

CHURCHFIELD / GURRANABRAHER

1. Women - Caring For Your Wellbeing

This course provides women with the opportunity to look at their lives and the issues that are important to them. The course may include topics such as managing stress, communication / listening, health, self esteem and confidence.

Venue: 46A Spriggs Road, Gurranaברה
Day /Time: Thursdays 7-9.30pm
Commencing: 2nd February

2. Ceramics And Clay

Creative clay classes, develop handbuilding, tile making and the 3d object. Develop your creativity through the medium of clay. Fun interactive course where you make your own clay pieces.

Venue: The Hut, Gurranaברה
Day /Time: Mondays 10-12pm
Commencing: 27th February

3. Personal Development For Men

This course offers a space for you to meet other men so that you can share, discuss and explore what matters to you. This can include managing stress, handling feelings, dealing with conflict, listening and communicating.

Venue: 46A Spriggs Road, Gurranaברה
Day /Time: Wednesdays 10-12pm
Commencing: 8th March

4. Conversational Spanish For Beginners

A fun interactive class where you will learn basic conversational Spanish.

Venue: Cork City Partnership Offices, Knockfree Avenue, next to the Parochial Hall.
Day /Time: Mondays 10-12pm
Commencing: 6th March

5. DIY / Woodcraft

Practice simple woodcraft techniques and learn how to do basic “Do It Yourself” jobs.

Venue: Churchfield Community Trust, 107-109 Knockfree Avenue, Churchfield.
Day /Time: Register for one of 2 classes
1. Mondays 5-6.30pm or
2. Mondays 6.30-8pm
Commencing: 20th February

6. Cooking On A Budget

Useful tips on cooking meals that are healthy and inexpensive. This course includes demonstrations and some hands on cooking practice.

Venue: 46A Spriggs Road, Gurranaברה
Day /Time: Mondays 10-12pm
Commencing: 13th March

7. Ceramics And Clay For Women

Creative clay classes, developing handbuilding, tile making and the 3d object. Develop your creativity through the medium of clay. Fun interactive course where you make your own clay pieces.

Venue: 46A Spriggs Road, Gurranaברה
Day /Time: Thursdays 11-1pm
Commencing: 2nd February

8. Zumba

A fitness class that combines dance and aerobics to Latin rhythms and movements. A good workout and lots of fun.

Venue: The Hut, Gurranaברה
Day /Time: Mondays 7.30-8.30pm
Commencing: 30th January

9. Basic Computers, Internet And Email

Learn the basics of how to work a computer, browse online and send emails.

Venue: 46A Spriggs Road, Gurranaברה
Day /Time: Tuesdays 10.30-12pm
Commencing: 7th March

10. Hanging Baskets And Container Planting

You dont need a big garden to have a colourful display, this course offers tips, advice and hands on practice in container planting and arranging hanging baskets

Venue: 46A Spriggs Road, Gurranaברה
Day /Time: Thursdays 10.30-12pm
Commencing: 9th May

FAIRHILL/ FARRANREE

11. Aromatherapy And Skin Care Products

Learn about some wonderful essential oils and how to apply them to every day use for better health and well-being . Learn how to use essential oils to your natural skincare routine and make your own natural skincare products .

Venue: The Community House, 26 Bridevalley Park, Fairhill
Day /Time: Mondays 10-12pm
Commencing: 27th February

12. Basic Computers, Internet And Email

Learn the basics of how to work a computer, browse online and send emails.

Venue: 46A Spriggs Road, Gurranaברה
Day /Time: Thursdays 10.30-12pm
Commencing: 9th Feb*
*a second course will begin on 27th April

13. Modern Devices - Learn How To Use A Tablet / Ipad

Do you want to know about how to use a tablet? In this course you will learn the features of a tablet and get practical hands on experience of using a tablet. Tablets available for use during the classes.

Venue: The Community House, 26 Bridevalley Park, Fairhill
Day /Time: Mondays 12-1.30pm
Commencing: 8th May

14. Wellbeing And Relaxation Techniques

A complete programme for a new you. Learn to relax your thoughts, unload stress, gain energy, eat healthily and enjoy a more positive life.

Venue: The Community House, 26 Bridevalley Park, Fairhill
Day /Time: Thursdays 10.30-12pm
Commencing: 9th March

KNOCKNAHEENY

15. Basic Computers, Internet And Email

Learn the basics of how to work a computer, browse online and send emails.

Venue: Knocknaheeny Community Building, Foyle Avenue, Knocknaheeny
Day /Time: Wednesdays 10-11am
Commencing: 1st February

16. Home Cooking and Baking

Learn to create healthy, tasty meals with easy and delicious recipes, including home made soup, cheesecake and much more.

