

## 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](http://www.adulted.ie) through [easypaymentsplus.com](http://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](http://www.adulted.ie)

Discount available for 2 courses (call for details)



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



Dublin Bus: 18, 25, 25a, 25b, 26,  
66, 66a, 67, 76a

Follow us on:



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](mailto:info@adulted.ie)

## Palmerstown Community School

Palmerstown, Dublin 20

## Adult Education Programme



**Classes commence from  
24th September 2019.**

To avoid cancellations, please book early.

## HOW TO BOOK A CLASS

Online: [www.adulted.ie](http://www.adulted.ie)

By phone: (01) 6260116 | Mob : 087 2362894

In Person: Thursday 12th September 7-9pm  
Saturday 14th September 10-1pm  
Wednesday 18th September 10-12pm

Email: [info@adulted.ie](mailto: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**

Dance Classes with Emma  
Country, Jiving, Line Dancing  
Palmerstown Community School  
Starts Tuesday 24th September  
€40 for 4 weeks. 7.30pm - 9.00pm  
Text to book/enquiries: 086 2011 244  
Spaces are limited.  
Facebook - Jiving lessons with Emma

Rooms available to rent  
for meetings, shows, workshops etc.  
Competitive rates  
Contact [info@adulted.ie](mailto:info@adulted.ie)



**IRISH ACADEMY  
OF PUBLIC RELATIONS**

QQI Courses delivered  
in partnership  
with The Open College  
[www.theopencollege.com](http://www.theopencollege.com)



## TUESDAY

**Acrylic Nails, Shellac and Nail Art. Beginners.** - 7.00 – 8.30 **€200**

This nail course is ideal for anyone who wishes to develop skills and techniques that will enhance nails and give a flawless finish.

*\*Nail kit supplied.*

**Arts & Crafts** - 7.00 – 9.00 **NEW €150**

Get creative and crafty in a course packed with craft activities including Jewellery/Beading, Acrylic Fluid Art Painting, Mandala painting, Felting and more.

*\*Materials included*

**Bakery & Pastry Course** - 7.00 – 9.00 **NEW €120**

Join us for a weekly fun, relaxed and informative night of baking! A combination of demonstration and hands on practical work. Delicious mouth-watering pastries will be produced and healthy baked snack options suitable for the lunchbox. Simple decorative techniques will be demonstrated to achieve that professional finish!

*\*Participants supply ingredients after the first class.*

**Barbering. Beginners** - 8.30 – 9.30 **€100**

An introduction to barbering which includes basic cutting, blending, razor work and beard styling. Participants must bring their own model.

**Basic Computers** - 6.30 – 7.30 **€90**

Learn the basics and gain confidence in a relaxed class environment. This course will introduce you to basic computer technology, Microsoft Office, Word, Creating documents, Saving files, Emails, Internet etc..

**Bible Studies** - 8.00 – 9.00 **NEW €80**

Hear God speak to us personally in our own lives from the Bible. Bible readings and a discussion around these readings. Open to all those interested in exploring Christianity and learning more about the Bible.

**Business Administration QQI Level 5** - 6.30 – 9.00 **€350**

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".

*\*Highly experienced tutor.*

*\*\*Access the following link: <http://www.adulted.ie>*

**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.

*\*Runs for 12 weeks*

*\*\* 30 hours work experience required.*

*\*\*\*Access the following link: <http://www.adulted.ie>*

**Carpentry – A practical approach (Beginners)** - 7.00 – 9.00 **€120**

A basic understanding of carpentry and joinery.

*\*Materials included..*

**Choir/Singing** - 7.00 – 8.00 **NEW €80**

Uplifting, therapeutic and fun! Open to everyone who loves to sing.

**Conversational Irish** - 7.00 – 8.30 **NEW €90**

This class is suitable for those who have a basic knowledge of Irish and wish to practise their Cúpla focal in a relaxed and friendly environment with an expert tutor from Conradh na Gaeilge.

**Creative Writing for adults. Beginners & intermediate** - 7.00 – 8.30 **€120**

Participants will receive instruction and feedback in the writing of fiction (short stories, extracts from novels, memoir) in a relaxed setting. Whether you write for self-expression, wellbeing, personal development, interest or with a view to publication, this course is a place to begin.

*\*Award Winning Tutor*

**Drama** - 7.00 – 9.00 **NEW €90**

An entertaining and engaging exploration of the basics of acting techniques. Students will explore improvisation and learn about the different aspects of acting such as character development, plot, voice/speech and staging. A wonderful opportunity to meet new people, develop your communication skills and boost your confidence!

**ECDL** - 7.30 - 9.30 **€250**

Improve your I.T. skills and gain a qualification to enhance job opportunities. Get certified in at least 2 modules. See our website for further details.

**English as a Second Language** - 7.00 - 8.00 **NEW €75**

Do you want to speak and read English more fluently? A fun and relaxed atmosphere to learn and practise basic English for everyday conversations with a focus on listening, reading, pronunciation, writing and grammar.

**Hairdressing** - 7.00 – 8.30 **€120**

Basic introduction to hairdressing to include cutting, colouring, up-styles and achieving the perfect blow dry. Short hair styling. Sectioning hair, pony tails. Techniques (backcombing, smoothing, creating different types of curls). Using heated appliances..

**Introduction to Counselling and Psychotherapy** - 7.00 – 9.00 **NEW €120**

Theory of Counselling and Counselling skills. A foundation Course for further studies in Counselling.

