Mandala, Coffee Painting, Basic Portrait, Doodle, Zentangle, Fusion Art, Revising basics and Live Painting. A picture paints a thousand words - scan the code!

PAINTING WITH ACRYLICS

Course No. 6059 Sessions: 8 Thursday 7:30 PM - 9:30 PM Fee:€120

(Cost of materials extra)

A course for beginners in the technique of painting with this versatile, fast drying medium. Also included will be the theory of colour and colour mixing, collage and still life painting. (Materials list available from office).

WATERCOLOUR PAINTING

Course No. 6060 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee:€120

(Cost of materials extra)

A course for beginners and the experienced in the techniques of painting with watercolours.

WATERCOLOUR PAINTING

Course No. 0323 Sessions: 8 Wednesday 11:45 AM - 1:45 PM Fee:€120

Description as Evening Course No. 6060 Above.

D

DRAWING TECHNIQUES

Course No. 6061 Sessions: 8 Thursday 7:30 PM - 9:30 PM Fee:€120

(Cost of materials extra)

Learn to draw a variety of subjects using pencil, charcoal and chalk pastels.

ARTS - PHOTOGRAPHY

PHOTOSHOP & LIGHTROOM FOR PHOTOGRAPHERS

Course No. 6174 Sessions: 8 Monday 7:00 PM - 9:30 PM Fee:€160
(Payment Plan Option)

Learn and understand the necessary functions of Lightroom and Photoshop. Develop a simple post production workflow. Manage and store your photo files and optimise the quality of your images before exporting for print or the web. Edit, repair and make colour adjustments in Lightroom. Edit with layers and masks in Photoshop. Whether you're new to Photoshop & Lightroom or an improver this course will have something to offer. **Free access to Photoshop CC & Lightroom CC for the duration of the course.** Students must have their own laptop.

CREATIVE PHOTOGRAPHY & TECHNIQUES

Course No. 6030 Sessions: 8 Tuesday 7:00 PM - 9:30 PM Fee:€140

In this practical, hands-on course you will be introduced to your camera's manual controls and the basic camera functions. Get to grips with exposure using aperture & shutter speed to get perfect photos every time. Class topics include, creative depth of field and motion. Composition and lighting for portraits, still-life, landscape & nature. This course is suitable for beginners and improvers.

CREATIVE PHOTOGRAPHY & TECHNIQUES

Course No. 0402 Sessions: 8 Thursday 11:00 AM - 1:30 PM Fee:€140

Description as Evening Course No. 6030 Above.

DIGITAL PHOTOGRAPHY



Course No. 8017 Sessions: 10 Wednesday 7:00 PM - 9:30 PM Fee:€325

Level 5 Component Code 5NI270 - Certified by QQI (Payment Plan Option)

The purpose of this award is to equip the learner with the knowledge, skill and competence in the theory and practice of digital photographic production to produce digital photographic images. Participants should have access to a laptop with any version of Photoshop or Adobe elements Photoshop installed and a camera capable of full manual operation. This may lead to a **Major Award in Multimedia Production 5M2146.**

CREATIVE WRITING

Course No. 6063 Sessions: 8 Tuesday 7:30 PM - 9:30 PM Fee:€120

Release your inner creative talent! We will look at various forms of writing including articles, essays, stories, and will cover topics such as dialogue, narrative, character development, research, etc. The techniques under discussion will be practised and writers will receive constructive comments from the class.

BEAUTY - FASHION

MAKE-UP ARTIST - INTRODUCTION

Course No. 5027 Sessions: 8 Monday 7:30 PM - 9:30 PM Fee:€120

Cost of Kit extra.

- Skin types & conditions, matching your foundation, colour correction & colour theory, contouring, highlighting, sculpting, shading
- Eyebrows, strong lips, eyeliner techniques.
- Day & Evening make up
- Bridal makeup
- Make-up for the mature lady and smokey eyes
- Individual & strip lash application.

Small kit & brush requirement for this course, available on first night.

MAKE-UP (ITEC CERTIFIED)

Course No. 7016

Sessions: 20



Tuesday

7:30 PM - 9:30 PM

Fee: £500

Level 2 Certificate - Certified by ITEC

(Payment Plan Option)

Examinations: www.itecworld.co.uk.

Exam Fee, Kit and Materials extra.

Cost of Kit approx. £100

This course is suitable for beginners covering all the basics of makeup artistry.

Includes:

- Face shapes - Contouring (Highlighting and Shading)
- Skin tones - corrective make-up, camouflage makeup, base application
- Skin types - Analysis, cleansing, toning, moisturising and skin prep
- Eye shapes and correction
- Lip Shapes and correction
- Skin disorders and Contraindications
- Day make-up, Evening make-up, Bridal make-up
- Using different textures / mediums
- Application of false lashes - individual, strip and partial
- Photographic Makeup - Making changes for colour or black and white mediums
- Effects of lighting on makeup
- Sterilisation/ sanitisation of tools plus many more
- Airbrush Make-up - demonstration

NB: Students are required to create a portfolio of work throughout this course. Students may be required to practice or complete some course work outside of course hours. Students are required to work on each other throughout the course.

BARBERING

Course No. 6108

Sessions: 8

Thursday

7:30 PM - 9:30 PM

Fee: £120

Additional cost for materials £15

Introduction course to include basic cutting, blending, razor work and beard styling.

HUMAN BEHAVIOUR - MIND

COGNITIVE BEHAVIOURAL THERAPY

Course No. 6155

Sessions: 8

Monday

7:00 PM - 9:00 PM

Fee: £120

Become your own inner therapist. Learn how negative trains of thought can negatively affect your life on a daily basis. C.B.T. is a powerful personal tool that can change your life in surprising ways. Using the skills of C.B.T. in a supportive group can support you in "thinking better to feel better".

