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Get creative with craft and art courses

Improve your fitness & wellbeing

Enjoy learning a new language

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Meet new and interesting people

Enhance your skills for the workplace

SCOIL  
MHUIRE  
COMMUNITY SCHOOL  
CLANE

ADULT EDUCATION  
EVENING & DAYTIME COURSES  
SPRING TERM 2025

Classes Start Monday 27th January

EMAIL : [INFO@CLANESM.COM](mailto:INFO@CLANESM.COM)

WEB : [WWW.CLANESM.COM](http://WWW.CLANESM.COM)

PHONE : 045 868255

## Department Staff

### Principal:

Kevin Martin

### Deputy Principal:

JP Cahillane

Sinéad Ronan

Séamus Scully

### Director of Adult Education:

Edmond Behan

### QQI Verifier:

Padraig Brennan

### Assistant Directors of Adult Education:

Cormac O'Donovan

### Adult Education Co-Ordinators:

Orla Mc Ardle

Louise Black

### Information Technology:

Andrew Herring

Gerry McGowan

### School Office Administration Team:

Catherine Killaly,

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

Please note formation of courses will depend upon sufficient enrolments for the course. After you enrol, we will contact you if your course is not formed or is delayed.

**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 brochure.

### COURSES BEGIN:

Monday 27th January

Tuesday 28th January

Wednesday 29th January

Thursday 30th January (Daytime Only)

Friday 31st January (Daytime Only)

### 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 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](http://www.clanesm.com)

### TELEPHONE ENROLMENT:

Phone 045 868255.

Lines open Monday-Thursday from 9.30am to 4.30pm and on Friday from 9.30am-1.30pm.

### FOR FURTHER INFORMATION

Telephone: 045 868255

Email: [info@clanesm.com](mailto:info@clanesm.com)

Website: [www.clanesm.com](http://www.clanesm.com)

Facebook: [www.facebook.com/clanesm](http://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.

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## 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.

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### 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.

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### 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.

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### No Smoking :

Smoking is prohibited by law in any part of the school building or school grounds.

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### 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.

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### 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.
- After you enrol, we will contact you if your course is not formed or is delayed.

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### Age Requirement:

Participants must be at least 18 years of age in order to enrol in Adult Education Courses.

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### New Courses:

If you feel you would be suitably qualified and would like to give a particular course please contact us.

No.

Course

Time

Page

## MONDAY

0106	Healthy Ageing	11:00 a.m. 1:00 p.m.	19
0104	Chair Yoga	9:45 a.m. 10:45 a.m.	21

## TUESDAY

0201	Special Needs Assisting	10:30 a.m. 1:00 p.m.	24
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## WEDNESDAY

0302	Creative Writing	9:30 a.m. 11:30 a.m.	14
0323	Oil & Watercolour Painting	11:45 a.m. 1:45 p.m.	14

## THURSDAY

0406	Spanish Improvers	9:30 a.m. 11:00 a.m.	12
0405	Spanish Beginners	11:15 a.m. 12:45 p.m.	12

## FRIDAY

0508	Flower Arranging	9:30 a.m. 11:30 a.m.	24
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Daytime classes marked thus throughout the brochure:



QQI Graduation Photos See Pages 16 & 17

# Contents

CERTIFIED COURSES.....	6
QQI COURSES.....	6
INFORMATION TECHNOLOGY.....	8
BUSINESS - LEGAL - ACCOUNTING.....	9
LEAVING CERTIFICATE SUBJECTS.....	11
LANGUAGES.....	12
ARTS - PHOTOGRAPHY.....	13
BEAUTY - FASHION.....	14
HUMAN BEHAVIOUR - MIND.....	15
DANCE - SPORT - FITNESS.....	15
MUSIC - SOUND - DRAMA.....	18
SKILLS - SELF DEVELOPMENT.....	18
MIND & BODY.....	20
CARING - HEALTH & SAFETY.....	22
CRAFTS - FABRICS.....	24
COOKING.....	26
GARDENING - NATURE - ANIMALS.....	27

Welcome to our New Spring 2025 Brochure!

