

Palmerstown Community School
is a member of



www.naced.ie

Rooms available to rent
for meetings, shows, workshops etc.
Competitive rates
Contact info@adulded.ie



**IRISH ACADEMY
OF PUBLIC RELATIONS**

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

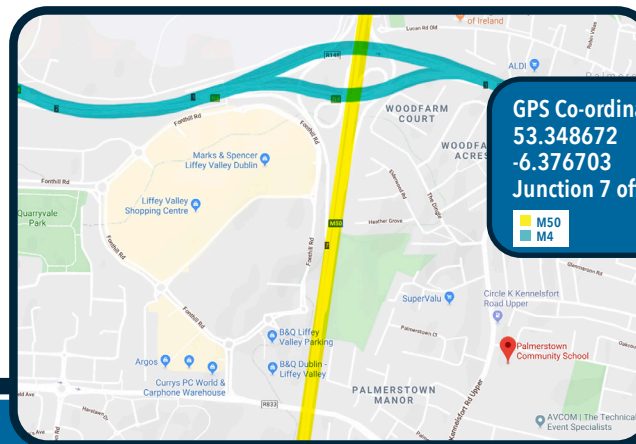


General Information

1. Fees are payable in full on enrolment.
2. Where possible, please enrol online using a debit or credit card, well in advance of the start of term.
3. Online booking is available on www.adulded.ie through easypaymentsplus.com where normal charges will apply.
4. Cheques should be made payable to Palmerstown Community School and should have your bank card number on the back. Fees are non-refundable except when classes do not form.
5. Parking is provided at POBALSCOIL IOSOLDE. The school authorities regret they cannot be held responsible for loss of or damage to your car.
6. All applicants must be over 16 years of age.
7. Senior Citizens are offered a reduction of €10 per class on production of satisfactory I.D.
8. Times and duration of courses may vary from those stated in this brochure at the Director's discretion.
9. Smoking is prohibited by law within the school building and grounds.

Course details and further information available on
www.adulded.ie

Discount available for 2 courses (call for details)



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

Pobalscoil Iosolde Adult Education

Follow us on Social Media for all the latest news & updates!



@AdultEdPalmerstown



@AdultEdPalmerstown



@AE_Palmerstown

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

Palmerstown Community School

Palmerstown, Dublin 20

Adult Education Programme



Spring Term 2020

Classes commence from 28.01.2020

To avoid cancellations, please book early.

HOW TO BOOK A CLASS

Online: www.adulded.ie

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

In Person: **Adult Education Office**
Mon 20th – Wed 22nd Jan 10 – 12pm
Tuesday 21st January 7–9pm

Postal

Enrolment: *See brochure*

Email: info@adulded.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

TUESDAY

Acrylic Nails, Shellac and Nail Art. Beginners. - 7.00 – 9.00 ***8 weeks** €220

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 to the value of €100.*

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..

Business Administration Skills QQI Level 5 7.00 – 9.30 ***9 weeks** **€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.*

Coping with Loss in our lives - 8.15 – 9.15 **NEW €60**

An exploration of grief and loss in our lives with a focus on developing personal coping strategies.

***6 weeks**

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*

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 - 6.30 - 7.30 **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 **€120**

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

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 **NEW €110**

This class is ideally suited to those who have completed the Beginners Course or who have a good knowledge of Italian. Taught by a native speaker.

Maths for Living - 7.00 – 8.00 **NEW €80**

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 – Beginners/Improvers - 7.00 – 9.00 **€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! ***6 weeks**

TUESDAY

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.*

Traditional Irish Music Session - 7.00 - 8.00 NEW €90

Beginner and Intermediate players welcome. Learn basic Irish tunes suitable for a traditional music session.

Bring your own instrument (Piano accordion, Tin whistle, Flute, Fiddle)

Yoga - 7.00 - 8.15 €85

Experience the power of yoga through relaxation, posture and breathing exercises. Yoga Mat required!

THURSDAY

Acrylic Nails, Shellac & Nail Art. Beginners. -
7.00 – 9.00 **NEW €220**

This nail course is ideal for anyone who wishes to develop skills and techniques that will enhance nails and give a flawless finish. ***8 weeks**

**Nail kit supplied to the value of €100.*

Bridge for the Improver - 7.00 - 9.00 €120

A follow on course for those who attended the Bridge class last term.

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.

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.*

THURSDAY

Life Coaching - 7.00 - 9.00 NEW €150

Be your own life coach and manage your time and stress. Gain the tools and skills you need to set goals that are relevant and practical. Course delivered by a professional life coach.

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.*

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.

Tai Chi - 8.30 - 9.30 NEW €90

Muscle and joint ache? Poor posture or balance? Introductory course to Tai chi! Release tension from the joints and muscles. The gentle flowing movements of Tai Chi bring strength and flexibility to the body. Suitable for all ages.

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 - 8.15 €85

Experience the power of yoga through relaxation, posture and breath work. **Yoga mat required*

Yoga For Men - 8.30 - 9.30 NEW €85

Achieve a strong, flexible toned body! Build muscle strength and tone as well as improve overall posture and flexibility. **Yoga mat required*

SATURDAY

21st March 2020

Lámh Course - 9.30am - 3.00pm **€120**
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 **€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 **€75**
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.

SATURDAY

Purchasing and Procurement QQI Level 6 - 12.00 - 4.00pm **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.
***6 weeks, starting 1st February**
Access the following link:
<http://www.adulted.ie>



New QQI Courses from Tuesday 28th January 2020. Level 5 and Level 6 qualifications available from €350.

5N1610 - Business Administration Skills
5N2706 - Care of the Older Person
6N2183 - Purchasing and Procurement
5N1786 - Special Needs Assisting

POSTAL ENROLMENT FORM

Completed enrolment forms with cheque/ postal order made payable to Palmerstown Community School and addressed to:

Adult Education Office, Palmerstown Community School, Palmerstown, Dublin 20. D20P236

Name:

Address:

Mobile Contact Number:

Home Contact Number:

Email Address:

1st Choice Course:

Fee: €

2nd Choice Course:

Fee: €