**Italian Beginners** - 7.30 - 9.00 **€110**

A wonderful opportunity to learn this romantic language in a fun and friendly atmosphere. Taught by a native speaker, emphasis on conversational Italian.

**Maths for Living** - 8.00 – 9.00 **NEW €75**

A practical approach - Budgeting, Tax, VAT, Interest rates, Percentages, Decimals and Payslips.

**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 – Advanced** - 7.30 – 9.30 **€120**

Enhance your skills in a relaxed, friendly atmosphere. Students provide their own materials.

*\*Contact the Adult Education Department for details.*

## TUESDAY

**Painting – Beginners - 6.00 – 7.30 €110**  
Prepare and complete a painting in 10 weeks. Students provide own materials.  
*\*Contact the Adult Education Department for details.*

**Pilates - Beginners – 8.30 – 9.30 €85**  
Pilates helps in keeping fit, works on core muscles and will leave you feeling relaxed, mindful and toned.

**Practical First Aid - 7.00 – 9.00 NEW €100**  
A 12-hour course certified by the Irish Red Cross that includes adult and infant CPR, basic injuries, bleeding, burns and poisons. Please wear tracksuit bottoms or trousers!

**Public Relations & Publicity Skills (Cert.) - 7.00 – 9.00 NEW €300**  
Delivered in partnership with the Irish Academy of Public Relations. This 10 week course is taught in 9 modules - Public Relations, Writing press releases, Photography, Newsletters and magazines, Sponsorship, Exhibitions and Conferences, Organising Functions and P.R.  
*\*Fee includes tuition, IAPR registration & exam fee.*

**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 - 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 €450**  
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.  
*\*Access the following link: <http://www.adulted.ie>  
\*30 hours work experience required. \*Runs for 12 weeks.*

**Yoga - 7.00 - 8.15 €85**  
Experience the power of yoga through relaxation, posture and breathing exercises. Yoga Mat required!

## THURSDAY

**Bridge for the Beginner - 7.00 - 9.00 €100**  
A game that will give you great pleasure and improve your memory. Join us and enjoy this class in a friendly atmosphere (ACOL)

**Complex Psychological Trauma and Adolescents - 6.30 - 8.30 €60**  
Symptoms, Causes, Supports. Vital information for those working with adolescents.  
*\* Runs for 5 weeks.*

**Crochet – Beginners - 7.00 – 9.00 NEW €100**  
Why not try your hand at crochet! Learn a new craft in a relaxed setting and design your own garments.  
*\* Starter kit included.*

**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.  
*\* Award Winning Tutor.*

**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 €350**  
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 have 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 and Safety signs.  
*\*Highly experienced tutor.  
\*\*Access the following link: <http://www.adulted.ie>*

**Home Cooking and Baking - 7.00 - 9.00 €120**  
Be the next Mary Berry or Jamie Oliver! Our qualified chef will enhance your cookery skills with a wide range of recipes e.g soups, breads, main courses and mouth watering desserts!  
*\*Participants supply ingredients after the first class.*

**Personal Development - 7.00 – 9.30 NEW €100**  
Learn to value yourself and increase your sense of wellbeing in a relaxed atmosphere. Topics include steps in being assertive and thinking traps, self-esteem, fear of change, personal affirmations and what makes me who I am?

**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.  
*\*\* Materials included.*

**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.  
*\*Runs for 8 weeks*

**Purchasing and Procurement QQI Level 5 - 6.30 – 9.30 NEW €350**  
Delivered in partnership with the Open College. This course is a comprehensive introduction to the role of buying and the impact of effective purchasing.  
*\*9 week course with exam on week 10.  
Access the following link: <http://www.adulted.ie>*

**Salsation - 7.00 – 8.00 NEW €100**  
Dance your way to fitness! Salsation is a functional dance fitness workout inspired by music from around the world.  
*\*Not a salsa class, no jumping involved!*

## THURSDAY

**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.  
\*\* *Materials included.*

**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 - 7.15 - 8.30** €85  
Experience the power of yoga through relaxation, posture and breath work.

## SATURDAY 16th November 2019

**Lámh Course - 9.30am – 3.00pm** €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.  
\*Complimentary tea/coffee, light refreshments provided mid-morning.

**Emergency First Aid - 9.30am – 4.00pm** NEW €80  
A 6-hour course certified by the Irish Red Cross that includes adult and infant CPR, cuts, burns, fractures and poisons. Each participant will also receive a booklet. Please wear tracksuit bottoms or trousers.  
\*Complimentary tea/coffee, light refreshments provided mid-morning

**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.

## MORNING COURSES

The Home School Community Liaison teacher runs courses and talks during school time, free of charge, to parents and members of the community.

Please contact Ms. Eviston on 087-2727521 or [annemarie.eviston@palmerstownncs.ie](mailto:annemarie.eviston@palmerstownncs.ie) for more information and to sign up for courses/talks.

The following courses are being offered in the autumn term:

## TUESDAY

**Healthy Eating - Time to be confirmed.**  
Demonstration classes each week with a focus on healthy, budget friendly dishes full of flavour.

## 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.

## FRIDAY

**Book Club - 10am – 11am, one Friday each 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.

**Gym classes - Day and time to be confirmed**

During the autumn term there will also be a range of courses and talks on parenting teenagers, drug and alcohol awareness, anxiety and addiction.