We have been busy preparing our Spring Brochure - We hope we have something for everyone - Further your education, improve your skills, learn a new hobby!

# QQI CERTIFIED COURSES



No.	Course	Code	Page
8096	Activities of Living Patient Care	5N3707	22
8044	Bookkeeping: Manual and Computerised	5N1354	9
8074	Business Administration Skills	5N1610	10
8095	Care of the Older Person	5N2706	22
8104	Care Skills	5N2770	22
8001	Digital Marketing	5N1364	10
8076	Information and Administration	5N1389	11
8075	Medical Terminology	5N2428	9
8082	Psychology	5N0754	21
8008	Safety & Health at Work	5N1794	23
8018	Special Needs Assisting	5N1786	24
0201	Special Needs Assisting	5N1786	24
8106	Special Needs Assisting (Level 6)	6N1957	24
8038	Training Delivery And Evaluation (Train the Trainer)	6N3326	19
8092	Work Experience	5N1356	22

Please also visit [www.qqi.ie](http://www.qqi.ie) for further details of all QQI Modules including all Major awards.



Scoil Mhuire Community School Clane - a provider of programmes leading to QQI awards.

# CERTIFIED COURSES

No.	Course	Award	Page
1013	MICROSOFT® Excel - Office Specialist	Certificate	8
1031	ICDL Workforce (ECDL)	Certificate	8
5023	Practical First Aid	Certificate	23

*Scoil Mhuire Clane*

SPECIAL NEEDS ASSISTING  
COMPONENT AWARDS  
CERTIFIED BY QQI



LEVEL 5 CODE 5N1786  
LEVEL 6 CODE 6N1957

**Rewarding and Fulfilling Career  
While Helping Others**

Special Needs Assistants (SNAs) are school-based additional adult support staff who can assist children with special educational needs. Such support is provided in order to facilitate the attendance of those pupils at school with a view to developing their independent living skills.

The following modules are scheduled to run this term:

- Special Needs Assisting Level 5 5N1786
- Special Needs Assisting Level 6 6N195

See Pages 23 & 24

To be a Special Needs Assistant you should have:

- an interest in education and in working with children
- good communication and 'people' skills
- the ability to work well as part of a team
- good literacy and numeracy skills
- tact and sensitivity
- a responsible attitude
- patience



**YOUR PATH TO A  
QQI AWARD**

**HIGHER COMPLETION RATES  
WITH BETTER RESULTS!**



Face to Face Classes



Experienced Tutors



Support for all Learners

Step by step at a pace to suit you

## ICDL WORKFORCE (ECDL)



Course No. 1031      Sessions: 8      Tuesday      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 [www.classlink.ie/icdl](http://www.classlink.ie/icdl) 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

Certificate - Certified by Microsoft\*

Additional Costs (Optional) - eLearning Pack including Exam Voucher €110

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)

## DESIGNING AND USING DATA IN SPREADSHEETS

NEW

Course No. 1014      Sessions: 8      Tuesday      7:30 PM - 9:30 PM      Fee: €120

The purpose of this course is to learn good data organization, how to clean data and quality control in a spreadsheet program. It will introduce data analysis. We will also look at data security, import and export processes.

We will explore common mistakes and edit sample data to provide machine readable spreadsheets.

This will be achieved using advanced and nested formulas. Following this we will look at macros to automate repetitive tasks. We will create an email merge from the data with Word and Outlook desktop apps. The course will also introduce data collection, sharing and collaborative editing using Microsoft 365 apps.



## 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.

## AUTOCAD

Course No. 1010      Sessions: 8      Wednesday      7:30 PM - 9:30 PM      Fee:€190

(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.

## BUSINESS - LEGAL - ACCOUNTING

### BOOKKEEPING: MANUAL AND COMPUTERISED



SDL

Course No. 8044      Sessions: 16      Wednesday      7:30 PM - 9:30 PM      Fee:€390

Level 5 Component Code 5N1354 - 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](#).