COGNITIVE BEHAVIOURAL THERAPY

D

Course No. 0418

Sessions: 8

Thursday

10:00 AM - 12:00 PM

Fee: £120

Become your own inner therapist. Learn how negative trains of thought can negatively affect your life on a daily basis. C.B.T. is a powerful personal tool that can change your life in surprising ways. Using the skills of C.B.T. in a supportive group can support you in "thinking better to feel better".

COUNSELLING - AN INTRODUCTION

BL

Course No. 6028

Sessions: 8

Wednesday

7:30 PM - 9:30 PM

Fee: £120

Introduction to basic counselling skills & practice. The focus will be on experiential learning through group interaction and participation. It aims to provide a foundation for those interested in pursuing further studies in the field and is also suitable for Parents, Teachers and Care Workers.

HUMAN BEHAVIOUR - MIND

PSYCHOLOGY - AN INTRODUCTION

Course No. 6027 Sessions: 8 Tuesday 7:30 p.m. - 9:30 p.m. Fee:€120

This course introduces you to the area of Psychology. Course includes subjects such as Personality, Emotion, Abnormal behaviour, Cognition, Perception and Social Psychology.

MAYNOOTH UNIVERSITY CERTIFICATE IN PSYCHOLOGY



Course No. 7003 Sessions: 100 Hours (October to May) Tuesday 7:00 p.m. - 9:30 p.m. Fee:€1,400

Certificate - Certified by Maynooth University

(Payment Plan Option)

Have you ever wondered why people behave as they do or whether a career in psychology might be for you? This Level 7 Certificate in Psychology provides a comprehensive introduction to the field.

Course Content:

- Biological bases of behaviour
- Developmental psychology
- Mental health
- Cognitive psychology
- Personality theory
- Social psychology
- Research methods
- Forensic psychology

The course contains 100 class hours and runs from October to May in the welcoming settings of Scoil Mhuire Clane and Maynooth University. Previous students of the course have pursued further study and careers in psychology, counselling and psychotherapy, career guidance, addiction, social work and social care.

Admission Requirements:

Participants must be 21 years or over. Have adequate skills to participate fully in an NUI Certificate level course.

Further Information:

From the School 045 868255 or NUI Maynooth 01 7084500

Library in Maynooth University is available to students on Saturdays.

Classes take place in Scoil Mhuire Clane, with 2 - 3 Saturday seminars/workshops in Maynooth University.

DANCE - SPORTS - FITNESS

10 WEEK CHANGE YOUR BODY CHALLENGE

Course No. 5001 Sessions: 10 Wednesday 7:00 PM - 8:00 PM Fee:€70

Transform your Body in 10 weeks with Diet, Exercise & nutritional guidance. Full body screening before & after the 10 weeks to measure progress, which will be achieved through a wide variety of exercise techniques covering aerobic, anaerobic, flexibility strength & endurance.

DANCE WORKSHOP

NEW

Course No. 5047 Sessions: 8 Thursday 7:00 p.m. - 8:00 p.m. Fee:€70

Beginner level Constructing the body, Movement Technique and Improvisation, Hand Choreography, Sitting Choreography, Dance Choreography.

CALLANETICS

Course No. 5043 Sessions: 8 Tuesday 7:30 p.m. - 8:30 p.m. Fee:€70

Callanetics are conditioning classes that improve flexibility and help with toning and inch loss. These classes are excellent for conditioning the lower body ie stomach, bottom, hips and thighs. There is a warm up and cool down allowing the muscles to warm and stretch properly. Suitable for people with a basic fitness level as the exercises are slow controlled and involve no jumping around. Bring exercise mat & water bottle.

LINE DANCING

Course No. 5014 Sessions: 8 Wednesday 7:30 PM - 8:30 PM Fee:€70

Back by popular demand and offering a great social night of Line-Dancing. Learn a range of line-dances, from old traditional country western line-dancing to the modern style line-dancing that is currently filling the dance floors. Easy to follow routines & fantastic music in a friendly atmosphere.

BALLROOM DANCING FOR BEGINNERS

Course No. 5059 Sessions: 8 Thursday 7:30 PM - 8:30 PM Fee:€70

Would you like to learn to dance for fun or for that special occasion? Taught by top Irish International Ballroom Dancing competitor, Darren Fox. Learn Ballroom Dancing, Latin, American, Waltz, Quickstep, Jive and Cha Cha Cha in a fun and friendly environment.

AEROBICS N' TONE

Course No. 5035 Sessions: 8 Monday 7:00 PM - 8:00 PM Fee:€70

Raise the heart rate, enjoy an aerobic work out which burn those troublesome calories and helps tone from head to toe. Followed by a variety of body resistance exercises to give the body definition. Incorporates various fitness levels. Cool down as your body's heart rate returns to normal. Qualified Instructor. (Bring mat & bottle of water).

BOOTCAMP

Course No. 5053 Sessions: 8 Wednesday 8:00 PM - 9:00 PM Fee:€70

A great way to burn calories. Work your whole body in a short period of time. Each exercise is fun. Easy to fit into a busy schedule. An intense workout that combines cardio, strength and flexibility training. Great for weight loss, all ages and body shapes.

KETTLEBELLS

Course No. 5051 Sessions: 8 Monday 8:00 p.m. - 9:00 p.m. Fee:€70

Almost anyone can benefit from Kettlebells training. Improves posture, fitness, bone density and alignment. Keeps the body fit. Simple, straightforward exercises..

ZUMBA FITNESS

Course No. 5052 Sessions: 8 Tuesday 8:00 PM - 9:00 PM Fee:€70

Ditch the Workout - Join the Party! An exhilarating, effective, easy to follow, Latin inspired, calorie burning dance fitness party that's moving millions of people towards joy and health.

