

PLEASE TAKE YOUR FREE COPY

SCOIL
MHUIRE
COMMUNITY SCHOOL
CLANE

ADULT EDUCATION
EVENING & DAYTIME COURSES
SPRING TERM 2024

Classes Start Tuesday 6th February

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Bernadette Grogan

Ann O Gorman

Administration and Support Team:

Jacqueline Slattery

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 stated. Classes not finished prior to Easter will break for 2 weeks.

SDL

Courses identified with this symbol will have some element of self directed learning.

These courses will require learners to access some resources online in addition to the in school hours listed in the brochure.

COURSES BEGIN:

Tuesday 6th February

Wednesday 7th February

Thursday 8th February

Friday 9th February

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 from Monday 8th January.

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

0104	Chair Yoga	9:45 a.m. 10:45 a.m.	23
0106	Healthy Ageing	11:00 a.m. 1:30 p.m.	20

TUESDAY

0201	Special Needs Assisting	10:30 a.m. 1:00 p.m.	27
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WEDNESDAY

0301	Somatic Movement Education	9:30 a.m. 11:00 a.m.	24
0305	Spanish - Beginners	9:30 a.m. 11:00 a.m.	13
0323	Watercolour Painting	11:45 a.m. 1:45 p.m.	14

THURSDAY

0404	Oil Painting	12:15 p.m. 2:15 p.m.	14
0409	Piloga	9:30 a.m. 10:30 a.m.	23
0418	Cognitive Behavioural Therapy	10:00 a.m. 12:00 p.m.	16

FRIDAY

0508	Flower Arranging	9:30 a.m. 11:30 a.m.	28
0503	Mindfulness	11:45 a.m. 1:15 a.m.	21

D Daytime classes marked thus throughout the brochure:

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Welcome to our New Spring 2024 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
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.

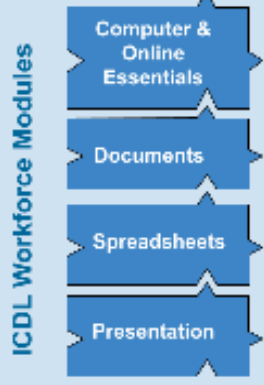
Many jobs now entail the use of technology. This requirement continues to grow, even in sectors considered traditional or non-technical. Online tools and mobile apps today perform a huge range of functions which were once paper-based.

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.

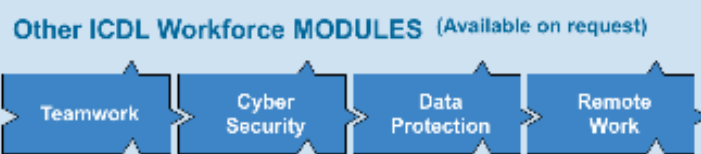
ICDL enables you to develop and certify your computer skills in the subject areas of your choosing and to the level that you need - either for work, or for day-to-day life.

Develop Your ICDL Profile At Scoil Mhuire Clane

See Page 8 for Details



Digital skills for employability and productivity





No.	Course	Code	Page
8054	Anatomy and Physiology	5N0749	24
8044	Bookkeeping: Manual and Computerised	5N1354	9
8074	Business Administration Skills	5N1610	11
8042	Child Psychology (4- 18 Years)	6N2023	26
8001	Digital Marketing	5N1364	10
8017	Digital Photography	5N1270	15
8081	Healthcare Support - Major Award	5M4339	25
8012	Infection Prevention and Control	5N3734	26
8076	Information and Administration	5N1389	11
8075	Medical Terminology	5N2428	10
8034	Palliative Care Support	5N3769	25
8011	Payroll: Manual & Computerised	5N1546	10
8082	Psychology	5N0754	26
8008	Safety And Health At Work	5N1794	25
8018	Special Needs Assisting	5N1786	27
0201	Special Needs Assisting	5N1786	27
8106	Special Needs Assisting (Level 6)	6N1957	27
8038	Training Delivery And Evaluation (Train the Trainer)	6N3326	19

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

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.

MICROSOFT® EXCEL - OFFICE SPECIALIST



Microsoft



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

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.

BUSINESS - LEGAL - ACCOUNTING

BOOKKEEPING: MANUAL AND COMPUTERISED



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](#).

BUSINESS - LEGAL - ACCOUNTING

PAYROLL: MANUAL & COMPUTERISED



SDL

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

Level 5 Component Code 5N1546 - 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



SDL

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](#).

DIGITAL MARKETING



SDL

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



SDL

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



SDL

Course No. 8076

Sessions: 8

Thursday

7:30 PM - 9:30 PM

Fee: €290

Level 5 Component 5N1389 - 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.