### MEDICAL TERMINOLOGY



SDL

Course No. 8075      Sessions: 8      Monday      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 wishes 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 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

Monday

7:30 PM - 9:30 PM

Fee: €290

Level 5 Component Code 5NIG10 - 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



Course No. 8076      Sessions: 8      Wednesday      7:30 PM - 9:30 PM      Fee:€290

**Level 5 Component 5NI389 - 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 MATHS (HONOURS) (Continuation)

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

New learners welcome for Spring term (10 weeks). For 6th year students.

**(Payment Plan Option)**

### LEAVING CERT MATHS (HONOURS) FOR 5TH YEARS (Continuation)

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

New learners welcome for Spring term (10 weeks).

**(Payment Plan Option)**

### 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: 10      Tuesday      8:00 PM - 9:30 PM      Fee:€120

Great preparation for Leaving Certificate. Leaving Certificate students only.

**(Payment Plan Option)**

### LEARNING SKILLS (EVENING)

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

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

# LANGUAGES

## 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 communicate using basic Irish sign language (ISL) which is used among the Irish Deaf Community. Learn to communicate 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 using ISL, understand basic questions/answers using ISL conversation, and sign a short story.

## SIGN LANGUAGE - IMPROVERS

Course No. 4019    Sessions: 10    Monday    7:30 PM - 9:00 PM    Fee:€110

The course is designed to enable learners to improve their knowledge of Irish sign language (ISL). Learn to communicate 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.

## 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.

## SPANISH - BEGINNERS

Course No. 4001    Sessions: 10    Monday    6:30 PM - 8:00 PM    Fee:€110

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. 0405    Sessions: 10    Thursday    11:15 AM - 12:45 PM    Fee:€110

Course description as evening course no. 4001 above.

## SPANISH - IMPROVERS

Course No. 0406    Sessions: 10    Thursday    9:30 AM - 11:00 AM    Fee:€110

For those who have taken a Basic Course in Spanish.

## SPANISH - BEGINNERS

Course No. 4004    Sessions: 10    Wednesday    8:00 PM - 9:30 PM    Fee:€110

Course description as evening course no. 4001 above.

## SPANISH - IMPROVERS

Course No. 4002    Sessions: 10    Monday    8:00 PM - 9:30 PM    Fee:€110

For those who have taken a Basic Course in Spanish.

## ITALIAN BEGINNERS

Course No. 4010    Sessions: 10    Monday    7:00 PM - 8:30 PM    Fee:€110

Enjoy learning Italian, discovering something new about Italy and her people. At the end of the course, enjoy using your Italian in the kitchen where the tutor will help you to cook up a traditional Italian meal. Great fun and a unique and tasty way to finish your course!

## 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.

## 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.

## FRENCH IMPROVERS CONVERSATION AND CULTURE CLASSES

Course No. 4008    Sessions: 8    Tuesday    7:30 PM - 9:30 PM    Fee:€120

Looking to improve your spoken language and try something new, gain the confidence to hold everyday conversations in French, while learning more about La culture française? This course will focus on developing and expanding on your overall spoken French and pronunciation, providing you with the language needed to engage in everyday conversations with others. Classes explore the French language in the context of her culture in fun and engaging ways. Classes follow a thematic approach to learning, helping you discover more about the language and culture using various approaches such as games, in-class projects, some art, use of visuals, music and so on. Be prepared to get stuck in, get creative and get speaking en français, all in a relaxed environment! Berets and stripes welcome. À bientôt.

# ARTS - PHOTOGRAPHY

## PHOTOSHOP & LIGHTROOM FOR PHOTOGRAPHY

Course No. 6174    Sessions: 8    Monday    7:00 PM - 9:30 PM    Fee:€160

**(Payment Plan Option)**

Learn 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 & Lightroom 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.

