

MORNING COURSES

Please contact the Adult Education Office by phone or email for more details about the morning courses.

TUESDAY

Healthy Eating - 11.45am - 1.45pm
Demonstration classes each week with a focus on healthy, budget friendly dishes full of flavour. Enjoy eating the cooked food before the end of each class.

WEDNESDAY

Arts & Crafts - 10am - 12 noon
A relaxing and enjoyable class for all abilities. Learn how to make a range of items and enjoy being creative.

THURSDAY

Teenage Mental Health - 10am - 12 noon
Learn about the issues that affect teenage mental health and how to support teenagers in this interesting and relevant course suitable for parents, carers and relatives and those who work with teenagers.

Wellbeing - 10am - 12 noon
Learn how to promote personal wellbeing in your life and understand the importance of keeping well in this practical and relaxing course. Meditation included.

FRIDAY

Book Club - 10am - 11am, last Friday of the month
Develop your interest in reading and talk about the books you are reading in a relaxed and friendly environment at this monthly book club.
*Books supplied each month. A qualified librarian runs the sessions.

Operation Transformation - 9.30am - 10.30am
A keep fit class designed to get you moving and feeling good. Sign up and get ready for personal transformation in 2019!

SATURDAY 23rd March 2019

Lámh Course - 10.00am - 3pm **€100**
Training provided by a qualified Speech & Language Therapist. This practical course will teach participants how to use a manual sign system with children and adults with intellectual disability and communication needs. Use of Lámh signs can help to support communication. Lámh users may be more easily understood when they use signs with speech. All participants will receive a Certificate of completion and Lámh course training pack.

Cardiac First Response Course - 10.00am - 4.00pm **NEW €75**
Training provided by qualified instructors from DX2 Training Solutions, Dublin. This practical course will train participants as cardiac first responders. This means participants are trained in cardiopulmonary resuscitation (CPR) and in the use of an automated external defibrillator (AED) and can therefore respond to someone who has suddenly collapsed. All participants will receive a Pre-Hospital Emergency Care Council Certificate, a CPR Pocket mask, a Cardiac First Responder Manual and a Pre-Hospital Emergency Care Council Red Card.

Manual and Person Handling Course - 10.00am - 3.30pm **€60**
Training provided by qualified instructors from DX2 Training Solutions, Dublin. This practical course will provide participants with the knowledge and skills to perform particular work and domestic duties in a safe manner through safe lifting of loads and persons. Manual Handling includes lifting, putting down, pushing, pulling, carrying or moving a load. All participants will receive a Certificate of completion issued by DX2 Training Solutions and a comprehensive textbook.

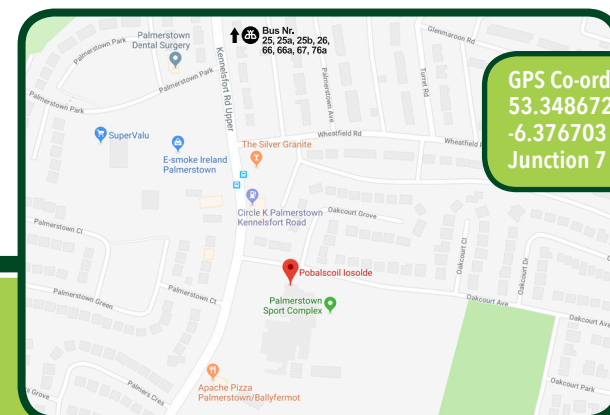
General Information

1. Fees are payable in full on enrolment.
2. Fees are non-refundable except when classes do not form.
3. Parking is provided at POBALSCOIL IOSOLDE. The school authorities regret they cannot be held responsible for loss of or damage to your car.
4. All applicants must be over 16 years of age.
5. Online booking is available on www.adulted.ie through easypaymentsplus.com where normal charges will apply
6. Senior Citizens are offered a reduction of €10 per class on production of satisfactory I.D.
7. Times and duration of courses may vary from those stated in this brochure at the Director's discretion
8. Smoking is prohibited by law within the school building and grounds.

Course details and further information available on

www.adulted.ie

Discount available for 2 courses (call for details)



GPS Co-ordinates:
53.348672
-6.376703
Junction 7 off M50

Palmerstown Community School

Palmerstown, Dublin 20

Adult Education Programme



**All classes start on
Tuesday 29th January
2019.**

To avoid cancellations, please book early.

HOW TO BOOK A CLASS

Online: www.adulted.ie
By phone: (01) 6260116 | Mob : 085 1237858
In Person: Saturday 19th January 10-1pm
Tuesday 22nd January 7-9pm
Email: info@adulted.ie

All courses 10 weeks unless otherwise stated.

