

CORK CITY PARTNERSHIP BI-MONTHLY NEWSLETTER

Growing Your Potential Success

Going online has proved a remarkable success for "Growing Your Potential" a course aimed at women working in the home with an 85% increase in inquiries.

Siobhán O'Neill from Cork City Partnership says:

"Women looking to escape from the stresses of the COVID lockdown and find a bit of "me time" have found this online course is an ideal way to connect with others, build friendships, and build on skills they already have.

We had started out running the course face to face, and when the country went into lockdown, we were afraid we would struggle with an online course.

We were delighted to find that everyone rose to the challenge, and the course has gone from strength to strength".

If you are interested in finding out more then please contact: Siobhan O'Neill on

(086)-1858081 or 021- 4302310 or email: soneill@partnershipcork.ie



Cork City Partnership

New Online Short Courses (February 2021)

Monday

Phone/Digital Photography 12.00-1.30pm
begins 8th February

Tuesday

Mindful Parenting 10.00-11.00pm
begins 9th February

Wednesday

Zumba & Keep Fit 6.30-7.30pm
begins 10th February

Thursday

Mindfulness & Relaxation 11.30-1pm
begins 11th February

Friday

Home Cooking & Baking 11.30-1.00pm
begins 12th February

As lockdown continues these 4 week courses offer an opportunity to connect with people and learn something new. All classes will be held via zoom, the zoom link will be sent following registration*. To register, contact your local Cork City Partnership office or contact Margo Hayes on 087 1962023 or email margo.hayes@partnershipcork.ie.

Support is also available to help set up and use zoom.

*No charge for eligible participants, some registration criteria apply.

Free Online Job Seeking Skills Workshop

Now is a good time to review and improve your C.V., so that you will be better equipped to apply for as the economy starts to recover.

Cork City Partnership is providing free Online Job Seeking Skills workshops during the month of February.

Find out how to:

- Create a successful CV and cover letter
- Improve the design, structure and layout of your CV
- How to avoid common C.V problems

All participants will be given the opportunity to have their CV updated or to have new one created.

If you are interested in this workshop you can email Cork City Partnership at: info@partnershipcork.ie

Self-Employment supports

As we emerge from the COVID pandemic it may be the right time to look at self-employment opportunities.

We can help you get started with training and grant support. Find out more by signing up to our free Enterprise Information workshop which takes place on Wednesday February 10th.

Our `Start Your Own Business` courses, which we run in conjunction with the Local Enterprise Office, are starting in March. These courses are designed to assist people who want to become self-employed sole traders. they will cover all aspects of business including exploring your business proposal, marketing, CRO & Tax registration and finance. These on-line courses are free of charge and run over three weeks. Contact Tony O`Regan or Yvonne Quilligan to reserve your place.

Cork City Partnership enterprise team continues to support existing sole traders and micro enterprises through these difficult times with our `Business Review Workshops` This short on-line course helps traders to refocus their businesses and recover from lockdown. Date to be advised.

For more information on any of the above training and support, please contact 021 4302310 or toregan@partnershipcork.ie / yquilligan@partnershipcork.ie

Men's Art Course

An online Art Course for Men commences Wednesday 10th February at 10am till 11:30am

This Course is an introduction to Painting and will provide you an opportunity to learn new skills, be creative and have fun!

For more details and or to register, Please contact Mary Sheehy at msheehy@partnershipcork.ie or 087 1962015.

This Course is organised by Cork City Partnership and funded by the Cork ETB.

CCP continues to work closely with all its clients during this difficult time for people.

Cork City Partnership 021 4302310
info@partnershipcork.ie



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