MUSIC - SOUND - DRAMA**LEARNING THE GUITAR**

Course No. 6041 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee:€120

Suitable for beginners or those with some experience. Tuning, strumming, finger styles etc. Learners are required to bring their own guitar to class.

LEARNING THE BODHRAN

Course No. 6038 Sessions: 8 Monday 7:30 PM - 9:00 PM Fee:€90

Suitable for beginners and improvers. This course will cover the basic rhythms and techniques of playing the bodhran with Traditional Music and as a Solo Instrument.

TENOR BANJO / MANDOLIN

Course No. 6045 Sessions: 8 Thursday 7:30 PM - 9:30 PM Fee:€120

Become the next Gerry O'Connor! Learn how to play traditional Irish tunes (jigs and reels) on Tenor Banjo or Mandolin. Suits beginners and novices.

MUSIC - SOUND - DRAMA

KEYBOARD PIANO FOR COMPLETE BEGINNERS

Course No. 6043 Sessions: 8 Tuesday 7:30 PM - 8:30 PM Fee:€80

Learn to play and read some basic music in an easy and fun way. This course is designed for people who have never played music before and would like to have a go.

KEYBOARD PIANO FOR IMPROVERS

Course No. 6046 Sessions: 8 Tuesday 8:30 PM - 9:30 PM Fee:€80

This course is designed for people who have done already some very basic reading and playing. You will learn to play some more advanced music and some scale work. The course also covers some basic theory and knowledge of the workings of the keyboard and piano.

UKULELE

Course No. 5058 Sessions: 8 Thursday 7:30 PM - 9:30 PM Fee:€120

Ukulele is an affordable and straightforward instrument to purchase/learn and is a lot of fun. Suitable for beginners and improvers. Students should please note that Concert size Ukulele of wooden construction would be preferable as they are easier to play and more musical to the ear. Tutor: Frankie Lane is an experienced professional musician.

SINGING LESSONS FOR ALL

Course No. 5057 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee:€120

This course will teach students the techniques to sing and perform with confidence; whether it be in front of friends and family, on a karaoke night or on stage!

Singing is a great way of expressing yourself and the breathing techniques involved can be meditating.

ACTING 101: THE FUNDAMENTALS

Course No. 5059 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee:€120

This course provides a base knowledge of the skills you need to begin your acting journey, whether that be at a hobbyist or professional level. It provides confidence when entering a rehearsal space for the first time that you know as much as everyone else. The tutor that has over 15 years of experience in Ireland and abroad and can confidently guide you in the right direction. We get to play pretend in this class, always respecting the craft of acting but never forgetting the fun of it! For many reasons, adults come to acting later in life. This course will support you as your inner actor bursts forth, and who knows, this could be a whole new chapter for you!

SKILLS - SELF DEVELOPMENT

INTRODUCTION TO HOME-BREWING & BREWING SCIENCE

Course No. 6034 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee:€120

Have you ever wanted to brew your own beer? Or maybe you've already brewed your first beer and you're looking for ways to improve and learn more about the craft?

This course will get you up to speed with everything you need to know to brew great beer and give you the tools to build your own recipes from scratch.

- We will start with the basics of the brewing process from "grain to glass" and explain the terms and concepts you'll need to be aware of as a brewer.
- The subsequent classes will take a deep dive into the 4 main components of a beer: water, malt, hops and yeast, before bringing it all together in a recipe writing workshop.
- The final part of the course will be a case study of the Belgian Trappist monks and their brewing practices, which date back to the 16th century.

PRACTICAL INTERIOR DESIGN

Course No. 6021 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee:€120

An introduction to Interior Design with a focus on practical tips and tricks that will help you to transform your home. Each week focuses on a different room in the home and hopes to inspire and equip you with the confidence to tackle your own design projects.

PAWN TO KING: A COMPLETE GUIDE TO CHESS

Course No. 6035 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee:€120

Pawn to King teaches participants all aspects of chess. Participants will learn how to set up a board, the starting position, movement and capture rules for all pieces, basic strategy and tactics, setting up an on-line chess account and clubs and tournaments in the area. This course is suitable for beginners and experienced players.

Chess has many social and academic benefits. Consistently playing chess improves concentration and memory, promotes positive mental health, enhances problem solving skills and creativity. On top of that, it is a fun, engaging inclusive game.

The tutor is a member of the Irish Chess Union.

WOODWORKING FOR BEGINNERS

Course No. 6032 Sessions: 8 Thursday 7:30 PM - 9:30 PM Fee:€120

Learn the proper and safe use of woodworking tools and how to design and build your own projects. Skills in woodwork, shaping, design features and finishing are all well practiced allowing the student to gain confidence in the use of a wide range of basic woodwork machinery and tools. A variety of projects are produced each one utilising the new skills that have been learned with each piece becoming an important learning tool in the journey of woodwork. This is a stepping stone to further woodwork projects or home DIY.

FURNITURE RESTORATION

Course No. 6036 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee:€120

Restore all types of furniture, reassemble, remove old polish, re french polish, stain and finish. Please bring your piece of furniture to be restored on the first night. All pieces must be of a size that can be taken home at the end of class each night.

DIY

Course No. 6010 Sessions: 8 Tuesday 7:30 PM - 9:30 PM Fee:€120

Want to learn all the tips and tricks of a variety of trades . Carpentry,tiling,plumbing and electrical and lot more . This is the course for you it will help keep your home in top top condition.

DIY - IMPROVERS

Course No. 6017 Sessions: 8 Monday 7:30 PM - 9:30 PM Fee:€120

NEW

This course is designed for those that have already completed the first DIY course and for those that have some experience in DIY. Get more experience in some of the areas you may lack confidence in. You will learn more as to how things work and to address the problem if the arises.

