

'You're Learning, You're Voice, You're Future'

Lifelong Learning Course List 2021

Introduction to Care Skills course (Subject to no lockdown)

Are you interested in working as a Carer for sick, elderly, or disabled people or are you considering a career in related healthcare positions? This course will allow you to find out more about the area of healthcare support, employment opportunities in the sector and discover what is required to work as a Carer. Course venues will be in Tallaght and Clondalkin.

Introduction to Beauty and Hair Taster Courses (Zoom)

Are you interested in exploring Beauty or Hairdressing as a career? These two courses are a practical introduction to Beauty and Hair and will prepare you for further education and training. The courses are full of practical demonstrations and hands on learning. The beauty course covers aspects of Skin Care, Make-up, Lashes and brows, Gel Nails and Spray tanning. The Hair taster course will teach up styles and braiding. For more information contact **Grainne** on 087 601 9028

Introduction to Tiling (Subject to no lockdown)

Not sure if a tiling is for you? Then why not experience our weeklong Tiling course! The programme is facilitated by a master Tiler and will introduce participants to the basics of wall and floor tiling. For more information contact **Grainne** on 087 601 9028

Hospitality Taster Programme (Subject to no lockdown)

This programme will give you the basic knowledge and hands on training for gaining a job and doing further training in the hospitality sector such as working in restaurants, coffee shops or hotels. This course will introduce you to customer service, give you practical certification in manual handling and HACCP (food safety) and an introduction to Barista skills where you will learn how to make the perfect cup of coffee! For more information contact **Grainne** on 087 6019028

QQI level 3 in Work Experience (Subject to no lockdown)

Thinking about a job as a trade's person like tiling, painting, decorating or plumbing? This course will introduce you to craft trades with workshops delivered by local trades' people in tiling, painting and decorating and plumbing. During the course you will do two weeks work experience and on successfully finishing you will receive a QQI level 3 module certification. For more information contact **Grainne** on 087 6019028.

English for Speakers of other Languages (ESOL) (Zoom)

We run several English classes for speakers of other languages, and these are currently taking place on Zoom.

Watercolors (Zoom)

Interest in painting in watercolor has perhaps never been stronger. During lockdown our Watercolors course was very popular with over thirty students enrolling. Watercolors can produce creative and visual effects that no other paint medium can match. To quote one student;

'The pace is flexible for everybody to adjust there is no pressure and no judgment and it is very therapeutic! I've found this helpful especially in these difficult times!'

Creative writing (Zoom)

Learning to find and express your voice is at the heart of what the Lifelong Learning team in the partnership seek to achieve. What better way to find your voice than creative writing in the form of poetry, screen writing, fiction and even rap! As one student said;

'I really enjoyed the course and gaining an understanding of screenwriting even though it is not what I was expecting. It was great to be able to write some poetry and a short story. it's been so long since I engaged that part of my brain and very nice to touch base with creativity though'

Return to Learning (Zoom)

This course is for anyone considering returning to learning after a period away from the books. Maybe you would like to go to college as an adult or do that course you've always dreamed of. On this course you will learn how to plan your study, improve your memory and writing skills.

'It helped me understand what would be expected of me regarding essays, referencing, research, planning time management and relaxation techniques very informative course'

Study skills (Zoom)

This course is for anyone who is in college or on a course and need help brushing up on their study skills, from essay writing, exam preparation and critical thinking.

'Tutor was very helpful and encouraging. No problem asking questions and the course was delivered in a well-structured format. Presentations were very well prepared and clear, and it was useful to get the slides by email. Definitely worth doing. THANK YOU'

Mindfulness workshops (Zoom)

The Mindfulness workshops will introduce participants to mindfulness and how it can help to cope with stress and anxiety that are prevalent in our post-COVID-19 world. Mindfulness has been scientifically proven to reduce stress and anxiety.

It came at the right time. I was having panic attacks during the night as I would wake up during the night and was unable to go back asleep. The breathing exercises takes the mind off it and relaxes me

Course Outline for Introduction to Gender Studies (Zoom)

This course will introduce learners to the key concepts of gender and what it means in today's society, examine women's roles in Irish society, explore feminist theories, investigate the inequalities that exist for women in today's society and examine the issues that face women today and how to empower women around these issues.

Music box (Zoom)

The Music Box is a 6-unit online course that provides a whistle stop tour through different music genres with a focus on classical, traditional and popular music from Europe and America. The aim of the course is to improve participants' wellbeing and social connectedness. The course objectives are to enable participants to expand their musical horizons, acquire new information, rejoice in musical memories from their past, and connect with other people with a similar interest. The music that is selected is associated with inducing a positive mood to enhance wellbeing.

Reflect and Connect (Zoom)

Reflect & Connect is a 16-unit self-development course designed to increase self-awareness and teach key skills to adults affected by social exclusion to assist them in overcoming adversity and realizing their potential. The course is designed using the latest research in lifelong learning, psychology and neuroscience. It is based on the values of respect, dignity, justice and inclusion.

Elders Online (Zoom)

Elders Online is a new project to support older people get online and learn online. We believe in the dignity of every person no matter their age. We want to encourage and support people of all ages to keep learning and to learn from each other.

Education System Explained (Zoom)

This workshop is for parents of 5th and 6th year who would like to understand the education system better by exploring; the QQI framework, CAO explained, College supports for new students, understanding further education and higher education systems and pathways.

Coffee with Strangers (Zoom)

This 8-week course is designed to help adults affected by social exclusion due to the color of their skin, tone of voice and race and helps them to reflect on their changing identity as Irish citizens and how these changes are shaping a new Irish society. This course draws on ideas from transformative education and key components of lifelong learning research. The course is designed based on the values of respect, dignity, justice and inclusiveness.

Other courses include

Art and Racial Justice – learn about Racial justice through art

Art and Climate action – learn about Climate justice through art

Equal Ireland – this course helps student understand the barriers to equality in Ireland

Future Clinic – is a coaching clinic for people not sure what learning pathway they want to take

CAN – is the Clondalkin Access Network supporting students in Collinstown, Deansrath and St Kevins in Clondalkin to progress to further or higher education

