

COURSE DETAILS

CHURCHFIELD / GURRANABRAHER

1. Alcohol / Drug Awareness Workshop

(in Partnership with Community Outreach Drugs Awareness Project / Funded by HSE South)

Interactive information session aimed at raising awareness of alcohol consumption and drug use and the services/supports available within communities.

Venue: 46A Spriggs Road, Gurranaברה

Day / Time: Thursday 10-12pm

Dates: October 8th

2. How to Argue Better

(in Partnership with Community Outreach Drugs Awareness Project / Funded by HSE South)

A resource for working with parents in conflict. The course looks at understanding conflict, dealing with conflict and developing skills and techniques to argue better.

Venue: 46A Spriggs Road, Gurranaברה

Day / Time: Tuesdays, 10-12pm

Dates: November 3rd, 10th, 17th, 24th

3. Introduction to Office Skills

Exploring the basics of office procedures and general office equipment

Venue: CCP Outreach Office Churchfield / Gurranaברה – Parochial Hall, Knockfree Avenue, Churchfield

Day / Time: Wednesdays, 10.30 -12pm

Dates: September 9th, 16th, 23rd

4. Men's Identity and Well Being

Join with other men in discussing issues that affect men's identity and wellbeing.

Venue: 46A Spriggs Road, Gurranaברה

Day / Time: Wednesdays 10-12pm

Dates: September 16th, 23rd, 30th

5. Parent to Parent

(in Partnership with Community Outreach Drugs Awareness Project / Funded by HSE South)

A course designed for parents with children aged 7-13 years which explores and identifies parenting strategies and approaches to dealing with today's so called "toxic culture".

Venue: 46A Spriggs Road, Gurranaברה

Day / Time: Tuesdays, 9.30-12.30pm

Dates: September 22nd, 29th October 6th, 13th, 20th

6. Personal Goal Setting

This course will explore issues of self awareness and development, identifying techniques for setting personal goals and improving communication.

Venue: 46A Spriggs Road, Gurranaברה

Day / Time: Wednesdays 10-12pm

Dates: October 14th, 21st, 28th

7. Zumba

A fitness class that combines dance and aerobics to Latin rhythms and movements

Venue: Gurranaברה & Churchfield Youth and Community Resource Centre (The Hut), Gurranaברה Road.

Day / Time: Mondays 8-9pm

Dates: September 7th, 14th, 21st, 28th

CITY CENTRE / SOUTHSIDE

8. Mindfulness

This course helps us to uncover the calm within and become aware of present moment living. Learn to participate in your life fully and in the present.

Venue: City Centre

Day / Time: Thursdays 10-11.30am

Dates: September 10th, 17th, 24th

9. Personal Wellbeing

Explore issues affecting personal development including the management of stress and an awareness of emotional wellbeing and growth

Venue: Turners Cross Community Centre, Church View, Coolacussane, Turners Cross.

Day / Time: Wednesdays 10-12pm

Dates: September 16th, 23rd, 30th

FAIRHILL/ FARRANREE

10. Basic Computers and Email

An introduction to the internet, emailing and general use of the computer for simple document creation.

Venue: 26 Bridevalley Park, Fairhill

Day / Time: Mondays 10-11.30

Dates: September 14th, 21st, 28th and October 5th

11. Drawing

A beginners art course to guide you through the basics of drawing and unlocking your creative potential

Venue: 26 Bridevalley Park, Fairhill

Day / Time: Mondays 4-6pm

Dates: September 21st, 28th, October 5th

12. Flower Arranging

Learn techniques and tips that will help you create a number of floral arrangements.

Venue: 26 Bridevalley Park, Fairhill

Day / Time: Fridays 10-11.30pm

Dates: September 11th, 18th, 25th

13. Personal Effectiveness for Women

Join with other women in exploring issues of self esteem and identity. Develop skills and awareness to enhance quality of life and wellbeing.

Venue: Farranree Community Centre, Pophams Road, Farranree

Day / Time: Wednesdays 10-12pm

Dates: September 16th, 23rd and 30th

14. Preparing to be Parents

This course is aimed at parents who are expecting a baby or the parents of very young children and will look at the first 1000 days of a child's life within a family context.

The course is organised by the Farranree / Fairhill 0-3 Early Years Development Group and is funded through the Katharine Howard Foundation

Venue: Farranree Family Resource Centre

Day / Time: Thursdays 10-12pm

Dates: September 17th – October 29th (7 weeks)

Contact: Catherine Sheehan, Tel. 021 4302310

KNOCKNAHEENY

15. Basic Computers and Email

An introduction to the internet, emailing and general use of the computer for simple document creation.

Venue: Knocknaheeny Community Building, Foyle Avenue, Knocknaheeny

Day / Time: Mondays 10.00-11.30am

Dates: September 7th, 14th, 21st

16. Criminology

This course will explore what crime is – looking at street crime, white collar crime and examining the impact crime has on the individual and society. The course will also investigate crime in the movies, the media and moral panics.

Venue: Knocknaheeny Community Building, Foyle Avenue, Knocknaheeny

Day / Time: Tuesdays, 7.30-9pm

Dates: September 15th – November 15th (8 weeks)

17. Community Craft

An introduction to community crafts – develop your creativity with crochet, knitting and sewing

Venue: Knocknaheeny Community Building, Foyle Avenue, Knocknaheeny.