LEAVING CERTIFICATE SUBJECTS

LEAVING CERT IRISH (HONOURS) (CONTINUATION)

Course No. 2004 Sessions: 10 Tuesday 7:30 PM - 9:30 PM Fee: €135

No enrolment this term.

(Payment Plan Option)

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

SHAKESPEARE FOR 5TH YEAR STUDENTS (HONS)

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)

Course No. 2001 Sessions: 10 Monday 6:00 PM - 8:00 PM Fee: €135

(Payment Plan Option)

Complete course will be offered over two terms Autumn and Spring. **New learners welcome for Spring term (10 Weeks).** For 6th year students.

LEAVING CERT MATHS (HONOURS) FOR 5TH YEARS

Course No. 2032 Sessions: 10 Monday 8:00 PM - 9:30 PM Fee: €120

(Payment Plan Option)

Course offered over two terms Autumn and Spring. **New learners welcome for Spring term (10 Weeks).**

LEAVING CERT MATHS (HONS) FOR TRANSITION YEAR STUDENTS

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)

Course No. 2002 Sessions: 8 Tuesday 8:00 PM - 9:30 PM Fee: €90

Great preparation for Leaving Certificate students. Leaving Certificate students only.

LEAVING CERT BIOLOGY (HONS)

Course No. 2003 Sessions: 8 Tuesday 7:00 PM - 9:00 PM Fee: €100

Great preparation for Leaving Certificate students. Great preparation for Leaving Certificate students.

LEARNING SKILLS (EVENING)

Course No. 2007 Monday, Tuesday, Wednesday, Thursday 4:00 PM - 6:00 PM

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

Scoil Mhuire - Your Community School

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 Thursday 8:00 PM - 9:30 PM Fee:€90

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

SPANISH - BEGINNERS

Course No. 0305 Sessions: 8 Wednesday 9:30 AM - 11:00 AM Fee:€90

Course description as evening course no. 4001 above.

SPANISH - IMPROVERS

Course No. 4002 Sessions: 8 Thursday 6:30 PM - 8:00 PM Fee:€90

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.”

ARTS - PHOTOGRAPHY

OIL PAINTING

Course No. 6058 Sessions: 8 wEDday 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.

ART WORKSHOP

Course No. 6039 Sessions: 8 Thursday 8:00 PM - 9:30 PM Fee:€90
Cost Materials €10 approx.



Scan Me!

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

MIXED MEDIA

Course No. 6061 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee:€120
(Cost of materials extra €20 approx)

NEW

This course includes a range of varied artistic techniques such as drawing, collage, printmaking, felting and more, each to be explored over the 8 weeks and on completion the students will have their own mixed media art pieces to take home. This course is beginner friendly and would suit anyone who is interested in arts and crafts and wants to learn new skills and create interesting artworks. 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.

DIGITAL PHOTOGRAPHY



SDL

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 brushes available to purchases in the class, approx €30 for the full set of brushes including eyelashes.

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.

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

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

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.

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 **No Enrolment This Term** **(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

DANCE WORKSHOP

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.

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.

Scan the code to view online brochure



DANCE - SPORTS - FITNESS

COUCH TO 5k

NEW

Course No. 5031 Sessions: 8 Wednesday 7:30 PM - 8:30 PM Fee:€70

The biggest challenge a new runner faces is not knowing how or where to start. Often when trying to get into exercise, we can feel deflated and give up when we are just getting started.

Couch to 5k works because it starts with a mix of walking and running to gradually build your fitness, confidence and stamina!

The initial sessions will involve running for just a minute at a time, creating realistic expectations and making your goal feel achievable right from the start.

Couch to 5k is for everyone. Whether you have never run before or you just want to get more active, it is a fun, friendly and easy way to begin your journey to a fitter, healthier and happier you

BOXERCISE

NEW

Course No. 5035 Sessions: 8 Monday 8:15 PM - 9:15 PM Fee:€70

Boxercise is an effective form of cross training that incorporates a combination of boxing movements and aerobics. This makes it a fun activity and also improves rhythm, co-ordination as well as burning calories! Classes include shadow-boxing, skipping, kicking punch bags, press-ups, shuttle-runs and sit-ups. Suitable for men and women of all ages and all fitness standards. Note, there is no physical hitting of an opponent, so boxercise is an enjoyable and safe workout for everyone!

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 7:00 p.m. - 8:00 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 8:00 PM - 9:30 PM Fee:€90

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.

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.

SKILLS - SELF DEVELOPMENT

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

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.