Venue: Knocknaheeny Community Building, Foyle Avenue, Knocknaheeny
Day /Time: Fridays 10.30-12.30pm
Commencing: 3rd February

17. Digital Photography For Beginners

This course will focus on how to take, crop and improve digital photographs as well as considering other camera features and the creativity involved in photography.

Venue: Knocknaheeny Community Building, Foyle Avenue, Knocknaheeny
Day /Time: Mondays 11-12.30pm
Commencing: 6th February

18. Introduction To Art - Painting

In this course you will discover the basics of acrylic paint. You will be guided through the various stages of making a painting and learn about composition, colour mixing, transferring images and much more.

Venue: Knocknaheeny Community Building, Foyle Avenue, Knocknaheeny
Day /Time: Mondays 10-12pm
Commencing: 6th February

19. Community Craft

An introduction to community crafts – discover your creativity in crochet, knitting and sewing.

Venue: Knocknaheeny Community Building, Foyle Avenue, Knocknaheeny.
Day /Time: Wednesdays 7-8pm
Commencing: 1st February

20. Flower Arranging For Easter (Workshop)

Learn techniques and tips that will help you create floral arrangements for Easter.

Venue: Knocknaheeny Community Building, Foyle Avenue, Knocknaheeny
Day /Time: Tuesdays 10-12pm 4th April
Friday 10-12pm 7th April
Commencing: Chose from one of the above workshops.

21. Creative Writing

If you have an interest in writing a story or your story, or you think you have an idea that could be made into a short film or could be put on stage, then this is for you. Learn about creative writing in a supportive practical environment.

Venue: Knocknaheeny Community Building, Foyle Avenue, Knocknaheeny
Day /Time: Wednesday 10-12pm
Commencing: 1st March

MAYFIELD

22. Aromatherapy And Skin Care Products

Learn about some wonderful essential oils and how to apply them to every day use for better health and well-being. Learn how to use essential oils and make your own natural skincare products.

Venue: St. Josephs Community Centre, Mayfield.
Day /Time: Tuesdays 7-9pm
Commencing: 21st February

23. Mindfulness and Wellbeing

A complete programme for a New You. Learn to relax your thoughts, unload stress, gain energy, eat healthily and enjoy a more positive fulfilling Life

Venue: St. Josephs Community Centre, Mayfield
Day /Time: Thursdays 11.30-1pm
Commencing: 16th February

24. Zumba

A fitness class that combines dance and aerobics to Latin rhythms and movements. A good workout and lots of fun.

Venue: St. Josephs Community Centre, Mayfield
Day /Time: Thursdays 11.30-1pm
Commencing: 27th April

THE GLEN

25. Cooking On A Budget

Useful tips on cooking meals that are healthy and inexpensive. This course includes demonstrations and some hands on cooking practice.

Venue: 6 Imaal Court, The Glen
Day /Time: Tuesdays 10-12pm
Commencing: 21st February

26. Mindfulness and Wellbeing

A complete programme for a New You. Learn to relax your thoughts, unload stress, gain energy, eat healthily and enjoy a more positive fulfilling Life

Venue: 6 Imaal Court, The Glen
Day /Time: Fridays 10 -12pm
Commencing: 17th February

27. Zumba

A fitness class that combines dance and aerobics to Latin rhythms and movement.

Venue: Glen Resource and Sports Centre, Glen Avenue, The Glen.
Day /Time: Wednesdays 7-8pm
Commencing: 15th February

28. Legs, Bums And Tums Fitness

A fitness class designed to increase general fitness and tone legs, bums and tums.

Venue: Glen Rovers, Ballincollie Road, Ballyvolane
Day /Time: Thursdays 10-11am
Commencing: 16th February

29. Introduction to Art - Painting

In this class you will discover the basics of acrylic paint. You will be guided through the stages of making a painting. You will learn about composition, colour mixing, transferring images and much more.

Venue: Glenfields Creche, 1a Glenfields Park, Ballyvolane
Day /Time: Tuesdays 10-12pm
Commencing: 28th February

30. Modern Devices - Learn How To Use A Tablet / Ipad

Do you want to know about how to use a tablet? In this course you will learn about the features of a tablet and get practical hands on experience of using a tablet. Tablets available for use during the classes.

Venue: 6 Imaal Court, The Glen
Day /Time: Mondays 3-4.30pm
Commencing: 27th February

31. Positive Parenting

Aimed at parents who are the parents of very young children. This course will look at nutrition for babies / toddlers, speech and language development, behaviour management with young children and the value of play in your child’s development.

Venue: Glenfields Creche, 1a Glenfields Park, Ballyvolane
Day /Time: TBC
Commencing: February / March

CITY CENTRE / SOUTHSIDE

32. Zumba

A fitness class that combines dance and aerobics to Latin rhythms and movement.

