

# ADULT EDUCATION IRELAND



Promoting  
Lifelong  
Learning

Produced by NACED, the National Association of  
Adult and Community Education Directors

## CONTENTS

- 3 Foreword
- FEATURES**
- 4 Dance like the stars in Cabinteely!
- 6 Tai Chi – an art for living
- 8 Ashton's sugarcraft supremo wins gold!
- 10 New Bookkeeping Certification ticks all the boxes
- 11 Lifelong learning in step with career
- 12 From zero to a H3 in Irish in two years!
- 13 Creating artwork with lace
- 14 Giving everyone the chance to dance
- 16 St Colmcille's class for men who like to cook
- 18 To Russia for love!
- 19 Fun and relaxation with Angels
- 20 The Sound of Music Technology in the Donahies CS
- 22 Rockin' the ukulele in Portmarnock
- 24 Timber titans teach the wonders of wood
- 26 Hygge, one stitch at a time in Trim
- 28 Sewing is sooo popular!
- 30 Spanish class went the extra mile – to Spain!
- 32 Hartstown: a haven of activity!
- 34 Super at Stained Glass
- 36 5K and Beyond – yes you can, in Carrigaline
- 38 In fine voice in Bishopstown
- 39 SNA courses a springboard for Patricia
- 40 Business success in Clane
- SCHOOL LISTINGS**
- 42 A to Z Listing of NACED Member Schools

## EDITORIAL TEAM

Editor: Deirdre O'Flynn, [www.SpellCheck.ie](http://www.SpellCheck.ie) (087) 229 0855  
 Graphic design: Mary Fleming Design (086) 805 9039



## FOREWORD

Albert Einstein once said that "Intellectual growth should commence at birth and cease only at death". As providers of adult and lifelong learning, we continue to ensure that the provision of education to our communities does not end when you leave secondary school.

Community schools are bound by their deeds of trust to provide lifelong learning to the community. And since 1974, the National Association of Adult and Community Education Directors (NACED) has been very successful in providing lifelong education across our diverse communities. The public face of NACED is Adult Education Ireland and, over the last few years, we have utilised digital and print marketing to engage with more people and provide them with the opportunity to avail of the education we provide in our schools.

As society has become more diverse and dynamic, so too have our courses. As workers in our communities require new skills and upskilling, our schools have responded with classes. We bring people together

under a unifying banner of social inclusiveness and educational engagement. This is our *raison d'être*: to provide educational opportunities for the personal, social, and academic needs of the people and the communities we serve.

As Chairperson of NACED in 2019, it is a privilege to be part of an organisation which provides so much to our communities. Our role is often overlooked, our services regularly underplayed and our legacy sometimes unheralded. But, without us, there would be a noticeably large and unfulfilled gap in our community. This booklet is a celebration of all that we are. It is a testament to the education we provide our communities. It is a reflection of our community of adult learners. It is who we are and who we serve.

*Eugene Cahill*

NACED Chairperson, November 2019





## DANCE LIKE THE STARS IN CABINTEELY!

Night class participants in Cabinteely Community School are thrilled to be learning **Country Jive and Line Dancing** with tutor Laura Nolan, who will feature on *Dancing with the Stars* in January!

As well as Country Jive and Line Dancing, Laura is a professional dancer and provides ballroom and Latin dancing classes privately. "My mother was a dancer, so I started dancing when I was three," says Laura, who hails from Lucan.

*"I started with ballet, Latin and ballroom dancing until I was 16, got all my ballet exams, and then stopped the ballet. I started teaching at 15!"*

An accomplished professional dancer, who describes dance as a sport, Laura has an impressive list of achievements. She was a finalist in the U21 World Championship, placing her amongst the top 10 in the world. She and dance partner Alessandro Bosco ranked



*Laura Nolan with dance partner Alessandro Bosco*

number five in the World Open in Riga, Latvia, last December. She has won numerous International Open championships and was a finalist in the German Open. In fact, she was



the first Irish dancer to compete in the World Championships, so her talent is undisputed.

### DANCING WITH THE STARS

Having been on the competitive trail with ballroom dancing and focusing on World Championships and representing Ireland, Laura is looking forward to the change of pace with *Dancing with the Stars*. "The professionals got together to start training in November, then we started with the celebrities in December, and the live shows will be recorded in January," says Laura. "It's a good opportunity to put dance more into the spotlight – ballroom and Latin dance competitions aren't televised in Ireland, so this is a good opportunity for people to see dance."

