

MONASTEREVIN – PARISH CENTRE *Continued*

CEF 12118	Internet , E-mail & Tracing Your Family Tree This is for those who already have basic computer skills. Learn how to set up an e-mail address, attach photos and surf the net. Trace your family history through the Internet.	Tue	6	2.00p.m.	€60 /
CEF 12119	Ageing With Confidence This will help participants to explore the physical, psychological and social aspect of their own ageing and to challenge the myths and stereotyping that leads to ageism. Contact Denise for more information 087-1411669				

Carbury - G.A.A. Hall

Enrolment Wednesday 25th January 2012

between 10.00a.m.-11.30 a.m.

Classes starting Wednesday 8th February 2012

Ref	Course	Day	Weeks	Time	Fee
NAL 12119	Computers For The Terrified (Laptop Computers) A basic Course for adults who have no computer skills	Wed	6	9.30a.m. 11.00a.m.	Free
CEF 12113	Carbury Community Ladies Group This group meet on a weekly basis in a relaxed atmosphere, organise workshops, go on field trips and lots more.	Wed	Ongoing	9.30a.m. 11.30a.m.	Free
CEF 12114	Pilates for beginners Invigorates the mind, develops core muscle strength, relieve stress and back pain. Improve balance and co-ordination. It will leave you looking toned and revitalised.	Wed	6	12.00a.m. 1.30p.m.	€45 / €10

Network Kildare – Night Time Classes

Network Kildare is an umbrella support organisation for locally based voluntary education groups in Co. Kildare.

Contact Nora or Susan on 045-881106 or networkkildare@abce.ie for further information/brochure or to host one of these courses.

Ref	Course	Day	Weeks	Time	Fee
CEF 12122	Head Space For Men Explore ways to help you lead a more peaceful and less stressful life. The focus will be simple, gentle and supportive. Why not give yourself a real break this spring?	Wed ABCE Centre	6	7.30p.m. 9.30p.m.	€10
CEF 12123	Making A Difference Explore new ways of thinking and seeing the role of community leadership through a creative and innovative process of developmental community engagement	Tues ABCE Centre	8	7.30pm 10.00pm	€10
CEF 12124	Life for Women Today An introductory course on Women's Studies. We will explore women's role in society and the immediate challenges for women today.	Starting Thurs. 2nd Feb Newbridge Family Resource Centre	5	10.00a.m. 12.30p.m.	€10
CEF 12125	'Using Local Print Media to Promote Your Group' This workshop will give participants the skills and tricks of the trade to be confident in making contact with your local media to promote the work of your group.	Workshop ABCE Centre Sat. 3rd March 2012	1	10.00a.m. / 4.00p.m.	Free
CEF 12125	Human Rights course Understanding that Human Rights are essentially about our rights to live life as human beings. This course will examine the key principles of Human Rights and development.	TBC	5	2.5hrs	€10

Network Kildare - Night Time Classes, continued

Ref	Course	Day	Weeks	Time	Fee
	Your Place in the World Focus on our place in the world & how it works. Areas explored will include: gender, class, power, health, education, money & environment	TBC	8	2.5hrs	€10
	Living Without Stress Learn strategies to cope with stress in these changing times. Your confidence increases when you take control of your life.	TBC	8	2hrs	€10

Engaging Men Project

Getting Men Involved in their Community Learning, Information and Advice

Sharing ideas Tea, Coffee, Chat & Social Activities

All Men Welcome

Location	Group	Day	Weeks	Time	Fee
Celbridge	Oaklee, Celbridge Contact Brendan Curtis 0861966103	Wed	Ongoing	11.00a.m. / 1.00p.m.	No Fee
Newbridge	The Bridge Community Development Project, Charlotte Street, Newbridge Contact Brendan Curtis 0861966103	Mon	Ongoing	2.00p.m. / 4.00p.m.	No Fee
Athy	Athy Community Development Project, Woodstock Street, Athy. Contact Noreen Ardil 059-8632277	Tues	Ongoing	7.30p.m. / 9.30pm	No Fee

Older Voices Kildare

Contact Denise on 087 141 1669

If you would like information or to get involved

This project aims to create a sustainable programme for the inclusion and participation of older people in Co. Kildare.