Venue: The Lough Community Centre, Green Street
Day /Time: Thursdays 11.30-12.30pm
Commencing: 16th February

33. Pilates / Yoga

Pilates and relaxation class. Therapeutic exercise for the mind and body. Suitable for all fitness levels.

Venue: The Lough Community Centre, Green Street
Day /Time: Tuesdays 10-11.30am
Commencing: 28th February

34. Modern Devices - Learn How To Use A Tablet / Ipad

Do you want to know about how to use a tablet? In this course you will learn the features of a tablet and get practical hands on experience of using a tablet. Tablets available for use during the classes.

Venue: Togher Community Centre, Togher Road
Day /Time: Tuesdays 1-2.15pm
Commencing: 7th March

YOUR IDEAS ARE WELCOME

If you would like to see a course run in your area please contact us.

Features of the courses

- Courses are short, designed as a first step in returning to learning, with the option of referral on to follow on courses.
- There are 34 courses to choose from in a number of community locations.
- Courses are free to eligible participants.
- Community development approaches are used to ensure that the learning environment is supportive and learner centered.

Who is eligible for these courses? Courses are open to:

Disadvantaged Children and Families - Lone Parents - New Communities (including refugees/asylum seekers) - People living in Disadvantaged Communities - People with Disabilities - Roma - The Unemployed (including those not on the Live Register) - Low Income Workers/Households - Travellers - Young unemployed people living in disadvantaged areas - Young people aged 18 - 24 years who are not in employment, education or training (NEETS)

COURSES ARE FREE



Cork City Partnership Clg. (CCP)

Is a not for profit organisation that focuses on the education, employment and empowerment of individuals and communities who are experiencing disadvantage and social exclusion.

SICAP

We have been contracted to deliver the Social Inclusion and Community Activation Programme (SICAP) programme in Cork City 2015-2017. One of the Goals of SICAP is to support individuals and marginalised target groups experiencing educational disadvantage so they can participate fully, engage with and progress through life-long learning opportunities through the use of community development approaches. As part of its measures to meet this goal Cork City Partnership is delivering 34 courses this term, in communities across the City.



The Social Inclusion and Community Activation Programme (SICAP) 2015-2017 is funded by the Irish Government and co-funded by the European Social Fund and includes a special allocation under the Youth Employment Initiative.

How can I enrol for a course?

By completing a Registration Form in one of the following Cork City Partnership Community Outreach Offices:

Churchfield / Gurranaברה:

Parochial Hall, Knockfree Avenue,
Churchfield, Tel. 021 - 4301700

Hollyhill / Knocknaheeney:

Knocknaheeney Community Building,
Foyle Avenue, Tel. 021 4399503

Fairhill:

26 Bridevalley Park, Fairhill,
Tel. 021 4909710 and 087 1962015

The Glen:

6 Imaal Court, The Glen,
Tel. 021 4550943

Mayfield:

St Josephs Community Centre, Old Youghal
Road, Mayfield, Tel. 021 4509376

City Centre:

Enrol for City Centre / Southside courses by
contacting Linda Mc Kernan 087 1962025

The Community Outreach Offices are open
Monday to Friday 9am – 1pm
and 2pm - 5pm or by appointment.

OTHER INFORMATION

- Places allocated to eligible applicants on a first come basis
- Participants will be asked to complete a registration form to demonstrate eligibility
- Courses will proceed if sufficient numbers register
- Where demand exceeds places available, additional courses may be scheduled
- Venues used for the courses have universal access where possible. Some venues may have limited disability access for people with mobility issues. This brochure is available in various formats – large print, pdf.



The Social Inclusion and Community Activation Programme (SICAP) 2015-2017 is funded by the Irish Government and co-funded by the European Social Fund and includes a special allocation under the Youth Employment Initiative.



1st Floor, Heron House, Blackpool Retail Park, Blackpool, Cork
Tel: 021 4302310, Email: info@partnershipcork.ie

Community Education Courses

Spring 2017



COURSES ARE FREE

CERTIFIED COURSES SPRING 2017

Places are available on the following accredited courses:

Occupational First Aid (Level 5),
Knocknaheeney.

Computer Literacy (Level 3) Churchfield,
Fairhill, The Glen.

Digital Photography (Level 3)
Churchfield, The Glen.

Internet Skills (Level 3) Churchfield,
Fairhill, Knocknaheeney.

Textiles (Level 3),
Churchfield.

Community Participation (Level 3),
dates to be confirmed

MANUAL HANDLING - SPRING 2017

We frequently offer courses on Manual Handling, please contact our offices to book a place.

For further information call to the
Community Outreach Offices
or contact Margo Hayes
(Education Officer) at 087 1962023,
email: margo.hayes@partnershipcork.ie