TRACE YOUR FAMILY TREE

Course No. 6144 Sessions: 8 Monday 7:30 PM - 9:30 PM Fee:€120

Who do you think you are? Genealogy for beginners. An introductory course on how to trace your family history & build up your family tree.Course will look at births, deaths, marriages, census returns & many more records from Ireland & United Kingdom. Basic computer skills needed.

SKILLS - SELF DEVELOPMENT

BRIDGE - BEGINNERS

Course No. 6091 Sessions: 10 Wednesday 7:30 PM - 9:30 PM Fee: €140
Suitable for beginners. Enjoy a great night out!

BRIDGE - IMPROVERS

Course No. 6092 Sessions: 10 Thursday 7:30 PM - 9:30 PM Fee: €140
Improve your bridge skills and enjoy a great night out!

TRAINING DELIVERY AND EVALUATION (TRAIN THE TRAINER)



Course No. 8038 Sessions: 8 Wednesday 7:00 PM - 9:30 PM Fee: €330
Level 6 Component Code 6N3326 - Certified by QQI (Payment Plan Option)
www.QQI.ie Extra cost for folder and text book €35

The purpose of this award is to equip the learner with the knowledge, skill and competence to deliver, assess and evaluate a training and development intervention. Suitable for those responsible for the training of others.

Content of Programme includes:

Adult learning / Training Objectives,
Roles & Competences of the Trainer,
Preparing & Delivering Training,
Learning Assessment & Training Evaluation.

SPEAKING WITH CONFIDENCE

Course No. 6090 Sessions: 8 Thursday 7:30 PM - 9:30 PM Fee: €120
Using drama techniques, improve communication skills for interviews or speech making. Course includes Relaxation, Body Language, Vocal Techniques, Preparation for an Interview or Presentation.

PUBLIC SPEAKING

Course No. 6131 Sessions: 8 Thursday 7:30 PM - 9:30 PM Fee: €120
A highly interactive course conducted in a friendly atmosphere will help participants to banish fear of Public Speaking and provide skills whereby individuals can express their views and communicate with confidence and conviction. Embrace the opportunity to impress with an effective presentation/speech, formal/informal to large and small groups.

MIND AND BODY

MANIFESTATION COACHING - MAKE YOUR DREAMS REALITY

NEW

Course No. 5042 Sessions: 6 Wednesday 7:30 PM - 9:00 PM Fee: €70
This course starts mid-October.

We all lack confidence in certain areas of our lives. With self discipline, strategies and personal development you can get to where you deserve to be. Learn to develop positive mindsets and take responsibility for your life and achieve your goals. You can both live and love your life and fulfil everything you want to achieve. Course is designed to cater for individual needs

INTRODUCTION TO AROMATHERAPY

NEW

Course No. 5055 Sessions: 8 Thursday 7:30 PM - 9:30 PM Fee: €120
An introduction to aromatherapy including:

- The therapeutic value of essential oils
- How essential oils enter the body & bloodstream
- How aromatherapy can heal the body- anxiety & stress, hormonal balance
- Light hand massage & meditation using essential oils"

Also included are interactive classes making up blends & creams.

EMOTIONAL INTELLIGENCE FOR COMMUNICATION AND LEADERSHIP SKILLS

Course No. 5032 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee:€120

A foundation step-by step fun learning environment. At the end of the course the student will have a sound basis in the most important life skills that they will ever learn that will have a positive impact to enhance relationships in the home and workplace.

- Learn high definition self awareness with emotional intelligence.
- The ability to understand values, beliefs and behaviour patterns, understand emotions as well as express feelings, beliefs and thoughts in a non-destructive manner.
- The ability to understand others' feelings and relate with people.
- The ability to manage and control emotions as they work for us and not against us.

Self-awareness is the foundation component of emotional intelligence it impacts feelings of self-esteem, security, inner strength, self assuredness, self-confidence and healthy self reliance, a well-developed sense of identity of who we are as a person.

MINDFULNESS & POSITIVE PSYCHOLOGY

Course No. 5065 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee:€120

Gain knowledge of mindfulness and self-care practices to help manage your anxiety and the stresses of daily living. Learn practices like breathing exercises, guided meditations and stress reduction which also incorporates positive psychology for a more balanced and happier way of living.

MINDFULNESS



Course No. 0223 Sessions: 8 Tuesday 11:30 AM - 1:30 PM Fee:€120

Mindfulness: Learning to live in a more loving, calming and peaceful way. Practices include awareness, meditation, self acceptance and gentle exercises.

MINDFULNESS MEDITATION

Course No. 5064 Sessions: 8 Thursday 7:30 PM - 9:30 PM Fee:€120

Introduces the practice of mindfulness meditation by learning formal meditation pieces and discovering its benefits (backed by research) for everyone in today's frantic world. Importantly, the theory and concepts behind mindfulness in relation to our selves, thoughts and feelings, etc., and the additional potential it holds to allow us to flourish will also be expanded and built upon each week.

THRIVING WITH A HEALTHY LIFESTYLE

Course No. 5037 Sessions: 8 Monday 7:30 PM - 9:30 PM Fee:€120

Each session will address areas to improve your personal habits through awareness and education of what is best for your well-being. This includes the 4 pillars of health, nutrition, sleep, meditation or quietude, exercise, stress relief, morning and evening rituals to power up your day and wind down your evening, the life wheel for a balanced life, setting goals, self-care, and making room for joy.

SELF-MOTIVATION



Course No. 5038 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee:€120

We all lack confidence in certain areas of our lives. With self discipline, strategies and personal development you can get to where you deserve to be. Learn to develop positive mindsets and take responsibility for your life and achieve your goals. You can both live and love your life and fulfil everything you want to achieve. Course is designed to cater for individual needs.