## DRAWING THE PORTRAIT

Course No. 6076    Sessions: 10    Monday    7:30 PM - 9:30 PM    Fee:€150

**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.

## MIXED MEDIA

Course No. 6061    Sessions: 8    Wednesday    7:30 PM - 9:30 PM    Fee:€120

**Cost Materials €20 approx.**

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

## PAINTING WITH ACRYLICS

Course No. 6059    Sessions: 10    Wednesday    7:30 PM - 9:30 PM    Fee: €150

(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).

## OIL & WATERCOLOUR PAINTING

Course No. 6060    Sessions: 10    Tuesday    7:30 PM - 9:30 PM    Fee: €150

(Cost of materials extra.)

Learn oil and watercolour 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. A course for beginners and the experienced.

## OIL & WATERCOLOUR PAINTING

D

Course No. 0323    Sessions: 10    Wednesday    11:45 AM - 1:45 PM    Fee: €150

Description as Evening Course No. 6060 Above.!

## ART WORKSHOP

Course No. 6039    Sessions: 8    Monday    8:00 PM - 9:30 PM    Fee: €90

Cost Materials €10 approx.

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.

## CREATIVE WRITING

Course No. 6063    Sessions: 10    Tuesday    7:30 PM - 9:30 PM    Fee: €150

Do you have a story waiting to be told? This course will help you use your creative imagination and express it through the form of literature. It will give you a better understanding of how to create and write wonderful stories.

The course covers how to use the following writing tools needed to drive your unique story forward.

- How to write a story and the use of the five senses
- Building Characters
- Setting
- Dialogue / Point of view
- Description
- Show, Don't Tell
- Plot and Conflict / Theme
- Language
- Tips & Revision
- Editing and rewriting.

All you need is a brand-new notebook and pen. Notes are provided for each class.

## CREATIVE WRITING

D

Course No. 0302    Sessions: 10    Wednesday    9:30 AM - 11:30 AM    Fee: €150

Course description as evening course no. 6063 above.

# BEAUTY - FASHION

## MAKE-UP ARTIST - INTRODUCTION

Course No. 5027    Sessions: 8    Monday    7:30 PM - 9:30 PM    Fee: €120

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.

- Skin types & conditions, matching your foundation, colour correction & colour theory, contouring, highlighting, sculpting, shading
- Eyebrows, strong lips, eyeliner techniques
- Day & Evening make up
- Bridal make up
- Make-up for the mature lady and smokey eyes
- Individual & strip lash application

## 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”.

## DANCE - SPORTS - FITNESS

### 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.

### DANCE WORKSHOP

Course No. 5047      Sessions: 8      Wednesday      7:00 PM - 8:00 PM      Fee:€70

Beginner level Constructing the body, Movement Technique and Improvisation, Hand Choreography, Sitting Choreography, Dance Choreography.

### BALLROOM DANCING FOR BEGINNERS

Course No. 5059      Sessions: 8      Tuesday      7:30 PM - 8:30 PM      Fee:€70

Would you like to learn to dance for fun or for that special occasion? Learn Ballroom Dancing, Latin, American, Waltz, Quickstep, Jive and Cha Cha Cha in a fun and friendly environment.

### BOXERCISE

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!

### CIRCUIT TRAINING

Course No. 5053      Sessions: 8      Wednesday      8:00 PM - 9:00 PM      Fee:€70

Enjoyable exercise class covering all aspects and suitable for all levels of fitness in men and women. Excellent way to burn off those calories combining toning and cardio.

### 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      8:30 PM - 9:30 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.



SNA Course Graduates (standing l-r) Vera White, Barbara Piekar, Andrea Gill, Gillian Carter, Margaret Price;  
(seated l-r) Olga Curtin, Raymond Curtin, Dale Farrell, Roksana Ivanciuc.



