

## **Co Cork VEC North Cork Adult Education Service**

We are committed to providing a high quality service to our learners because everyone has a right to develop their knowledge and skills in order to achieve and participate in social, economic and cultural life. We would like to invite you to join in our first...

### **Adult Learning Festival in Millstreet**

#### **Your Adult Education Service**

On Monday Adult Education staff will be available to answer questions about courses and opportunities. So if you want to know what is available on a Back To Education course, what a FETAC is and how to get one, what to do with one once you've got one then come along and meet the people who can help you choose the right course for you. 10am-10.45am.

#### **Classes**

##### **Introduction To Computers**

The Adult Education Service has run 3 successful computer courses in Millstreet this year. If ye are terrified to turn on a computer then this short introductory course is for you.

**Days/Times:** Mon 11am-1pm Tue, Wed, Thurs-Fri 10am –1pm

**Max No. Places:** 8

**Cost:** Free

##### **On-Line Learning**

www.writeon.ie was launched by the National Adult Literacy Agency (NALA) in 2008. The site allows adults to check their skills and then work on areas that need some learning. Learners can then use this site to apply for a national FETAC award at Level 2 or 3. This course will provide support and guidance through the Write-On site. You will need some basic computer skills to get the most from this course.

**Days/Times:** Mon 11am-1pm, Tue, Wed, Thurs-Fri 10am-1pm

**Max No. Places:** 6

**Cost:** Free

##### **Fun & Fitness For All**

Cork Sports Partnership promote and deliver sports programmes to communities. They also offer several accredited training programmes to volunteers interested in developing local groups. Come and find out what they offer whilst participating in an enjoyable fitness programme or just come for the fun.

**Days/Times:** Mon Wed Fri 11am 1pm

**Max No. Places:** 25

**Cost:** Free

##### **Introduction to Woodwork**

Always wanted to find out how to make a shelf, a coffee table, even a pen? Would you like to learn the art of marquetry? Then this course is for you.

**Days/Times:** Mon-Fri 10am-1pm

**Max No. Places:** 8 people

**Cost:** Free

##### **Community Choir**

Are ye singing in the shower? Well Stop! Come and help start a community choir. No experience is necessary, just a need to sing. Bring along your favourite songs and if ye play an instrument, bring that along too.

**Days/Times:** Mon-Fri 11am-1pm

**Max No. Places:** 15

**Cost:** Free

##### **Creative Writing: Fun With Words**

Everyone has at least one story in them. This workshop aims to help you draw on your own experiences and find the inspiration to transform a memory into a fascinating story. We'll also take a light hearted look at some extracts from the work of well-known authors and discuss what makes these pieces work or not!

**Days/Times:** Mon-Tue-Wed 10am-12pm

**Max No. Places:** 10

**Cost:** Free

##### **Knitting and Crochet**

Knit2gether are a local group who have been meeting each week in Millstreet for over a year. It is an intergenerational Family Learning group encouraging passing on skills to children and grandchildren. It includes expert knitters and total beginners. So if this lovely craft is something you have been meaning to learn then now is the chance to do so. Children can join in this group if accompanied by a parent or grandparent.

**Days/Times:** Mon-Fri 11am-1pm

**Max No. Places:** Open numbers

**Cost:** Free

##### **Story Sacks**

Fun and creative play using your children's favourite books. Learn how to have fun with books, puppets and games whilst helping your child learn to read. Suitable for parents of children from 0-8yrs. Bring your child's favourite book and an old pillow case or Aldi bag to make your 'sack'.

**Days/Times:** Mon-Fri 11am-1pm

**Max No. Places:** 8

**Cost:** Free

##### **Conversational French**

Two classes each morning with a native French tutor. The first is for beginners who would like to learn about French culture and language and the second class is for those who would like to improve their conversational skills.

**Days/Times:** Mon-Fri Beginners: 10am-11.30am Improvers: 11.45am-1pm

**Max No. Places:** 8

**Cost:** Free

##### **Health and Wellbeing**

Get to know your body and how it works when stressed and when relaxed. Learn the different ways to help relieve stress with food and exercise. Benefit from participation in meditation and massage for yourself and for others.

**Days/Times:** Mon-Fri 11am-1pm

**Max No. Places:** 8

**Cost:** Free