NON-DUALITY, SPIRITUAL AWAKENING & ENLIGHTENMENT

Course No. 5065 Sessions: 8 Tuesday 7:30 PM - 9:30 PM Fee:€120

A course on Spirituality, Yoga, Awakening, Enlightenment, Non-Duality, Mindfulness, Meditation, Mysticism, Occult Knowledge, Psychology, Mind Training, Psychedelics and Phenomenology. If you are enjoy listening to Alan Watts, Adyashanti, Osho, Rupert Spira, Jiddu Krishnamurti, Sadhguru, Sri Ramana Maharshi and other mystical teachers then this course will attempt to explain the deeper spiritual truths that these speakers are pointing towards.

MIND AND BODY

STRESS MANAGEMENT AND MINDFUL LIVING

Course No. 5062 Sessions: 8 Thursday 7:30 PM - 9:30 PM Fee:€120

Develop an ability to deal with stress and learn to live in a mindful way which may increase feelings of happiness, joy and peace in their lives. topics include: Stress and the impact on our lives, What is mindful living?, How mindful living can help us deal with stress, Problem solving, Healthy living, Exercise/Movement, Meditation. Mindful living may not change the ever present external demands on our time and energy, however mindful living has the ability to change our reaction to these demands, resulting in less stress and a more joyful and peaceful approach to life.

PILOGA

Course No. 5049 Sessions: 8 Wednesday 7:30 PM - 8:30 PM Fee:€80

Piloga is a fusion of gentle yoga stretches and Pilates postures that calms the mind while invigorating the body. Taking the best from both practices, it focuses on developing muscle strength, specifically to the core and back, deepens flexibility and improves balance and co-ordination. You will experience relief from stress, and body tension, including neck, shoulder or back pain, bringing you a more restful sleep and feeling of well-being. Piloga will leave you looking toned and feeling revitalised. Suitable for beginners. Limited class size. (Bring a thick mat, large towel and bottle of water).

PILOGA

D

Course No. 0409 Sessions: 8 Thursday 9:30 AM - 10:30 AM Fee:€80

Description as Evening Course No. 5049 above.

PILOGA

Course No. 5046 Sessions: 8 Thursday 8:30 PM - 9:30 PM Fee:€80

Description as Evening Course No. 5049 Above.

PILATES

Course No. 5041 Sessions: 8 Monday 7:30 PM - 8:30 PM Fee:€80

Invigorates the mind, develops core muscle strength, relieves stress and back pain, improves balance and co-ordination. Will leave you looking toned and revitalised. (Limited number in class). (Bring a thick mat, large towel and bottle of water).

TAI CHI / QIGONG

Course No. 5008 Sessions: 8 Thursday 7:30 PM - 9:00 PM Fee:€90

Suitable for complete beginners and improvers. Strong body, still mind. Tai Chi is a Chinese martial art now practiced as a type of moving meditation to improve both mental and physical health. This unique, gentle, slow moving exercise is suitable for all people regardless of age or fitness level. This course introduces the participants to Yang style Tai Chi (foundation form) and Chi Kung.

YOGA NIDRA

D

NEW

Course No. 0102 Sessions: 8 Monday 1:00 PM - 2:00 PM Fee:€70

Yoga Nidra is a flexible form of meditation that anyone can do, as it is practiced by lying on your mat, getting comfortable and taking time just for you. There is a body scan at the beginning of each class to relax the mind and body and bring about a profound sense of deep relaxation. Over the weeks you will learn tools to do this and more. This course is for anyone who suffers from trouble sleeping, burnout, exhaustion and anxiety.

YOGA

Course No. 5039 Sessions: 8 Monday 7:30 PM - 9:00 PM Fee:€90

The focus is on relaxation, gentle postures, awareness, breathing exercises, meditation and exploring ways to live a more peaceful life. Suitable for all levels.

YOGA**D**

Course No. 0111 Sessions: 8 Monday 9:30 AM - 11:00 AM Fee:€90

Description as Evening Course No. 5039 Above.

YOGA

Course No. 5040 Sessions: 8 Tuesday 7:30 PM - 9:00 PM Fee:€90

Description as Evening Course No. 5039 Above.

TRADITIONAL ASHTANGA YOGA**NEW**

Course No. 5045 Sessions: 8 Monday 7:30 PM - 9:00 PM Fee:€90

Ashtanga yoga is still taught in India today and is a dynamic, energetic yoga class. This class is suitable for anyone who enjoys a physical class, while learning to connect with our breath. The many benefits include building strength and flexibility, posture alignment, reduce stress and anxiety in the body and mind. The class starts with an energetic yoga sequence and finishes with a relaxing guided meditation. This course is for anyone who wants to reduce anxiety symptoms and regulate the nervous system, while building strength and flexibility in a relaxed environment.

SOMATIC MOVEMENT EDUCATION

Course No. 5033 Sessions: 8 Thursday 7:30 PM - 9:00 PM Fee:€90

Somatic Movement Education is a gentle, safe and highly effective way to end chronic pain, improve balance, flexibility and posture and relieve day-to-day stress. This series of classes is designed to teach students a series of easy and comfortable movements through different areas of the body, to help free the body from patterns of habitual muscular tension, lengthening muscles back to their natural, relaxed state to allow for pain free movement. Somatic movements can help with many issues from mobility for the aging, through to pain/stress management and injury rehabilitation.

No experience necessary. Please bring along a Yoga mat and thick blanket to support the body. Exercises are mostly carried out lying on the floor.

SOMATIC MOVEMENT EDUCATION**D**

Course No. 0301 Sessions: 8 Wednesday 9:30 AM - 11:00 AM Fee:€90

Description as Evening Course No. 5033 above.