Activities include:

- Workshops • Ageing with Confidence Courses
- Voices through Art Courses
- Development of a Forum for Older People

Other Services

Career Guidance and Therapeutic Counselling available by appointment, and free to all who are currently attending one of our courses.

Special Circumstance

If fees, childcare etc. are a barrier to you joining a course please call Susan in confidence at 045 881863

POSTAL ENROLMENT FORM FOR COMMUNITY EDUCATION COURSES ONLY
Please fill in all details on this form
If you wish to apply for a reduced fee, please phone before filling out this form
Enclose exact fee – cheque or postal order (made payable to Co. Kildare VEC). **DO NOT SEND CASH!**
Postal Enrolments will be accepted until classes are filled

Name email

Address Date Of Birth

..... Special Requirements

..... Name of course

..... Fee € cheque/postal order only,

Telephone No made payable to Co. Kildare VEC



**SPRING
2012**

Co. Kildare V.E.C.

Adult Basic & Community Education Centre,

Jigginstown, Naas

Adult Basic Education

Back to Education Initiative (BTEI)

Community Education

Network Kildare

Jigginstown, Naas, Co. Kildare

Tel 045-866314 or 881863

Fax 045-881254

Email info@abce.ie

Web: www.kildarevec.ie

In person Day-time enrolling: 16th, 17th, 18th of January 10am to 4pm
Night-time enrolling; 16th January 6-8pm only.

Course details Courses will run from Mon 30th January 2012 except where otherwise stated.
Courses will only go ahead if there are enough participants.
Please note when your class starts, as no reminders will be sent!

Fees Must be paid in full on enrolment and are non-refundable except when a course is cancelled.
Documentary evidence of Social Welfare or Health Board payment or Medical Card **MUST** be produced when enrolling to avail of reduced fee where stated.

Centre facilities Wheelchair-accessible. Limited free car parking. Tea and coffee will be provided free to participants.

We aim to provide you with a positive learning experience



ADULT BASIC EDUCATION

Co-ordinator: Pat Bennett – pbennett@kildarevec.ie – 045-866314
Outreach Worker: Maria Grogan – abenaas@kildarevec.ie – 086-8361380

The Adult Basic Education service provides classes for adults who wish to improve their reading, writing, spelling, maths and basic computer skills.

Support is provided for learners on a one-to-one basis or in small groups.

The service is free and confidential and tuition is arranged to meet the needs of the learner.

Tuition is provided by trained tutors in a friendly and informal atmosphere.

Ref	Course	Day/Date	Weeks	Time	Fee
NAL 12101	One-to-one reading and writing support	Mon. to Fri.	40+	flexible	No Fee
NAL 12102	Spelling Course This course covers strategies for spelling, spelling rules, using a dictionary etc.	Wed. 1st Feb.	5	7.30pm - 9.00pm	No Fee
NAL 12103	Grammar & Punctuation This course covers punctuation, parts of speech, sentence structure etc.	Wed. 14th Mar.	5	7.30pm - 9.00pm	No Fee
NAL 12104	Maths This course covers maths up to Junior Cert Level	Thurs. On-going	20	8.00pm - 10.00pm	No Fee
NAL 12105	Conversational Irish Practise your cúpla focal and learn a few more "Is féidir Linn!"	Mon. 30th Jan.	6	11.30am - 1.00pm	No Fee
NAL 12106	General studies Includes learning to learn, communications, basic maths, basic computers and lots more.	Tues., Wed. & Fri. Starts: 31st Jan.	3 classes per wk x 12 weeks	9.30am - 12.00 noon	No Fee
NAL 12107	Computer Literacy – FETAC 3 Certified course in basic Computer Skills	Friday 24th Feb	12	9.30am - 12.00 noon	Exam Fee will Apply
NAL 12108	Communications – FETAC 3 Certified course in reading writing and oral skills	Monday 30th Jan.	12	10.00am - 1.00pm	Exam Fee will Apply