Director: Martina McGuinness
Assistant Director: Ann Marie O'Brien
Social Media: Niamh Walsh
Accounts & Payroll: Carol Spellacy

Rooms available to rent
for meetings, shows, workshops etc.
Contact info@adulted.ie

QQI Courses delivered
in partnership
with The Open College
www.theopencollege.com



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Palmerstown CS Adult Education

@pcsadulted

New Course Ideas:

If you have an idea for a course you would like to offer please get in touch: info@adulted.ie

TUESDAY	
Acrylic Nails, Shellac and Nail Art. Beginners. - 7:00 – 8:30 NEW €180	
Get arty with nails. This nail course is ideal for anyone who wishes to develop skills and techniques that will enhance nails and give a flawless finish. <i>*Nail kit supplied.</i>	
Barbering - 8:30 – 9:30 NEW €100	
An introduction to barbering which includes basic cutting, blending, razor work and beard styling. Participants must bring their own model with them.	
Basic Computers - 6:30 – 7:30 €90	
Learn the basics and gain confidence to use the internet, send emails, create documents. This course will introduce you to lots of interesting internet sites and services in a relaxed class environment.	
Basic First Aid - 7:00 – 9:00 NEW €100	
An 8-hour course certified by A and E Training that includes Adult and infant CPR/AED, haemorrhage control, choking, bleeding, burns, fracture immobilization and a look at common diseases. Each student will receive training aids and a manual. <i>*Runs for 4 weeks</i>	
Business Administration QQI Level 5 - 6:30 – 9:30 NEW €320	
Delivered in partnership with The Open College. This course is designed for people who wish to work in the Business, Finance, Administration and Marketing sectors. Topics covered include: The Organisation; Finance, Money, Banking and Foreign Exchange; Human Resources; Preparing for Meetings; Processing Business Documents. The course is an elective component in the Major Award "Office Administration Skills" and a mandatory component in "Business Administration Skills". <i>*Highly experienced tutor.</i>	
Care of the Older Person QQI Level 5 - 6:30 - 9:30 €400	
Delivered in partnership with The Open College This course is designed to equip the learner with the skills and knowledge to care for older people. <i>** Starts January 29th - runs for 12 weeks</i>	
Carpentry – A practical approach (Beginners) - 7:00 – 9:00 €120	
A basic understanding of carpentry and joinery.	
Conversational Irish - 7:00 – 8:30 NEW €90	
This class is suitable for those who have a basic knowledge of Irish and wish to practice their 'cúpla focal' in a relaxed and friendly environment with an expert tutor from Gael Linn.	
Creative Writing for adults. Beginners & intermediate - 8:00 – 9:30 €80	
In this course participants will receive instruction and feedback in the writing of fiction (short stories, extracts from novels, memoir) in a relaxed setting. Be prepared to read and receive gentle feedback of your work in class. Whether you write for self-expression, wellbeing, personal development, interest or with a view to publication, this course is a place to begin. Flexible in-class exercises and workshopping of assignments will help each class member to find their writing voice, confidence and be their own most important critic. <i>*Runs for 8 weeks. Course tutor is a writer, teacher and experienced creative writing facilitator.</i>	
Digital Marketing - 7:00 - 9:00 €120	
Develop your Marketing/Advertising skills. Gain expert knowledge on blogs, social media and online advertising.	

Digital Photography - 7:00 - 8:30 €120	
A foundation workshop for beginners regardless of the type of camera used. Includes outdoor workshops and basic photoshop skills. <i>** New Award Winning Tutor.</i>	
ECDL - 7:30 - 9:30 €200	
Get certified in at least 2 modules.	
French Beginners - 7:00 – 8:30 NEW €110	
Basic level of conversation for use in everyday situations and on holiday in France. Taught by a native speaker.	
Hairdressing – Beginners - 7:00 – 8:30 €120	
Basic introduction to hairdressing to include cutting, straightening, perming, colouring, up-styles and achieving that perfect blow dry.	
Leaving Cert. Maths (Ordinary Level) - 7:00 – 9:00 NEW €100	
Revision course covering key topics. Each session will feature theory first followed by practice, helping you to build your confidence in a supportive environment.	
Meditation & Mindfulness - 7:00 – 8:00 €90	
Learn how to become more present in your life and to lead a happier life with less worry.	
Painting – Beginners - 6:00 – 7:30 €110	
Colour mixing and theory in a friendly relaxed atmosphere. This course is for absolute beginners in painting. Students provide their own materials - please contact Adult Education for further details.	
Painting – Advanced - 7:30 – 9:30 €120	
This course caters for those with previous painting experience in oils or acrylics. Make your own work with guidance from the tutor in a relaxed friendly atmosphere. Students supply their own materials - contact Adult Education for list.	
Pilates - Beginners – 8:30 – 9:30 NEW €80	
Pilates helps in keeping fit, works on core muscles and leaves you feeling relaxed, mindful and toned.	
Setting up Your Own Business - 7:00 - 8:30 €120	
A step by step approach, preparing a business plan, raising finance. Highly qualified tutor.	
Sign Language: Beginners - 6:30 - 8:00 €120	
Our popular course returns! Help break down barriers & learn to communicate with the hard of hearing.	
Sign Language: Beginners - 8:00 - 9:30 €120	
Help break down barriers and learn to communicate with the hard of hearing.	
SNA QQI Level 5 - 6:30 - 9:30 €400	
Delivered in partnership with The Open College. This course is designed for people who wish to pursue a career in working with children with special needs in an educational setting. <i>** Starts January 29th - runs for 12 weeks</i>	
Social English - 7:00 - 8:00 €75	
Basic English Skills for life. Letter writing, form filling. Tailored to your needs!	