THE LAW OF ATTRACTION

Course No. 5063 Sessions: 8 Thursday 7:30 PM - 9:30 PM Fee:€120

If you already know that every cell in the human body vibrates. If you already know that like attracts like. Then imagine for one minute that your skin is made up of powerful magnets. How you feel on the inside determines how the future you, is going to feel. Your vibration attracts to you situations and events that align with your vibration. Let go of limiting beliefs and negative emotions. Train yourself to think positively while moving towards your dream. Let go of negative thoughts and allow yourself to receive the limitlessness the universe has to offer. Regain your power.

FUNCTIONAL HUMAN ANATOMY**NEW**

Course No. 5048 Sessions: 8 Tuesday 7:30 PM - 9:30 PM Fee:€120

Learn the basics of human musculoskeletal anatomy, from the skeleton, to muscles, tendons, ligaments, nerves, arteries, veins and joint capsules. This course offers a broad base of knowledge of human anatomy and is very useful to those studying massage therapy, physical therapy, personal training or those with a keen interest in sports and exercise.

CARING - HEALTH AND SAFETY

HEALTHCARE SUPPORT - MAJOR AWARD



BL

Course No. 8081

** Monday

7:00 PM - 9:30 PM

Fee: €290 for each module or €1000 for 4 modules

*** 8 Modules in total required for this Major Award ***

Level 5 Major Code 5M4339 - Certified by QQI

**** Modules will run Mondays and with some additional days to be agreed with class.**

Successful completion of this course provides a recognised qualification necessary for working as a Health Care Assistant in a variety of settings, including hospitals, maternity care, day and residential care, community and the home. It is suitable for those wishing to embark on a career in caring and those already working in the sector who wish to gain a recognised qualification. Successful graduates may progress to related health and social care courses in the Institutes of Technology through the Higher Education Links scheme by CAO application.

The following modules are scheduled to run as part of this Major Award at times and dates as noted.

1. **Care Support 5N0758** - Refer to course description below.
2. **Care Skills 5N2770** - Refer to course description below.
 - **Modules 3 and 4** will start February / March.

Please note each module has a credit value of 15 and in order to achieve a major award in "Healthcare Support" you need to have 120 credits.

150 hours work experience must also be achieved and certified by a Supervisor within work placement.

CARE SUPPORT



BL

Course No. 8105

Sessions: 3

** Monday

7:00 PM - 9:30 PM

Fee: €290

Level 5 Component Code 5N0758 - Certified by QQI

(Payment Plan Option)

**** Module will run Mondays and with some additional days to be agreed with class.**

The purpose of this award is to equip the learner with the knowledge, skill and competence to work effectively in a care setting.

- Discuss the roles, responsibilities and entitlements of a care worker.
- Examine the role of a care worker within the multidisciplinary healthcare team.
- Demonstrate the ability to plan and provide enhanced quality care.
- Apply knowledge gained to plan and meet the needs of the individual client.
- Explore the need for personal planning and growth.
- Plan strategies to improve own personal development.
- Reflect on personal effectiveness as a care worker to include own strengths and weaknesses.
- Reflect on relationships with clients, relatives and multidisciplinary team members and interpersonal issues that arise in care work

This is a component of the [Major Award Healthcare Support Code 5M4339](#).

CARE SKILLS



BL

Course No. 8104

Sessions: 8

** Monday

7:00 PM - 9:30 PM

Fee: €290

Level 5 Component 5N2770 - Certified by QQI

(Payment Plan Option)

**** Module will run Mondays and with some additional days to be agreed with class.**

- Recognise the personal care needs of clients.
- Respond effectively to clients' individual needs, with their involvement and use of choice.
- Acquire practical skills in the area of client personal care.
- Maintain a safe, healthy and hygienic environment for clients.
- Appreciate the models of care.
- Be aware of nursing ethics and etiquette in care situations.
- Communicate effectively in ways that are consistent with the carer's role.

This is a component of the [Major Award Healthcare Support Code 5M4339](#).

Starts mid November (date to be confirmed).

CARE OF THE OLDER PERSON



BL

D

Course No. 0837 Sessions: 8 Wednesday 11:00 AM - 1:30 PM Fee:€290

Level 5 Component Code 5N2706 - Certified by QQI

(Payment Plan Option)

The module is designed to equip the learner with the skills and knowledge to care for older people in a variety of settings. Learners will demonstrate good work practice, understand the concept of the ageing process, be able to meet the full range of needs of older people in a variety of care settings and enhance the quality of life of the older person. This is a component of “Healthcare Support” 5M4339.

CHILD PSYCHOLOGY (4- 18 YEARS)



BL

Course No. 8042 Sessions: 8 Tuesday 7:00 PM - 9:30 PM Fee:€330

Level 6 Component Code 6N2023 - Certified by QQI

(Payment Plan Option)

Course explores child psychology from age 4-18 years in relation to childhood education. It is suitable for childcare staff, parents and teachers.

Topics covered include:

Development of personality, relationships, communication skills, the role of computer based activities, the importance of security and continuity and the impact of transition and change. 30 hours work experience in a childcare setting or school recommended. www.QQI.ie

ANATOMY AND PHYSIOLOGY



BL

Course No. 8054 Sessions: 15 Thursday 7:30 PM - 9:30 PM Fee:€290

Level 5 Component Code 5N0749 - Certified by QQI

(Payment Plan Option)

Complete course will be offered over two terms Autumn and Spring.

This course is designed to equip the learner with knowledge of the structure and function of the human body and an understanding of the interrelationships between the systems of the body. The module is mandatory for the level 5 certificate in Community and Health services – Nursing studies award. It may also be included as an elective vocational module on a range of awards.

Preferred entry level; Level 4 Certificate, Leaving Cert. or equivalent qualifications and or relevant life and work experiences.