SNA Course Graduates, Fiona Grace, Leanne Dunne



SNA Course Graduates, Aimee-Kate Cribbin, Olesia Ganol, Deirdre Harrington, Jennifer Treacy





Breda Carley, Oksana Zembron, Olga Curtin



Graduate Adamah, and Ranj Mejos



Tudor Burghila and Bookkeeping Graduate  
Natalia Burghila



Director Edmond Behan and QA Officer Colette Breslin of Scoil Mhuire, Clane, Adult Education;  
Information and Administration Graduate, Magdalena Brankiewicz; Payroll Course Graduate, Amanda Gallen; and  
Scoil Mhuire Deputy Principal Seamus Scully

# 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      Tuesday      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      Wednesday      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.

# SKILLS - SELF DEVELOPMENT

## WOODWORKING FOR BEGINNERS

Course No. 6032      Sessions: 8      Monday      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

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

## 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.

## HEALTHY AGEING

D

Course No. 0106      Sessions: 8      Monday      11:00 AM - 1:00 PM      Fee:€120

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 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

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.

## 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.

## SPEAKING IN PUBLIC WITH CONFIDENCE

Course No. 6090      Sessions: 8      Tuesday      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. 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.

## BRIDGE - BEGINNERS

Course No. 6091      Sessions: 10      Wednesday      7:30 PM - 9:30 PM      Fee:€140

Suitable for beginners. Enjoy a great night out!

## 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](http://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.

“Lots of knowledge shared by the Tutor. Great social aspect to the class”  
- Astronomy

“Superb quality of information on research tools.”  
- Trace Your Family Tree

## RELAX, REFLECT, DE-STRESS

NEW

Course No. 5065    Sessions: 8    Monday    7:30 PM - 9:30 PM    Fee:€120

Stress and Anxiety have become a common challenge. Join our Meditation & Stress Reduction Course and learn proven techniques to reduce stress, enhance your focus, and achieve a deeper sense of peace.

**We will develop an understanding and together we will practice :-**

- Mindful Meditation and Relaxation: Calming techniques.
- Breathing exercises: Gentle tools to relax your body.
- Stress-Reduction Strategies: Practical tips to handle daily stress with ease.
- Guided Meditation: Supportive, calming experiences of mind and body in a group setting.

**Why Join?** Clear your mind, improve motivation and sharpen focus. This can help in employment, sports, study etc. Improve Physical and Emotional Well-being: Develop self care and cultivate a Better You!

## MINDFULNESS MEDITATION

Course No. 5064    Sessions: 8    Tuesday    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.

## STRESS MANAGEMENT AND MINDFUL LIVING

Course No. 5062    Sessions: 8    Wednesday    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.

## TAI CHI / QIGONG

Course No. 5008    Sessions: 8    Tuesday    7:00 PM - 8:30 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.

## SOMATIC MOVEMENT

Course No. 5033    Sessions: 8    Monday    7:30 PM - 9:00 PM    Fee:€90

Somatic Movingness for everyone. Learn to walk and move with a spring in your step on chairs or on the floor (your choice). Loosen up and be at ease in your movements by learning through a series of gentle exercises, natural breathing and tuning into sensations. Discover the free open you.

No experience necessary. Please bring along a Yoga mat and thick blanket to support the body.

## PILOGA

Course No. 5049    Sessions: 10    Wednesday    7:30 PM - 8:30 PM    Fee:€100

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).

## PILOGA

Course No. 5046    Sessions: 10    Monday    8:30 PM - 9:30 PM    Fee:€100

Description as Evening Course No. 5049 Above.

## PILATES - BEGINNERS

Course No. 5041      Sessions: 8      Monday      7:15 PM - 8:15 PM      Fee: €80

Pilates is a form of low-impact exercise that strengthens the muscles, improves posture, mobility, and flexibility, and enhances the body's potential. This practice involves coordinating the breath with body movements to achieve optimal alignment and balance. In the beginners' class, you will uncover the basic principles of Pilates while practising fundamental movements that will improve your posture. There will be a focus on simple and effective movements in these lessons.

There is a limited number in these classes. Please bring a yoga/Pilates mat, towel and bottle of water.

## PILATES - INTERMEDIATE

Course No. 5044      Sessions: 8      Monday      8:30 PM - 9:30 PM      Fee: €80

This Intermediate class is a progression from beginners' level. You will uncover strong fundamental movements that will improve your overall strength in a safe and re-energising way.