SKILLS - SELF DEVELOPMENT

HEALTHY AGEING

D

NEW

Course No. 0106

Sessions: 5

Monday

11:00 AM - 1:30 PM

Fee:€95



Scan Me!

Keep your brain healthy while ageing well! Would you like to prolong your wellbeing by developing and maintaining your abilities as you age? If so, then come and join us for this healthy ageing course. This exciting new 5-week course will explore all aspects of healthy ageing and equip you with a goal plan going forward to ensure you are still living 'your best life' long after the last class finishes. Have fun and meet new people into the bargain!

ASTRONOMY FOR BEGINNERS

NEW

Course No. 6037

Sessions: 8

Tuesday

7:30 PM - 9:30 PM

Fee:€120

This course is designed for Astronomy beginners. It explores the wonders of the Universe, our local Galaxy, the Milky Way, our own solar system and some of the best known constellations.

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

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.

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!

DIY

"Hands on exposure and general enjoyment. Enjoyed the doing and figuring out myself".

"I think it was better than I initially thought. Hands on, very practical and accessible".

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.

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.

MIND AND BODY

INTRODUCTION TO AROMATHERAPY

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.

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 mediations and stress reduction which also incorporates positive psychology for a more balanced and happier way of living.

MINDFULNESS

Course No. 0403 Sessions: 8 Friday 11:45 AM - 1:15 PM Fee:€90

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.

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.

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.

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).

MIND AND BODY

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 FOR EXAM STUDENTS

NEW

Course No. 5032 Sessions: 8 Wednesday 7:30 PM - 8:45 PM Fee:€75
6th year, and exams in general, can be particularly stressful for students. Cortisol, the stress hormone, can hijack your ability to absorb information. Why not join this yoga class designed to reduce the stress levels and bring relaxation into the mind and body. Learn the techniques to regulate your emotions. Yoga activities can help during revision, helping you feel more energised and grounded. It is important to keep active and take regular movement breaks while revising. Breathing exercises immediately before or even during an exam help to calm and clear your mind allowing you to retrieve the information from your brain. Learn to balance your energy and create a space to switch off and recharge. Yoga also helps with a better night's sleep. Suitable for Leaving Cert and College students.

CHAIR YOGA

D**NEW**

Course No. 0104 Sessions: 8 Monday 9:45 AM - 10:45 AM Fee:€60
Chair Yoga is a modified form of Yoga that is performed while seated or using a chair for support. This unique and accessible yoga practice is designed to bring balance, relaxation, and rejuvenation to individuals of all ages and abilities. Our Chair Yoga course is the perfect opportunity for anyone seeking the benefits of yoga without the need for getting down on the floor. Chair Yoga offers a wide range of physical, mental, and emotional benefits. Whether you are a beginner or an experienced practitioner, this course welcomes individuals of all fitness levels. Chair Yoga also offers numerous therapeutic benefits, such as stress reduction, improved joint mobility, enhanced circulation, and increased body awareness. Through mindful breathing and meditation techniques, you will cultivate a sense of calmness and inner peace, promoting mental clarity and emotional well-being.

TRADITIONAL ASHTANGA YOGA

Course No. 5045 Sessions: 8 Monday 7:00 PM - 8:15 PM Fee:€80
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.

MIND AND BODY

YOGA NIDRA

Course No. 5036 Sessions: 8 Monday 8:30 PM - 9:30 PM Fee:€70

Yoga Nidra is a flexible form of meditation that anyone can do, as it is practised 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

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

Description as Evening Course No. 5039 Above.

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.

Please bring along a Yoga mat and thick blanket to support the body. Exercises are mostly carried out lying on the floor.

CARING - HEALTH AND SAFETY

ANATOMY AND PHYSIOLOGY



SDL

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.

HEALTHCARE SUPPORT - MAJOR AWARD



SDL

Course No. 8081

** Monday

7:00 PM - 9:30 PM

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

Level 5 Major Code 5M4339 - Certified by QQI

8 Modules in total required for this Major Award

**** 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. **Palliative Care Support 5N3769** - Refer to course description below.
2. **Safety And Health At Work 5N1794** - Refer to course description below.
 - **Modules 3 and 4** will start September / November 2024.

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.

PALLIATIVE CARE SUPPORT



SDL

Course No. 8034

Sessions: 8

Monday & Some Tuesdays

7:00 PM - 9:30 PM

Fee: €290

Level 5 Component Code 5N3769 - Certified by QQI

(Payment Plan Option)

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

- Explore the philosophy and principles of palliative care.
- Learn about the role played by the multi-disciplinary team and diverse family structures in the provision of care for a terminally ill person.
- Explore different attitudes to death and dying to include an understanding of individual patterns of grief, bereavement and loss.
- Learn how to apply a person-centred approach to caring for a person in the last days of their life to include the provision of supportive and holistic care promoting safety, dignity, respect and comfort.
- Learn how to work effectively and with great sensitivity in relation to the dying person and their significant others in a palliative care setting.