This is a component of “Nursing Studies” 5M4349

INFECTION PREVENTION AND CONTROL



BL

Course No. 8012 Sessions: 8 Wednesday 7:00 PM - 9:30 PM Fee:€290

Level 5 Component Code 5N3734 - Certified by QQI

(Payment Plan Option)

This module is a mandatory component from “Health Service skills” major award 5M3782. If Learner has completed all components in “Healthcare Support” major award 5M4339, by completing “Infection Prevention and Control” they may be able achieve a second major award in “Healthservice Skills” (depending on modules completed as some modules are subject to change)

- Learn the basic principles of infection and the application of standard precautions in relation to infection control.
- Importance of infection prevention and control in the healthcare area, in providing a healthy environment for patients, staff and visitors.
- Learn the difference between social hand hygiene, antiseptic hand hygiene and surgical hand hygiene to include the correct use of alcohol handgels .
- Learn how to Implement the local terminal cleaning procedure in a range of settings, such as an isolation room, single use items and outbreak management.
- Get to know policies for dealing with clean and soiled linen, the disposal of sharps and the correct management following inoculation, injury or accidental exposure to blood and body fluids.

Learners must be available some Saturdays to complete skills demonstration.

CARING - HEALTH AND SAFETY

SPECIAL NEEDS ASSISTING

**BL**

Course No. 8018

Sessions: 16

Tuesday

7:00 PM - 9:30 PM

Fee: €375

Level 5 Component Code 5NI786 - Certified by QQI**(Payment Plan Option)**

Complete course will be offered over two terms Autumn and Spring.

For people who wish to pursue a career in working with children with special needs as an assistant within an educational setting.

The Special Needs Assisting Course aims to:

- Ensure adequate training of the Special Needs Assistant (SNA).
- Promote understanding of role of SNA in the classroom.
- Equip the SNA with the necessary skills and knowledge for a rewarding career.

Work Experience:

Candidates will have to complete at least 30 hours working with individuals with Special Needs under the age of 18 in an educational setting, or similar during the course. This work experience may be of a paid or voluntary nature. Garda Vetting will be required.

Entry Requirements:

Candidates who do not currently work in this area must be prepared to undertake the work experience outlined above. All learners must be fluent English speakers.

This may lead to a major award in [Early Childhood Care and Education Code 5M2009](#)

SPECIAL NEEDS ASSISTING

**BL****D**

Course No. 0201

Sessions: 16

Tuesday

10:30 AM - 1:00 PM

Fee: €375

Level 5 Component Code 5NI786 - Certified by QQI**(Payment Plan Option)**

Description as Course no. 8018 above.

SPECIAL NEEDS ASSISTING (LEVEL 6)

**BL**

Course No. 8106

Sessions: 10

Tuesday

7:00 PM - 9:30 PM

Fee: €350

Level 6 Component Code 6NI957 - Certified by QQI**(Payment Plan Option)**

Entry Requirement

Level 5 Special Needs Assisting or you must have achieved the Learning outcomes for this level.

This course will enable you to:

- Evaluate the provision of education for people with special educational needs.
- Examine relevant theories, skills and processes relevant to current implementation.
- Organise learning opportunities in order to promote independence and responsibility.
- Learn how to access interventions and behaviour management techniques that may be used in the learning environment.
- Assist Learner to develop the academic, and vocational language, literacy and numeracy skills related to Early Childhood Care and Education through the medium of indicative content.

PRACTICAL FIRST AID

Course No. 5023

Sessions: 5

Thursday

7:00 PM - 9:30 PM

Fee: €95

Certificate - Certified by Red Cross**(Workbook and Certificate €15 Included in Fee)**

Practical First Aid is a 12 hour course certified by the Red Cross which covers Accident Scene Management, Bleeding, Respiratory Problems, CPR, Unconsciousness, Fractures & soft tissue injuries, Burns & Scalds and Medical Emergencies. The course is very much based on practical work rather than theory and is taught with the use of workbooks which chart the participants skills.

UNDERSTANDING MENTAL HEALTH



BL

D

Course No. 0813 Sessions: 10 Monday 10:00 AM - 12:30 PM

Fee: €290

Level 5 Component Code 5N3772 - Certified by QQI

(Payment Plan Option)

The purpose of this award is to equip the learner with the knowledge, skill and competence to work effectively in a mental healthcare setting promoting understanding and good practice in providing services to individuals with mental health difficulties.

- Look at the main voluntary and statutory mental health services providers in the Irish Mental Health System
- Explore the most common mental health problems, their symptoms and treatments
- Look at Mental Health Policy and its application in a range of contexts
- Explore the biopsychosocial factors that impact on positive mental health and their use in the care of people who experience mental health problems
- Analyse the roles of a range of health care professionals in the care and recovery of an individual with mental health issues
- Assess a range of approaches to treatment in a mental healthcare setting
- Examination - Theory 60%; Skills Demonstration 20%; Assignment 20%

CRAFTS - FABRICS

FLOWER ARRANGING

Course No. 6014 Sessions: 8 Tuesday 7:30 PM - 9:30 PM

Fee: €120

(Cost of materials extra)

Learn the skills of flower arranging in a relaxing and therapeutic atmosphere. Create your own arrangement of fresh flowers.

FLOWER ARRANGING

D

Course No. 0508 Sessions: 8 Friday 9:30 AM - 11:30 AM

Fee: €120

Course description as course no. 6014 above.

(Cost of materials extra)

KNITTING

NEW

Course No. 6013 Sessions: 8 Tuesday 7:30 PM - 9:30 PM

Fee: €120

Learn to knit in a relaxed and fun class suitable for beginners and those looking to improve their skills. You will master the basic stitches and begin to learn how to read a knitting pattern. You will be guided to complete 2 small projects while having fun along the way.