There is a limited number in these classes. Please bring a yoga/Pilates mat, towel and bottle of water.

## TRADITIONAL ASHTANGA YOGA

Course No. 5045      Sessions: 8      Monday      7:00 PM - 8:15 PM      Fee: €85

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.

## CHAIR YOGA

D

Course No. 0104      Sessions: 10      Monday      9:45 AM - 10:45 AM      Fee: €85

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

## YOGA NIDRA

Course No. 5036      Sessions: 10      Monday      8:30 PM - 9:30 PM      Fee: €100

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. Learn tools to do this and more. Suitable for anyone who suffers from trouble sleeping, burnout, exhaustion and anxiety.

## YOGA

Course No. 5039      Sessions: 10      Monday      7:30 PM - 9:00 PM      Fee: €110

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: 10      Tuesday      7:30 PM - 9:00 PM      Fee: €110

Description as Evening Course No. 5039 Above.

# CARING - HEALTH AND SAFETY

## CARE OF THE OLDER PERSON



SDL

Course No. 8095

Sessions: 8

Tuesday

7:00 PM - 9:30 PM

Fee: €290

Level 5 Component Code 5N2706 - Certified by QQI

(Payment Plan Option)

The module is designed to equip the learner with the skills and knowledge to care for older people in a variety of settings.

- Learners will demonstrate good work practice
- Understand the concept of the ageing process
- Be able to meet the full range of needs of older people in a variety of care settings
- enhance the quality of life of the older person

This is a component of “Healthcare Support” 5M4339.

## CARE SKILLS



SDL

Course No. 8104

Sessions: 8

Monday & Some Tuesdays

7:00 PM - 9:30 PM

Fee: €290

Level 5 Component Code 5N2770 - Certified by QQI

(Payment Plan Option)

- Recognise the personal care needs of clients.
- Respond effectively to clients’ individual needs, with their involvement and use of choice.
- Acquire practical skills in the area of client personal care.
- Maintain a safe, healthy and hygienic environment for clients.
- Appreciate the models of care.
- Be aware of nursing ethics and etiquette in care situations.
- Communicate effectively in ways that are consistent with the carer’s role.

This is a component of the Major Award Healthcare Support Code 5M4339.

## ACTIVITIES OF LIVING PATIENT CARE



SDL

Course No. 8096

Sessions: 8

Monday and some Tuesdays

7:00 PM - 9:30 PM

Fee: €290

Level 5 Component Code 5N3707 - Certified by QQI

(Payment Plan Option)

- Explore a range of work practices in the provision of individualised holistic care for clients to include knowledge of the factors influencing the activities of living.
- Analyse the activities of living to include the five main concepts of the model of living and the role of a healthcare assistant in utilising the activities of living.
- Practise skills involved in pressure area care, personal hygiene, foot care, patient temperature, mobilization and urinalysis.
- Demonstrate competence in a range of care techniques to include observations, manual and electronic counting, recording and reporting of pulse rate, breathing habit and blood pressure.
- Work independently and as part of a healthcare team to respond appropriately to the needs of a client in a care setting.

This is a component of the Major Award Healthcare Support Code 5M4339.

## WORK EXPERIENCE



SDL

Course No. 8092

Sessions: 8

Monday & Some Tuesdays

7:00 PM - 9:30 PM

Fee: €290

Level 5 Component Code 5N1356 - Certified by QQI

(Payment Plan Option)

The purpose of this award is to equip the learner with the relevant knowledge, skill and competence to participate in the workplace for a limited time, carrying out work-related tasks independently while under general direction.

- Demonstrate effective communication skills in the workplace, to include personal, interpersonal and technological communication skills.

This award is a component of most Major level 5 awards.

## 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 5NI794 - 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.

- 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 the 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**.

## PSYCHOLOGY



SDL

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.

## PRACTICAL FIRST AID

Course No. 5023

Sessions: 5

Tuesday

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.