Social Maths - 8:00 - 9:00 €75	
Maths for living - Budgeting, Tax, Payslips. Tailored to your needs!	
Yoga Level 1 with Deirdre - 7:00 - 8:15 €80	
Experience the power of yoga through relaxation, posture and breathing exercises. Yoga Mat required!	

THURSDAY	
Alcohol and Drug Awareness A Family Focus Programme - 7:00 – 9:15 NEW €85	
Delivered in partnership with Community Awareness of Drugs (CAD). This certified and practical course features interactive sessions tailored to the group's needs and a focus on knowledge and skills development. It gives participants up to date information about drugs and drug misuse and its impact on mental health, and identifies ways of supporting teenagers in the areas of drug use and prevention. An essential course for parents, carers, teachers, SNAs and those working in the community voluntary sector. <i>*Runs for 8 weeks. Highly experienced tutor.</i>	
Braille. Grade 1 - 7:00 – 8:00 NEW €80	
Learn how to read and write with your eyes. A wonderful opportunity to learn Braille, a reading and writing system used by blind and visually impaired people. This course is designed for those who are interested in learning Braille for personal or professional reasons such as parents, relatives or friends of people with vision impairment, teachers, resource teachers, SNAs, support or care workers, rehabilitation workers and those interested in Braille transcription. <i>*Participants may progress to Braille Grade 2 in September 2019</i>	
Complex Psychological Trauma and Adolescents - 6:30 - 8:30 €60	
Symptoms, causes, supports. Vital information for anyone working with adolescents. <i>** Starts January 31st - runs for 5 weeks.</i>	
Bridge for the Beginner/Improver - 7:00 - 9:00 €100	
Join us and enjoy this class in a friendly atmosphere. (ACOL)	
Guitar for Beginners - 7:30 - 8:30 €100	
Learn to play the guitar in this step by step class with a professional guitar player.	
Guitar for Improvers - 8:30 - 9:30 €100	
An ideal class for those who have completed the Beginner's course or who have a good command of basic chords.	
Health and Safety at Work QQI Level 5 - 6:30 – 9:30 NEW €320	
Delivered in partnership with The Open College. This course is designed for people who wish to pursue a career in this field and people who wish to pursue an interest in this topic, perhaps to further their career prospects. It is also a component of Healthcare Support Assistant QQI Level 5 Major Award. Topics covered include: Legislation; Accidents; Hazards; Risk Assessments; Fire-related issues; Safety signs. <i>*Highly experienced tutor.</i>	

Home Cooking and Baking - 7:00 - 9:00 €150	
Be the next Mary Berry or Jamie Oliver! Our qualified chef will guide you through healthy cooking. <i>** Price includes ingredients!</i>	
Introduction to Counselling - 7:00 – 8:30 €100	
Theory of counselling and counselling skills. A foundation course for further studies in Counselling. <i>*8 weeks. Expert tutor.</i>	
Italian Beginners - 8:00 - 9:30 €110	
A wonderful opportunity to learn this romantic language in a fun and friendly atmosphere. Taught by a native speaker, emphasis on conversational Italian.	
Italian Improvers - 6:30 - 8:00 €110	
This class is ideally suited for those who have completed the beginner's course or who have some knowledge of Italian and wish to expand their knowledge.	
Pottery - 6:30 - 8:30 €160	
Learn hand building techniques and how to throw pots on a potter's wheel. Join our fun and relaxing class which is open to beginners and improvers. <i>** Materials included.</i>	
Public Speaking - 7:00 – 8:45 NEW €85	
A fantastic opportunity to learn how to develop your public speaking skills and communicate effectively in a fun, friendly and supportive environment. Highly recommended. <i>*Runs for 8 weeks</i>	
SNA QQI Level 6 Course - 6:30 - 9:30 €400	
This is a 12 week course delivered in partnership with the Open college, designed for those who have completed the Level 5 SNA Course or for those already working as SNAs. <i>* Starts 31st January 2019.</i>	
Spanish Beginners - 6:30 - 8:00 €110	
Basic level of conversation for use in everyday situations. Taught by a native speaker.	
Spanish Improvers - 8:00 - 9:30 €110	
A follow-on course for those who have completed a beginner's course and wish to further improve their vocabulary and grammar. Taught by a native speaker.	
Stained Glass Art - 7:00 - 9:00 €160	
Learn this beautiful skill with a view to making your own pieces. <i>** Materials included.</i>	
Ukulele – Beginners - 6:30 - 7:30 €100	
Learn to play this little gem! Our master tutor will have you strumming, picking and playing in no time.	
Yoga with Amanda - 7:15 - 8:30 €80	
Experience the power of yoga through relaxation, posture and breath work.	