ENGLISH AS A SECOND LANGUAGE – NAAS

ABCE CENTRE JIGGINSTOWN, NAAS

Contact: Maria 086-8361380

FOR ENROLMENT DATES SEE DETAILS ON FRONT OF BROCHURE

Ref	Course	Day/Date	Time	Weeks	Fee	Venue
NAL 12109	ESOL Starters	Mon. 30th Jan.	7.30pm-9.30pm	8	No Fee	ABCE Centre
NAL 12110	ESOL Beginners	Mon. 30th Jan.	7.30pm-9.30pm	8	No Fee	ABCE Centre
NAL 12111	ESOL Improvers	Mon. 30th Jan.	7.30pm-9.30pm	8	No Fee	ABCE Centre
NAL 12112	ESOL FETAC Level 3	Wed. 1st Feb.	10.00am-12.30pm	12	Exam Fee will apply	ABCE
NAL 12113	ESOL FETAC Level 5	Mon. & Thurs. Starts Mon. 30th Jan.	10.00am-12.30pm	2 classes per week x 12 weeks	Fee to be confirmed at enrolment	ABCE Centre

ENGLISH AS A SECOND LANGUAGE – NEWBRIDGE

Enrolment: St. Conleth's VEC School: Tuesday 17th January 7.00-9.00pm

Newbridge Parish Centre: Thursday 19th January 10.00am-11.30am

Contact : Maria 086-8361380

Ref	Course	Day/Date	Time	Weeks	Fee	Venue
NAL 12114	ESOL Beginners	Thurs. 2nd Feb.	10.00am-12.00 noon	8	No Fee	Newbridge Parish Centre
NAL 12115	ESOL Improvers	Thurs. 2nd Feb.	7.30pm-9.30pm	8	No Fee	St.Conleth's Community College
NAL 12116	ESOL FETAC level 4	Tues. & Thurs. 31st Jan.	7.00pm-10.00pm	12	Fee to be confirmed at enrolment	St.Conleth's Community College Newbridge
NAL 12117	ESOL FETAC level 3	Tues. 31st Jan.	7.30pm-10.00pm	12	Fee to be confirmed at enrolment	St.Conleth's Community College Newbridge

The Adult Literacy Service and the Back to Education Initiative are funded by the Department of Education and Science with assistance from the European Social Fund

INVESTING IN YOUR FUTURE

Back to Education Initiative (BTEI)

BTEI provides part-time Further Education programmes for young people and adults.

The aim is to give people an opportunity to combine return to learning with family, work and other responsibilities.

BTEI courses are free to those in receipt of a social welfare payment or with less than Leaving Certificate standard of education. **Contact Maria or Deirdre on 045-866314**

BTE 12130	Spreadsheets – FETAC Level 5 Advanced Computers	Mon. & Thurs. 30th Jan.	12	7.30pm-10.00pm
BTE 12131	Word Processing – FETAC Level 5 Advanced Computers VTOS Newbridge	Mon & Wed 30th Jan	14	4.00pm-6.00pm
BTE 12132	Computer Applications – FETAC Level 4 Database, Spreadsheets & Powerpoint	Mon & Tues 20th Feb	12	Mon: 2.00-4.00pm Tues: 10.00-12pm
BTE 12133	Book-keeping – FETAC Level 5 Manual & Computerised	Wed & Thurs 1st Feb	10	9.30am-12.30pm 9.30am-11.30am
BTE 12134	Payroll – FETAC Level 5 Manual & Computerised Book-keeping Manual & Computerised	Tues 31st Jan	30	6.00pm-10.00pm
BTE 12135	Maths – FETAC Level 4 Arithmetic, Algebra, Geometry & Data Handling	Mon & Tues 5th March	10	2.00pm-4.30pm
BTE 12136	Maths – FETAC Level 3 Practical application of basic mathematics	Friday 3rd Feb	12	9.30am-12.30pm exam fee will apply
BTE 12137	Communications FETAC - Level 5 (This module is mandatory for all Level 5 major awards)	Mon 23rd Jan	16	2.00pm-5.00pm
BTE 12138	Return to Learning (FETAC Level 4 - Communications) This course will help you revise your learning skills & prepare you to undertake further education or training. It includes computer skills	Wed & Fri 22nd Feb	16	10.00am-12.30pm

Community Education

Community Education Facilitator: Susan Cullinane. 045-881863. Email scullinane@abce.ie

Outreach Worker: Fiona O'Keeffe. 045 881863. Email: ceoutreach@abce.ie

Community Education aims to support groups and communities who want to offer community education in response to a need they have identified in their area.