Scoil Mhuire - Your Community School

# CARING - HEALTH AND SAFETY

## SPECIAL NEEDS ASSISTING



SDL

Course No. 8018

Sessions: 16

Wednesday

7:00 PM - 9:30 PM

Fee: €375

Level 5 Component Code 5NI786 - Certified by QQI

(Payment Plan Option)

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 the 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.

### 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.

On successful completion, participants will be qualified to work as SNAs in primary, post-primary, and special school settings.

## SPECIAL NEEDS ASSISTING



SDL

D

Course No. 0201

Sessions: 16

Tuesday

10:30 AM - 1:00 PM

Fee: €375

Level 5 Component Code 5NI786 - 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 6NI957 - 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.

# CRAFTS - FABRICS

## FLOWER ARRANGING

Course No. 6014

Sessions: 10

Tuesday

7:30 PM - 9:30 PM

Fee: €150

(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

D

Course No. 0508

Sessions: 10

Friday

9:30 AM - 11:30 AM

Fee: €150

Course description as course no. 6014 above.

(Cost of materials extra)



## CROCHET TO DESIGNER WEAR

Course No. 6019      Sessions: 10      Monday      7:30 PM - 9:30 PM      Fee:€150

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.

## 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: 10      Wednesday      7:30 PM - 9:30 PM      Fee:€175

(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.

## STAINED GLASS (COPPER FOIL TECHNIQUE)

Course No. 6031      Sessions: 8      Wednesday      7:00 PM - 9:30 PM      Fee:€160

Fee includes for project materials

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.

Note: All equipment, tools are available. Students may purchase additional glass if a particular colour is not available.

## UPCYCLING WITH HAND EMBROIDERY (BEGINNERS)

NEW

Course No. 6018      Sessions: 8      Tuesday      7:30 PM - 9:30 PM      Fee:€120

(Payment Plan Option)

Learn how to use hand embroidery and sewing techniques to upcycle your own clothing and textiles. Give new life to your own clothing or accessories, with the exciting and diverse craft that is embroidery. You will learn how to use and combine embroidery stitches to embellish and to add your own designs onto a wide variety of fabrics. In addition to learning a repertoire of stitches, you will also learn applique techniques and ways to transfer images onto material. Finally, you will be taught how to use sewing techniques to perform simple alterations to clothing.

Embroidery can be used in endless ways to add your own flair and creativity to your belongings, or to make beautiful handmade gifts for your loved ones. You will be guided throughout the course on how to apply the techniques taught to your own clothing/textiles, and how to find your own style. A materials list will be available.

# COOKING

## BAKING & DESSERTS

Course No. 6100    Sessions: 10    Monday    7:30 PM - 9:30 PM    Fee:€150  
(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.

## THE GREEN CHEF

Course No. 6056    Sessions: 8    Monday    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.

## JOYS OF COOKING

Course No. 6052    Sessions: 8    Wednesday    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:€80

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, simple, 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.

## CAKE DECORATING

Course No. 6049    Sessions: 10    Tuesday    7:30 PM - 9:30 PM    Fee:€150  
(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

## BEE KEEPING

Course No. 6081

Sessions: 8

Wednesday

7:30 PM - 9:30 PM

Fee:£120

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: 10

Wednesday

7:30 PM - 9:30 PM

Fee:£150

Turn over a new leaf. Create an eco-friendly garden in Spring 25. Plant spring colour, Think biodiversity, Grow your vegetables, Can your green space help reduce climate change? The first 2 classes introduce new comers to the importance of soil health and composting,

## Learner Feedback

“Tutor was brilliant, she was very encouraging. Class was better than expected.”  
- Sign Language

“Very beneficial, Tutor was great and explains Excel very thoroughly”  
- Microsoft Excel - Office Specialist

“Fantastic Tutor and relaxing atmosphere. Thank you for the amazing class that broke up my working week. I always looked forward to the class.”  
- Dressmaking

“It was great, exceeded expectations. Just loved being creative.”  
- Stained Glass