### LINE DANCING

What people are seeing increasingly is line dancing as social dancing sweeps the country.



*Laura Nolan, country jive and line dancing tutor, competing internationally*

*"Line dancing is so popular again and it is great to see – dance is amazing for people's fitness. It's a great way to burn calories in a chilled relaxed way as it has a fun element to it."*

*"The great advantage to country jive and line dancing is that you don't have to have a partner – I teach both sides in terms of the steps involved in country jive so that each person can then dance with anyone."*

*"It's great, people meet others and go to social dancing and start new friendships. People are there to enjoy themselves and do a little dancing. It's great to see dance so popular."*



Adult Education Dept, Cabinteely Community School, Johnstown Road, Cabinteely, Dublin 18. [www.cabinteelyadulthoodeducation.ie](http://www.cabinteelyadulthoodeducation.ie) •

• 01 285 7455 • [info@cabinteelyadulthoodeducation.ie](mailto:info@cabinteelyadulthoodeducation.ie)

## TAI CHI – AN ART FOR LIVING



*Tai Chi Master Charles Thackaberry*

When we think of Tai Chi, we think of slow graceful movements – and, yes, you too can learn those slow moves in night classes across the country.

Master Charles Thackaberry is an experienced **Tai Chi** tutor and has been teaching Tai Chi since 1981. Today, he runs very successful night classes in Gorey Community School, Co. Wexford, right back where he started in the 1980s. *“Classes became very popular during the Celtic Tiger years because people realised they needed to take care of themselves,”* said Charles, who also runs classes in Dublin.

### HOLISTIC APPROACH

So, what is Tai Chi? An ancient Chinese tradition, it combines a series of slow continuous movements that flow into each other, meditation, and breathing exercises. *“You tune into your body and mind,”* said Charles, adding that, in today’s fast-paced world, people

who are recovering from illnesses find it useful and busy people find it a great way to destress.

Charles himself came to Tai Chi as a fan of Bruce Lee when he was a teenager in Enniscorthy, Co Wexford.

*“I did Tae-Kwon-Do for a few years but was not into the fighting side of it. Then a friend of mine died and I felt like I had no tools to deal with it. I discovered Tai Chi and my teacher told me it was an art for living.”*

### BENEFITS

*“It’s quite meditative and a lot of our students might come to us suffering from burnout – Tai Chi lets you recover and learn techniques so you can save yourself. It’s very relaxing and calms the mind and can really help with anxiety or physical and mental stress.”*

Charles also works with people with Down’s Syndrome who may not be able to verbalise stress.



*“The exercises are geared towards the health side of things, and are ones that help with blood pressure, stroke and the mind.”*

By working at a physical, mental, emotional and spiritual level, Tai Chi helps bring balance to a person’s body, mind and soul.

*“A lot of people who don’t sleep well say they always sleep well the night of the Tai Chi class!”* said Charles.

### FULL CIRCLE

In Gorey, the classes proved so popular that an additional night was added, bringing the number of classes available to people to four a week – two on Tuesday and Wednesday nights.

*“When I started classes in the 1980s, one of the first places that gave me a class was Gorey Community School under the adult education director then, Paddy Conway. It didn’t take off at the time, so it is great to see how Tai Chi is so popular now in Gorey.”*



*Charles Thackaberry demonstrating Tai Chi*



Adult Education Dept, Gorey Community School, Gorey, Co Wexford.  
www.goreyadulthood.ie • 053 942 1167 • info@goreyadulthood.ie



## ASHTON'S SUGARCRAFT SUPREMO WINS GOLD!



Fiona Kennedy just loves her **cake decoration night class** in Ashton Comprehensive School, Cork - and her talent shows in her work. She's so good, her handiwork won gold at a recent Cork Sugarcraft Show. All thanks to a nurturing night class which she started in 2018!

*"I was always interested in baking and I've a great interest in making flowers. The class also covers making figurines, writing on cakes, covering cakes. The tutor, Kathleen Cronin, is fantastic. She got us to enter the Sugarcraft show which is in Cork every two years and we did very well. Kathleen is so encouraging, she's great at giving you confidence."*

### RELAXING

The class has been such a success for Fiona that she has also joined the Cork Sugarcraft Association and met loads of like-minded people.