We can help by

Supporting your group in its development/ Assisting you to develop a course or project

Sourcing tutors/ Providing Community Education Grants

Linking you to other groups involved in Community Education

Community Education Courses Naas

A.B.C.E. Centre, Jigginstown, Naas

Ref	Course	Day	Weeks	Time	Fee
CEF 12101	Computers For Improvers This course will cover Excel, Access, Desktop publishing and the Internet & Email. This is for students who have some knowledge of Microsoft word.	Mon	8	9.30a.m. - 11.30a.m.	€80 / €20
CEF 12102	Fabric Weaving This is a beginner's course using creative techniques on a variety of textiles, wools, fibres and fabrics. Additional cost of €10 towards materials.	Mon	9	9.30a.m. - 11.30a.m.	€80 / €20
CEF 12103	Chair Yoga Learn how to re-energise and de-stress. Find inner peace with this gentle system of stretching, breath work and relaxation from the comfort of your chair.	Mon	8	11.45a.m. - 1.45p.m.	€60 / €15
CEF 12104	Internet & E-Mail Discover how easy it can be to surf the net. Use the internet for things like booking a flight, reading the newspapers, looking up the census and local history. Set up an e-mail address. Use Flickr and Skype.	Mon	8	11.45a.m. - 1.15p.m.	€80 / €20

Community Education Courses Naas, continued

CEF 12105	Computers for the Terrified Relaxed course to help the total beginner gain confidence using the computer.	Tues	8	2.00p.m. - 4.00p.m.	€80 / €20
CEF 12106	Tracing your family tree (through the Internet) An introductory course on how to trace your family history & build up your family tree through the Internet.	Wed	5	2.00p.m. - 4.00p.m.	€50 / €15
CEF 12126	TRAC- (Turning Retirement into Active Citizenship) This is a course to help you discover how to work for change in your community. Contact us for a brochure.	Wed	8	2-5p.m.	FREE
CEF 12107	Digital Camera This is for those who already have basic computer skills. Learn to use basic functions on your camera. Download photos and save onto CD. Set up E-mail addresses, send photos and make a personalised calendar.	Starting Wed 21st March	5	2.00p.m. - 4.00p.m.	€50 / €15
CEF 12108	Colour Me Beautiful Discover how your colours, clothes and make-up help you look younger, healthier & brighter. How to wear and update your clothes, key styles of clothes to suit your shape and suitable make-up to apply.	Starting Wed 1st Feb	6	9.30a.m. - 11.30a.m.	€60 / €15
CEF 12109	Internet & E-mail As Above	Thurs	8	11.45a.m. - 1.45p.m.	€80 / €20
CEF 12110	Acorn 50+ Group Plans for this term include dancing, crafts, yoga, aromatherapy and occasional invited guests to give talks on various subjects and lots of field trips. Contact Susan for details 045-881863	Thurs	On going	2:00p.m. - 4.00p.m.	€2 weekly
CEF 12111	Time For You Pulled in all directions by the demands of your life? Take time for your SELF to reflect, relax and find balance.	Fri	8	9.30a.m. - 11.00a.m.	€15

Coill Dubh Community Centre

Enrolment Monday 23rd January 2012 between 10.00a.m.-11.30a.m.

Classes Starting Monday 6th February 2012

Ref	Course	Day	Weeks	Time	Fee
NAL 12118	Computers For The Terrified (Laptop Computers) A basic Course for adults who have no computer skills	Mon	6	9.30a.m. - 11.00a.m.	Free
CEF 12112	Felting This creative beginner's course will teach felting techniques using a variety of wools, fibres and fabrics. Additional cost of €10 towards materials.	Mon	7	11.15a.m. - 1.15p.m.	€60 / €15

Monasterevin – Parish Centre

Enrolment Tuesday 24th January 2012 between 10.00am-11.30 a.m.

Classes starting Tuesday 7th February 2012

Ref	Course	Day	Weeks	Time	Fee
CEF 12116	Chair Yoga As Above	Tue	6	9.30a.m. - 11.00a.m.	€45 / €10
CEF 12117	Felting As Above Additional Cost of €10 towards materials	Tue	7	11.15a.m. - 1.15p.m.	€60 / €15