“Brilliant, really enjoyed it. Loved the class exercises.”  
- Italian Beginners

“Get so much from the course, I look forward to it each week”  
- Mindfulness

“Much better than expected, magnificent tutor and group.”  
- Tai Chi / Qigong

“Found Tutor very helpful and would highly recommend to other Students”  
- Creative Photography and Techniques

“Excellent. Very interactive with all the class. Very informed tutor who engaged well with all and encouraged questions.”  
- Gardening

**INFORMATION TECHNOLOGY** -- Autocad -- Computers Beginners -- Computers For Improvers: Pre - ICDL -- Computers Improvers -- ICDL Workforce -- MICROSOFT Excel - Office Specialist -- Designing and Using Data in Spreadsheets -- **BUSINESS - LEGAL - ACCOUNTING** -- Bookkeeping: Manual and Computerised -- Business Administration Skills -- Digital Marketing -- Information and Administration -- Medical Terminology -- Online & Digital Marketing -- Start and Grow Your Own Business -- **LEAVING CERTIFICATE SUBJECTS** -- Leaving Cert Maths (Honours) -- Leaving Cert Maths (Honours) For 5th Years -- Leaving Cert Maths (Hons) For Transition Year Students -- Leaving Cert Maths (Ordinary Level) -- **LANGUAGES** -- French Improvers Conversation and Culture Classes -- Conversational Irish -- French Beginners -- German Beginners -- Italian Beginners -- Sign Language - Beginners -- Sign Language - Improvers -- Spanish - Beginners -- Spanish - Improvers -- **ARTS - PHOTOGRAPHY** -- Drawing the Portrait -- Painting with Acrylics -- Oil & Watercolour Painting -- Mixed Media -- Photoshop & Lightroom For Photography -- Creative Photography & Techniques -- KDSI Art -- Creative Writing -- Art Workshop -- **BEAUTY - FASHION** -- Make-Up Artist - Introduction -- **HUMAN BEHAVIOUR - MIND** -- Cognitive Behavioural Therapy -- **DANCE - SPORT - FITNESS** -- Ballroom Dancing for Beginners -- Bootcamp -- Boxcercise -- Kettlebells -- Line Dancing -- Zumba Fitness -- Circuit Training -- **MUSIC - SOUND - DRAMA** -- Learning the Bodhran -- Learning the Guitar -- Tenor Banjo / Mandolin -- **SKILLS - SELF DEVELOPMENT** -- Astronomy for Beginners -- Bridge - Beginners -- DIY -- DIY - Improvers -- Furniture Restoration -- Healthy Ageing -- Practical Interior Design -- Speaking in Public With Confidence -- Trace your Family Tree -- Training Delivery And Evaluation (Train the Trainer) -- Woodworking for Beginners -- **MIND & BODY** -- Relax, Reflect, De-Stress -- Chair Yoga -- Mindfulness Meditation -- Pilates - Beginners -- Pilates - Intermediate -- Piloga -- Somatic Movement -- Stress Management And Mindful Living -- Tai Chi / QiGong -- Traditional Ashtanga Yoga -- Yoga -- Yoga Nidra -- **CARING - HEALTH & SAFETY** -- Care Skills -- Care of the Older Person -- Activities of Living Patient Care -- Work Experience -- Practical First Aid -- Psychology -- Special Needs Assisting -- Special Needs Assisting (Level 6) -- Safety and Health at Work -- **CRAFTS - FABRICS** -- Crochet to Designer Wear -- Dressmaking (Beginners) -- Flower Arranging -- Knitting -- Stained Glass (Copper Foil Technique) -- Upcycling With Hand Embroidery -- **COOKING** -- Baking & Desserts -- Cake Decorating -- Cake Decorating Improvers -- Cookery (KDS) -- Feel Good Cooking -- Joys of Cooking -- Piping Skills For Cake Decorating -- The Green Chef -- **GARDENING - NATURE - ANIMALS** -- Bee Keeping -- Gardening.



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**HOW TO FIND US**