*"The cake decorating is a big part of my life now," she said. "It relaxes my mind - I get so involved in it and forget everything else."*

### STAINED GLASS

And her lucky family are the beneficiaries of all her lovely artwork. And, in time, they may also be receiving stained glass gifts! Clearly a creative person, Fiona has just started a stained glass night.

*"I love it, it's totally different. With the cake decorating, I practice at home. But with the stained glass, I just go in and work away there on my A4-sized puffin! I love birds and I love the Skelligs in Kerry - we were able to pick anything we'd like to do, so I picked a puffin. Others are making flowers, animals, lighthouses, lampshades."*

### INFORMATIVE

*"In both classes, the tutors give a lot of background information. There's loads to know about sugar - people don't realise that! And, in the stained glass class, tutor James Nicholl tells us where we might see stained glass windows and how they're made."*

*"The classes are really great - I've met such nice and interesting people."*



## NEW BOOKKEEPING CERTIFICATION TICKS ALL THE BOXES

NACED schools are the first in the country to introduce a new **Certificate in Bookkeeping** accredited by the Institute of Certified Bookkeepers (ICB).

*"The Certificate is aimed at those who are new to bookkeeping and have little or no previous knowledge or experience," — Tena Sheil, an accountant and lecturer who has introduced the Certificate to Ireland.*

*"It's ideal for anyone who would like to work in an accounting role in a small business, for people who would like to run their own bookkeeping business, or for owner-managers who wish to understand the finances of their small business."*

It is also very useful for bookkeepers who would like to enhance their experience with a qualification.

### SCHOOLS

So far, two community schools have had great success with the Certificate, introduced in September 2019.

*"Malahide and Gorey are running the courses with good numbers attending — essentially, ICB provides the course materials and the school sources the tutors."*

The Certificate in Bookkeeping is made up of five topics:

- 1) Underpinning Knowledge,
- 2) Preparation of Business Documents,

- 3) Accounting for VAT,
- 4) Entering Transactions,
- 5) Reconciliation and Reporting.

### WHAT IS THE ICB?

The ICB is the largest bookkeeping institute in the world, said Tena, who lectures on the ATI night course in Gorey Community School and delivers ACCA and CPA professional programmes. The ICB promotes and maintains the standards of bookkeeping as a profession through the establishment of relevant qualifications and the award of grades of membership that recognise academic attainment, working experience and competence.

### QQI UPGRADE

Significantly, the ICB also offers a conversion course for those who have achieved a Distinction in QQI Level 5 Manual & Computerised Bookkeeping.

Both the Certificate and Conversion Course include student membership of the ICB.

*"The advantage of having an ICB qualification is that ICB qualifications are recognised as the benchmark for the profession across the world", said Tena.*



## LIFELONG LEARNING IN STEP WITH CAREER



Every year, Tara McCarthy tries to do a night class. This year, she's undertaking the new **Bookkeeping Certificate** in Malahide Community School.

*"I went back to work full-time a few years ago — and did an Excel course when I was going back into the workforce and so that I could do basic accounts. In my new role, I'll be moving into Finance — I have no formal training in bookkeeping so this new ICB (Institute of Certified Bookkeepers) certificate will teach me bookkeeping and give me a qualification as well. For me, the timing couldn't be better."*

### TIME OUT

Previously, Tara and her husband did night classes together as a way of spending time with each other and getting time out from parenting their four children. *"We did a ballroom dancing class together — I started night classes here in 2010 and try to do at least one a term."*

*"This ICB certificate will help me with my career and it's nice for the kids to see that education doesn't finish with college."*

### LEARNING NETWORK

Along with helping her career, the night classes help socially as well.

*"I've made good friends on the courses and still meet up with people I've met over the years. On this course, it's all women of different age groups and professions and it's really about women supporting women. We go over things at the end of class and Elaine, our tutor, is brilliant and we get support as well from Tena, the ICB representative — that is great because we are learning from a different perspective. That and the ICB resources are a wider support, like a scaffolding, around the class."*

Every night class comes with an adult education department behind it and Tara is very complimentary about the team in Malahide.