This is a component of "Healthcare Support" 5M4339. This Module will start in Starts mid February.

SAFETY AND HEALTH AT WORK



SDL

Course No. 8008

Sessions: 8

Monday & Some Tuesdays

7:00 PM - 9:30 PM

Fee: €290

Level 5 Component Code 5N1794 - Certified by QQI

(Payment Plan Option)

The purpose of this award is to equip the learner with the knowledge, skill and competence to promote and maintain safety and health in a work environment.

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

- Analyse the duties of employers and employees as specified in current Safety, Health and Welfare at work legislation.
- Examine the role of the Health and Safety Authority.
- Explore the role of communication and training in the promotion and provision of health and safety in the workplace.
- Summarise the factors which contribute to safe and healthy working environments.
- Outline the principles and procedures of good housekeeping in the workplace.
- Analyse causes and prevention of fire related events, Investigate risk factors in relation to safety to include hazards, work environments, work practices, effects of medication, drink and drugs.
- Interpret a range of safety signs in the workplace.
- Promote safe and healthy working practices.

This award is a component of **Healthcare Support 5M4339**. Starts in March (date to be confirmed).

PSYCHOLOGY



SDL

NEW

Course No. 8082 Sessions: 10 Monday 7:00 PM - 9:30 PM

Fee: €325

Level 5 Component Code 5N0754 - Certified by QQI

(Payment Plan Option)

The purpose of this award is to equip the learner with the knowledge, skill and competence to link an introductory understanding of psychological perspectives with practical therapeutic applications and the development of psychology as a discipline. Exam will be held on week 11.

- Enable the learner to explore psychological perspectives.
- Facilitate an understanding of how each perspective gives us an insight into individual behaviour.
- Explore the main therapeutic paradigms and interventions.
- Assist learners in applying theory and research to practise.
- Facilitate an exploration of attitudes and beliefs.
- Develop transferable skills and knowledge which will enable individuals to meet changing circumstances in a variety of fields.
- Enable the learner to take responsibility for his/her own learning.

This may lead, in part, to a major award in "Healthcare Support" 5M4339.

CHILD PSYCHOLOGY (4-18 YEARS)



SDL

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.QOI.ie

PRACTICAL FIRST AID



SDL

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.

INFECTION PREVENTION AND CONTROL



SDL

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 to 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.
- 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.

SPECIAL NEEDS ASSISTING



SDL

Course No. 8018

Sessions: 16

Tuesday

7:00 PM - 9:30 PM

Fee: €375

Level 5 Component Code 5N1786 - 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



SDL

D

Course No. 0201

Sessions: 16

Tuesday

10:30 AM - 1:00 PM

Fee: €375

Level 5 Component Code 5N1786 - Certified by QQI

(Payment Plan Option)

Description as Course no. 8018 above.

SPECIAL NEEDS ASSISTING (LEVEL 6)



SDL

Course No. 8106

Sessions: 10

Tuesday

7:00 PM - 9:30 PM

Fee: €350

Level 6 Component Code 6N1957 - 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.

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Scoil Mhuire - Your Community School

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

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

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.

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)

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.

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.

THE GREEN CHEF

NEW

Course No. 6056 Sessions: 8 Wednesday 7:30 PM - 9:30 PM Fee: €120

Join us on a culinary journey to master the art of plant-based cuisine. Elevate your whole foods, plant-powered cooking skills in our improvers course designed for those who have some cooking experience. Our instructor, who is certified in plant-based nutrition from Cornell University, will guide you through more challenging recipes, advanced techniques, innovative flavour combinations, and expert tips to enhance your cooking abilities with natural foods. Use more innovative ways to make your plant-rich dishes an impressive celebration of health, taste, and creativity that the whole family will love.

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.

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.

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

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.

New courses this term include:

- | | |
|----------------|-------------------------|
| Healthy Ageing | Astronomy for Beginners |
| Chair Yoga | Yoga for Exam Students |
| The Green Chef | Couch to 5k |
| Mixed Media | Psychology |
| Boxercise | |

Furniture restoration

"Excellent course, excellent Tutor- Learnt a lot of new skills".

"Tom was very knowledgeable, very helpful. I gained confidence to work on my project".

"Expert friendly knowledge. More than I expected, very informative".