DRESSMAKING (BEGINNERS)

Course No. 6072 Sessions: 8 Wednesday 7:30 PM - 9:30 PM

Fee: €150

(Payment Plan Option)

Make a garment that you can wear yourself. You will be guided in every aspect of dressmaking, starting from buying your own pattern and learning how to cut it to your size, how to read and follow pattern instructions. Choose the fabric and cut and match it. Step by step you will be shown how to assemble your garment. Also you will be shown how to set up and work a domestic sewing machine.

Sewing machine required.

Materials to bring with you to class:

Scissors, sewing machine and hand-sewing needles, measuring tape, seam ripper, water-soluble markers, thread, 30+ cm ruler, pencil and eraser.

CRAFTS - FABRICS

CROCHET TO DESIGNER WEAR

Course No. 6019 Sessions: 8 Monday 7:30 PM - 9:30 PM Fee:€120

Why not try your hand at crochet, or improve your crochet skills. Crochet is so fashionable right now. Learn to design and make your own garments of choice and learn to read crochet patterns. You will get hooked once you start! Bring any crochet hooks you may have. Yarn and hooks will be available to purchase from class tutor.

HAND BUILT POTTERY & MODELLING

Course No. 6057 Sessions: 8 Monday 7:00 PM - 9:30 PM Fee:€140

A course for beginners and the experienced in the techniques of hand built pottery and modelling. All items made during the course are kiln fired and glazed.

STAINED GLASS (COPPER FOIL TECHNIQUE)

NEW

Course No. 6031 Sessions: 8 Wednesday 7:00 PM - 9:30 PM Fee:€140

 **Scan Me!** Additional charge of €20 for project materials and equipment

Learn how to create beautiful stained-glass using the copper foil method. Create and take home window light catchers, Christmas decorations, art panel pieces, terrariums, candle holders and simple lamp shades. Learn how to cut and shape glass, foil, assemble and solder before applying patina and polishing. Let your artistic side flow as you choose your own colours and projects from the projects and patterns provided.

No experience necessary as all levels catered for.

All equipment, tools are available and materials provided at additional charge as above.

Students may purchase additional glass if a particular colour is not available.

COOKING

BAKING & DESSERTS

Course No. 6100 Sessions: 8 Monday 7:30 PM - 9:30 PM Fee:€120

(Cost of materials extra)

Interesting and a fun experience. A hands on practical approach to baking. Learn how to bake cakes for all occasions. Party desserts, different pastries, pies, meringues & roulades and much more.

JOYS OF COOKING

Course No. 6052 Sessions: 8 Thursday 7:30 PM - 9:30 PM Fee:€120

(Cost of materials extra.)

Cooking for fun. Want to entertain family and friends or cook just for one? This is an easy paced practical approach to cooking. All tastes catered for includes soups and bread, stirfries, curries, pasta dishes, Irish specialities, Sunday dinner and desserts. Whether you are a complete beginner in the kitchen or want to get new ideas this is the course for you.

PIPING SKILLS FOR CAKE DECORATING

Course No. 6048 Sessions: 5 Monday 7:30 PM - 9:30 PM Fee:€70

Using royal icing, learn decorative piping, piped flowers using nozzles and nails, runouts, brush embroidery and writing skills. Nozzels required, cost of materials extra..

FEEL GOOD COOKING

Course No. 6051 Sessions: 8 Tuesday 7:30 PM - 9:30 PM Fee:£120

Come join us in learning how to make delicious, easy, affordable, and satisfying Whole Food, Plant-Based dishes for Breakfast, Lunch, Dinner, Snacking, and Entertaining.

The instructor who is Plant-Based certified from Cornell University will guide you in following varied, simple recipes using natural foods that are healthy for you and the environment that you can quickly whip up at home.

This course is suitable for anyone who is interested in including more plant-based meals into their diet, no matter what their food preferences. All appetites are welcome.

CAKE DECORATING

Course No. 6049 Sessions: 8 Tuesday 7:30 PM - 9:30 PM Fee:£120

(Cost of materials extra)

Learn how to get the professional finish in Cake Decorating. Using Sugar Paste many different techniques taught e.g. frills, ribbon insertion and flower craft etc. Also piping work in royal icing. All levels catered for. The aim of the course is to finish with new skills and confidence in Cake Decorating.

CAKE DECORATING IMPROVERS

Course No. 6055 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee:£120

(Cost of materials extra)

Suitable for those who have completed the basic cake decorating course, this course will build on techniques learnt in more depth. Projects may run over 2 weeks and will include modelling figures and animals, runout icing, flowers and other decorating techniques.

Students will be required to provide their own materials, tools and equipment and will be given list before each class. Material list for week one will be available from the office.

GARDENING - NATURE - ANIMALS

BEE KEEPING

Course No. 6081 Sessions: 8 Thursday 7:30 PM - 9:30 PM Fee:£100

Backyard Bee Keeping is a wonderful hobby, but to many it seems surrounded by mystery. This course opens the lid of the honey bee's hive, enabling the novice beekeeper to understand this complex and fascinating world. We will explore the life cycle of the hive, what happens when the bees swarm and so much more. Join us in this course to explore just what it is that bees buzz about!

Course content:

- Recognising bees (worker, drone, queen)
- The hive, Equipment,
- Seasons (Summer, Autumn, Winter and Spring and activities in each),
- Stings, Swarms, Feeding, Harvesting honey,
- Pests and Diseases.

GARDENING

Course No. 6087 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee:£120

NEW

Work in harmony with nature in your room outside. Think green, Go organic, Harvest and Forage throughout the year. Composting and Soil Amendment. Biodiversity and more.

Thank you for taking time to view our brochure!

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We take pride in our role in that learning and social experience!

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