Day / Time: Wednesdays, 7-8.30

Dates: September 9th, 16th, 23rd, 30th

18. Container Planting

You don't need a big garden to have a colourful display, this course offers tips and advice for container planting.

Venue: Knocknaheeny Community Building, Foyle Avenue, Knocknaheeny

Day / Time: Tuesdays 10.30-12.30pm

Dates: November 10th, 17th

19. Cookery and Healthy Eating

Learn to create healthy, tasty meals with easy and delicious recipes.

Venue: Knocknaheeny Community Building, Foyle Avenue, Knocknaheeny.

Day / Time: Wednesdays 10.30-12.30pm

Dates: September 9th, 16th, 23rd, 30th

20. Flower Arranging

Learn techniques and tips that will help you create a number of floral arrangements.

Venue: Knocknaheeny Community Building, Foyle Avenue, Knocknaheeny

Day / Time: Tuesdays 10.30-12.00pm

Dates: September 8th, 15th, 22nd, 29th

21. Grow Your Own

Tips and advice on how to grow your own vegetables

Venue: Knocknaheeny Community Building, Foyle Avenue, Knocknaheeny

Day / Time: Fridays 10.00-12.00pm

Dates: September 4th, 11th, 18th, 25th

22. Introduction to Office Skills

Exploring the basics of office procedures and general office equipment

Venue: Knocknaheeny Community Building, Foyle Avenue, Knocknaheeny

Day / Time: Mondays 10.30-12pm

Dates: October 5th, 12th, 19th

THE GLEN

23. Basic Computers and Email

An introduction to the internet, emailing and general use of the computer for simple document creation.

Venue: The Glen Resource & Sports Centre, Glen Avenue

Day / Time: Mondays 10.00-11.30am

Dates: September 14th, 21st, 28th

23. Car Maintenance (Basic)

Learn in an interactive environment basic skills in car maintenance

Venue: 6 Imaal Court, The Glen

Day / Time: Mondays 10.00-12pm

Dates: September 9th, 16th, 23rd, 30th

25. Cookery and Healthy Eating

Learn to create healthy, tasty meals with easy and delicious recipes.

Venue: St Aidan's School, Ballyvolane

Day / Time: To Be Confirmed

Dates: September

26. Introduction to Office Skills

Exploring the basics of office procedures and general office equipment

Venue: The Glen Resource & Sports Centre, Glen Avenue

Day / Time: Wednesdays 10.30-12pm

Dates: November 4th, 11th, 18th

27. Social Media (An Introduction)

Learn how to safely engage with social media such as facebook and linkedin

Venue: The Glen Resource & Sports Centre, Glen Avenue

Day / Time: Wednesdays 10.00-11.30am

Dates: September 9th, 16th, 23rd

- Features of the Courses -

- Courses are short – designed as a first step in returning to education and learning
- Learners are given support when considering course choices and follow on learning options and referrals
- There are 27 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

- Courses are open to -

People living in Disadvantaged Communities - The Unemployed (including those not on the Live Register) - Lone Parents - New Communities (including Refugees/Asylum Seekers) - People with Disabilities - Roma - Travellers - Young people aged 18-24 years who are not in employment, education or training – Families in Disadvantaged Areas

- Courses are free -

- How to Enrol -

Enrol by calling to the listed Cork City Partnership Community Outreach Offices

Churchfield / Gurrabraher –
Parochial Hall, Knockfree Avenue, Churchfield,
Tel. 021 4301700

Hollyhill / Knocknaheeny –
Knocknaheeny Community Building,
Foyle Avenue,
Tel. 021 4399503

Fairhill –
26 Bridevalley Park, Fairhill,
Tel. 021 4909710

The Glen –
Glen Resource & Sports Centre, Glen Avenue
Tel. 087 6755836

On the following dates/times

Wednesday 12th August: 10.30 - 12.30, 5 - 7pm

Wednesday 26th August: 10.30 - 12.30, 5 - 7pm

- Note -

Enrolment for City Centre / Southside courses can be made by contacting:

Margo Hayes (Education Officer) - 087 1962023

Unit 2, Greenwood Estate, Togher

- Other information -

- Places allocated to eligible applicants on a first come basis
- A waiting list will be developed and courses may be re-run if there is sufficient demand
- 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. Please contact Margo Hayes at 087 1962023 if you would like a copy in one of these formats.

Autumn 2015

Community Based

Adult Education Courses

Opportunities for returning to Education in local community settings

- Courses are free -

Cork City Partnership Ltd.
1st Floor, Heron House,
Blackpool Retail Park,
Blackpool, Cork

Tel. 021 4302310

Email info@partnershipcork.ie



Cork City Partnership Ltd. (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) 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 27 courses 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.



Enrol by calling to our Community Outreach Offices in Knocknaheeny, Fairhill, Churchfield / Gurrabraher and The Glen* (addresses overleaf) on the following dates / times

Wednesday 12th August,

10.30 - 12.30pm / 5 - 7pm

Wednesday 26th August,

10.30 - 12.30pm / 5 - 7pm

For further information contact

Margo Hayes (Education Officer)

087 1962023

Unit 2, Greenwood Estate, Togher