*"The staff are brilliant, and they provide a huge number of courses for the whole community."*

Tara is so pleased with her progress that she's thinking of progressing onto Year 1 of the Accounting Technicians' course!





## FROM ZERO TO A H3 IN IRISH IN TWO YEARS!



*Máire Kelly, who secured a H3 in Leaving Cert Irish which she studied at night in Gorey Community School*

Máire Kelly started to learn Irish seriously in 2017 - and secured herself a H3 in this year's Leaving Cert! She is now attending Dublin City University, undertaking the four-year Bachelor of Education degree programme.

Home-schooled from the age of eight, she has an international qualification that is the equivalent of the Leaving Cert. "But when I decided I wanted to be a primary teacher, I knew that I would need a H4 in Leaving Cert Irish," said Máire, from Arklow, Co Wicklow. "So I started learning Irish in 2017 - I knew some Irish words but not many. I did an online course at Junior Cert Level and, last year, I went to the Leaving Cert Irish night class in Gorey Community School and got grinds as well."

"My grandparents spoke Irish and I love languages - I learned Russian using a learning language software programme and now I have pen pals in Russia!"

Work experience teaching crochet

in a local Gaelscoil also helped to improve her Irish and she was able to study at home alongside her siblings.

*"I'm pretty self-motivated and able to work on my own, so I did a lot of study at home to complement the classes."*

In Gorey, she found the night class, which runs on Monday and Wednesday nights, hugely beneficial.

*"The teachers taught us as peers, which was really nice."*

This **Leaving Cert for Mature Students** night class is specifically designed for students who want to improve a grade achieved previously in Irish so that they can gain entry into courses where a minimum grade of H4 is required. These are typically primary school teaching undergraduate courses. The class focuses on the Leaving Cert oral exam or the Hibernia College Irish interview and on the Leaving Cert higher level written exam paper. People who just want to improve their Irish speaking abilities also attend the class!

*"The Leaving Cert exam was OK - the essays I wanted didn't come up, but I was able to tie in essays that I had prepared. I preferred the Oral Irish exam - I was asked my favourite sraith pictiúr and poem."*

*"Overall, I found that Irish was a challenging language but I love languages and I really want to be a teacher, so I persevered!"*



Adult Education Dept, Gorey Community School, Gorey, Co Wexford.  
www.goreyadulthood.ie • 053 942 1167 • info@goreyadulthood.ie

## CREATING ARTWORK WITH LACE



Mary O'Sullivan has been attending the **lace making class** in Ashton Comprehensive School for five years. She tells us of her experience in the class:

*"This class was a totally new experience for me. During Heritage Week over five years ago, I went to a Lace Expo in Cork and was intrigued by what I saw. Veronica Stuart, our tutor, was there that day and she recommended the class in Ashton. Veronica is one of the longest-serving tutors in the school."*

*"Everybody makes different pieces, with lace, crochet and embroidery. I'm working on a table runner*

*of wildflowers of the forest. It is Mountmellick Lace style which is unique as it is the only form of white-on-white embroidery from the Nineteenth Century which can claim to be entirely Irish in origin and design."*

*"It is brilliant to learn a new skill and I have made all types of lace at this stage. Most of the class return each term and we are very welcoming to new joiners. It is sociable and we sometimes display our work and go to exhibitions out of the school. Since starting the class, I have also become a member of the Irish Lace Association."*



Adult Education Dept, Ashton Comprehensive School, Blackrock Road, Cork. www.ashton.ie/adult-education • 021 432 2382 •  
adulthood@ashton.ie

## GIVING EVERYONE THE CHANCE TO DANCE



*Cayisha sings and dances in her own band, a dream come true*

Cayisha Graham is a **dance tutor** in St Tiernan's Community School, Balally, in Dublin. Teaching dance for the past 10 years, she tells how her Jamaican background has influenced her.