Health Care Assistant

2 Year Part Time

QQI Level 5 Award Healthcare Support

(5M4339)

Description:

Successful completion of this course provides a recognised qualification necessary for working as a **Health Care Assistant** in a variety of settings, including hospitals, day and residential care and the home. The course equips the carer with the knowledge and skills necessary to work in this rewarding role as a member of the care team. 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.

Entry Requirements:

Pass Leaving Certificate or equivalent. We accept application from mature students who do not meet the Leaving certificate requirement. Learners must be 18 before the commencement of the course.

Progression:

Learners who successfully complete this course will be qualified for employment as health care assistants in **hospitals, maternity care, residential care, day care centres and the community.** 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.

Programme of Study:

- 5N0758 Care Support
- 5N1794 Safety and Health at Work
- 5N2770 Care Skills
- 5N0690 Communications
- 5N1356 Work Experience
- 5N3707 Activities of Living Patient Care
- 5N2705 Care Provision and Practice
- 5N2006 Nutrition

Modules subject to change

Microsoft Excel - Office Specialist

"Very beneficial, Tutor was great and explains excel very thoroughly".

Cognitive Behavioural Therapy

"I found the Tutor very helpful and easy to listen to".

Introduction to Psychology

"Really enjoyed the whole experience".

Autodesk Revit

"Excellent course and great value".

Mindfulness

"Get so much from the course, I look forward to it each week".

Creative Photography and Techniques

"Found Tutor very helpful and would highly recommend to other Students".

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SOLID EDGE 3D DESIGN, ONLINE + DIGITAL MARKETING, DIGITAL MARKETING, INTRODUCTION TO COMPUTER PROGRAMMING, JUNIOR CERT ORAL IRISH, PRACTICAL FIRST AID, DRAWING TECHNIQUES, ECDL - IMAGE EDITING, ADVANCED MODULE, COMPUTERS FOR OVER 55S, COMPUTERS BEGINNERS, COMPUTERS IMPROVERS, AUTOCAD, AUTODESK REVIT, WEB DESIGN USING WORDPRESS, START AND GROW YOUR OWN BUSINESS, OIL PAINTING, INTERNET + SOCIAL MEDIA, EVERYDAY PRACTICAL COMPUTER SKILLS, COMPTIA SECURITY + JUNIOR CERT IRISH, SOLID EDGE 3D DESIGN, ONLINE + DIGITAL MARKETING, DIGITAL MARKETING, INTRODUCTION TO COMPUTER PROGRAMMING, PAYROLL: MANUAL & COMPUTERISED, MEDICAL TERMINOLOGY, LEAVING CERT ORAL IRISH, LEGAL PRACTICE AND PROCEDURES, LEAVING CERT IRISH (HONOURS), LEAVING CERT IRISH FOR TRANSITION YEAR STUDENTS, LEAVING CERT MATHS (HONOURS) FOR 5TH YEARS, LEAVING CERTIFICATE HOME ECONOMICS, SCIENTIFIC AND SOCIAL, LEAVING CERT AGRICULTURAL SCIENCE (HONOURS), LEAVING CERT CHEMISTRY (HONS), BALLROOM AND LATIN AMERICAN DANCING, WEB DESIGN, KICKBOXING, BOOTCAMP AND NUTRITION, PYTHON PROGRAMMING - INTRODUCTION, PRACTICAL FIRST AID, ONLINE AND DIGITAL MARKETING, SKIN CARE, MAKEUP AND NAILS, CHINESE FOR BEGINNERS I, SPANISH - BEGINNERS, CONVERSATIONAL IRISH, CONVERSATIONAL FRENCH, ENGLISH FOR BEGINNERS, SCULPTURE / INTRODUCTION, DRAWING THE PORTRAIT, PAINTING WITH ACRYLICS, WATERCOLOUR PAINTING, DRAWING TECHNIQUES, PHOTOSHOP FOR PHOTOGRAPHERS, DRAWING FOR THE GAMES INDUSTRY, DIGITAL PHOTOGRAPHY, CREATIVE PHOTOGRAPHY & TECHNIQUES, CREATIVE WRITING, WRITING SHORT FICTION, YOUNG NAILS BEGINNER GEL COURSE, INTRODUCTION TO BEAUTY, MAKE-UP ARTIST INTRODUCTION, BEAUTY THERAPY, MAKE-UP (ITEC CERTIFIED), HAIRSTYLING, FASHION AND MEDIA MAKE-UP, PERIOD AND THEATRICAL MAKE-UP, SPECIAL EFFECTS MAKE-UP, DESTRESS FULL BODY MASSAGE, COGNITIVE

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