*Although I was born in England, I am half-Jamaican and half-Italian and growing up in Jamaica from age four to seven had a massive influence on me musically. In Jamaica, you are reared on music, you live and breathe it, it's a way of life.*

*When I moved from Jamaica to Ireland, it was a huge culture shock and took me a while to settle in. My taste in music was very different from anything that was going on in Ireland and I don't think anybody had really*

*even heard of Caribbean music back then. In my family, I think dance and music were a way for us to bond, so you would often find the whole family in the kitchen breaking out the moves in our own way of togetherness. And that has not changed to this day!*

### IN THE NOW

*As a teenager, I was going through all the highs and lows of teen angst. Then, I realised that dancing gave me confidence – it was my escape from worries and stress. When you're dancing, you're in the now, there is no room for thinking about anything else. I found it was like a form of meditation. When I finished college, I got a job as a teacher in the Dance Theatre of*

*Ireland. So many doors have opened up for me, I really have Loretta Yurrick and Robert Connor, the artistic directors of the Dance Theatre to thank for that. Their belief in me gave me the inspiration to push my boundaries and I try to pass this on to all my students, including those on my DancerSize night class in St Tiernan's Community School.*

*The job is so rewarding when you see the difference it can make to a person's life. I often see students coming in very shy, timid and no confidence. After a few classes, they come out of their shells and are full of confidence. I try to create an environment that's happy and safe.*

From my youngest student to my



*Cayisha Graham, Dance tutor at St Tiernan's Community School, Balally, Dublin*

oldest student, dance is timeless and it's a beautiful thing to watch them flourish regardless of their age.



Adult Education Dept, St Tiernan's Community School, Parkvale, Balally, Dublin 16. [www.adultedtiernans.ie](http://www.adultedtiernans.ie) • 01 295 3224 • [adulted@tiernans.ie](mailto:adulted@tiernans.ie)



## ST COLMCILLE'S CLASS FOR MEN WHO LIKE TO COOK



*Busy producing in the men's cookery class!*

Men love to cook too! And in St Colmcille's Community School in Dublin's Knocklyon, the **Cookery for Men** class has proved extremely popular.

This course gives men the chance to improve their cooking skills and add to their repertoire of favourite meals. The emphasis is placed on cooking meals that men traditionally like to cook (and eat!).

The man behind the skillet for the last two years is Frank Guinevan, a professional chef. *"I have a family background in food and I've always enjoyed experimenting with new methods, menus and tastes. Food is about all these things but it is foremost about an experience, whether that is learning on a personal level about*

*food or sharing that experience with family and friends."*

### WHOLESUME FOOD

For Frank, the best thing about teaching is in nurturing the enthusiasm and interest in food shown by the class participants each week. "Being able to cook healthy wholesome food is a basic skill that gives people of all ages independence. Learning how to take raw ingredients and by following a recipe, you can then turn them into a desirable dish, picking up handy tips along the way is what I am trying to achieve as a teacher."

One of the most important elements in any class is fun. *"After the first evening, all the participants start talking and sharing and discovering a*



*Chef Frank Guinevan, who tutors on the Cookery for Men night class in St Colmcille's Community School, Knocklyon, Dublin*

*common interest and that gives me a great sense of achievement. It is satisfying to hear someone say that, as a result of the class, they only make homemade soup now. In the class, we cover some baking and also regional cooking such as Italian and Spanish dishes.*

### SHARING EXPERIENCE

*"Food is also about sharing. All the recipes we cover in the course can be recreated at home. Because the class is hands-on, the mystery has been removed and you can just go ahead and enjoy good company and hopefully receive the praise you deserve."*

In his role as a chef, Frank gets a lot of satisfaction from preparing food and getting feedback that the customer has enjoyed what he has prepared using his skills. *"Teaching this adult education class has the same effect: knowing that the skills I teach will be used to allow those class participants to add and enjoy another experience."*



Adult Education Dept, St Colmcille's Community School, Scholarstown Road, Knocklyon, Dublin 16. [www.knocklyonadulthood.ie](http://www.knocklyonadulthood.ie) • 01 495 3882 • [adulthood@stcolmcillescs.ie](mailto:adulthood@stcolmcillescs.ie)

## TO RUSSIA FOR LOVE!



Lauren Ryan has more reason than most to learn **Russian** - her boyfriend was born in Russia and she will be hoping to converse in his native tongue when they visit Russia in the next few years.

"I took the Russian beginners class in Coláiste Chiaráin in Leixlip to learn his language," says Lauren, who loves languages and took on Irish as an extra subject in her degree. "And I wanted to do something to challenge me after I had finished my degree.

"I'm absolutely loving it. Whilst I have a good grasp of speaking Russian, I wanted to improve my reading - the Russian alphabet is completely different. But it's so much easier to learn Russian when you can read it, as it is literal and phonetic. Once you can read it, you can sound it out."

### PASSIONATE TUTOR

With seven people in the group, there is great variety - and tutor Rodica Darii comes in for great praise. "Rodica has a

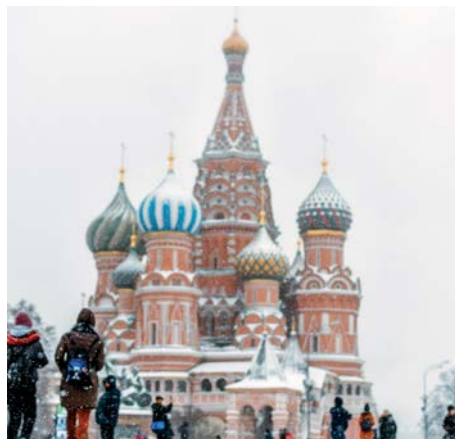
great way of explaining everything and she talks us through what we're doing so that it's easy to understand. She also finds new things for us to do at home so that we practice during the week. She puts her heart and soul into it."

### RUSSIAN PRIDE

"People in the class want to travel in Russia and be able to speak the language, which I think is great. The class makes it so that you wouldn't be apprehensive now about speaking Russian.

"There's a massive Russian community in Ireland and Russian people are so proud of their language and heritage. And I think it's really cool that people here are learning Russian for their own personal reasons."

For Lauren, being able to communicate in Russian now means she can text her boyfriend's mother in Russian!



## FUN AND RELAXATION WITH ANGELS



Tutor Ann Marie Mullen explains what her night class in Old Bawn Community School, Tallaght, Dublin 24, entails...

"I believe that, for every problem or need you have in life, God has an angel who can help and guide you. I believe angels live in the spiritual realm, that they are always close to us and, if we can relax our busy minds and tired bodies, we can make contact with them, receive their love, wisdom and blessings.

In the classes which I have been running at Old Bawn for the last 18 years, I try to help the men and women who come to them make their own personal connection to the Angelic realm.

I try to show them that angels are everywhere even if they are not aware of them, even if they don't know what angel is in charge of what. That there is energy, rays of light coming from God to help us and each ray is an angel, an angel with qualities and gifts we can have access to.

### RELAXATION

In order to do this, I teach them to slow down, how to relax their bodies and minds so that they can become more aware of all the other energies going on in and around them. In order to do this, we practice relaxation techniques, give one another head, hand and foot massages, hands-on healing in the fragrant atmosphere of Aura Soma Colour therapy oils, pomanders and quintessences, in candlelight with soothing music playing in the background.

### MEDITATION

During the classes, we use all sorts of different kinds of Angel Cards that are on the market. We explore their artwork, the printed messages and what effect this information has on each one of us personally. To help us relax further, we use Bach and Bush flower remedies to help stabilise our emotions. At the end of the evening, I lead the group in a guided meditation. As they recline on the sofas and bean bags, I invite them to meet the Angel of the evening. They leave relaxed, connected in a more meaningful way to an angel who supports them for the following week."





## THE SOUND OF MUSIC TECHNOLOGY IN THE DONAHIES CS



*Don McKeivitt (left), pictured with  
Ronnie Wood and Bill Wyman  
of the Rolling Stones*

It's not everyday you meet a guy who's worked with musical geniuses such as Van Morrison, Thin Lizzy, BB King, Chris Rea, or Jethro Tull. But, if you were in the **Sound Engineering and Music Technology** night class in the Donahies Community School in north Dublin, you'd bump into Don McKeivitt. Don joined the class to learn about today's sound engineering technology.

*"I started as a sound engineer and toured with the likes of Thin Lizzy and Chris Rea and also worked as production manager in studios with Van Morrison, Chris Rea, and the Rolling Stones," says Don. "I was very fortunate; I've been to most places in the world with the music."*

A songwriter and musician for years, he came across the Donahies night class and tutor JJ Vernon when he wanted to update his own skills. "I

*know live music mixing, but I knew nothing about the modern way of mixing. And I wanted to learn that so I could use it for my own song writing and recording.*

*"The class is excellent — JJ is very knowledgeable as an engineer and as a musician. He's also a very good teacher — we're a mixed bunch in the class but all our aspirations are serious."*

### THE TECHNICAL BIT

In the class, people learn how to record and edit musical performances by both solo artists/ensembles and speakers. They learn how to operate Pro Tools, mixing and editing software, as well as exploring MIDI, using virtual instruments and plug-ins.

*"I keep the course practical," says tutor JJ Vernon, adding that the class attracts musicians keen to record their own work or that of bands. They might be nervous of the technical aspects of the recording technology — but that soon disappears as the group works together on each other's work.*

*"People's interests vary — the younger participants are into electronic sound, synthesisers, and drum machines. The older participants are into singing along to their guitars and want to capture that."*

### CONFIDENCE

The class is also a reflection of how the music industry has changed.



*JJ Vernon, sound engineering tutor in the Donahies Community School,  
pictured playing the guitar in the recording studio.*

*"Musicians used to record in large studios with professional staff," says JJ, who works as a sound engineer himself. "That's gone now — anyone can produce a CD, and the money is in gigs and merchandise as streaming of music has changed everything. Now, it's all about*

*learning the software and I give them the confidence to get started on that." Who knows, the next Van Morrison or Chris Rea could be learning how to mix music in the Donahies Community School? Stranger things have happened!*



 **Adult Education Dept, Donahies Community School, Streamville Road, Grange, Dublin 13.** [www.donahiesadulted.ie](http://www.donahiesadulted.ie) • 01 848 2217 • [donahiesadulted@gmail.com](mailto:donahiesadulted@gmail.com)

## ROCKIN' THE UKULELE IN PORTMARNOCK



Did you know that the ukulele dates back to the 1800s? According to legend, Portuguese immigrants brought ukuleles with them to Hawaii around 1879. The little four-stringed instrument has remained popular since then – and tutor Andrew Mahon is playing his part by giving **ukulele night classes** in Portmarnock Community School.

*“The ukulele is easy to play and can lead you on to learning how to play other stringed instruments, like the mandolin, banjo or guitar,”* says Andrew, who also teaches beginner and advanced guitar night classes in the school.

*“With a small fret board, it’s ideal for all ages, and we have people from their 20s up to retirement ages in the class. We limit it to 10 places so that I can get around to each person a few times. Everyone has a different*

*style and speed of learning, so this way I can show them the proper way to hold the instrument and help them with the chords.”*

### MELODIES

From the sounds of Hawaii to old western music, the sweet sound of the ukulele has transfixed people for generations. Andrew keeps a contemporary twist to the tunes the group learns, with much competition



to learn melodies suggested by the night class participants themselves!

*“We cover everything from Abba to Mary Black, David Bowie, and songs from The Greatest Showman – and anything and everything in between,”* says Andrew. *“Then, there’s the added sense of achievement – and investment – from learning a song that they have picked themselves.”*

It obviously works, with classes becoming increasingly popular. *“I also set out songs for the students to learn over the summer, so there’s no break in momentum. That then leads to a lot of repeat people coming to the classes, so we have a blend of new and old faces each term.”*

There is also a blend of skills, which serves to motivate new students when they see the level of skills that can be achieved. And they’re in good hands – Andrew has been an avid guitar player for over 20 years playing for enjoyment and also professionally. Having attained his teaching diploma for guitar from the Victoria College of Music, London, he’s sharing the joy that playing music can bring with a winning formula!



Andrew Mahon, ukulele tutor extraordinaire!



Adult Education Dept, Portmarnock Community School, Carrickhill Road Upper, Portmarnock, Dublin. [www.portmarnockcommunityschool.ie](http://www.portmarnockcommunityschool.ie) • 01 803 8069 • [adulsted@portmarnockcommunityschool.ie](mailto:adulsted@portmarnockcommunityschool.ie)



## TIMBER TITANS TEACH THE WONDERS OF WOOD

Chris Lawlor and Adrian Finlay turn wood into wonders in their night classes in St Colmcille's Community School, in Dublin 16's suburb of Knocklyon.

The **Woodturning class**, delivered by Chris, offers the woodturning beginner the basic skills in tool control, turning methods and machine safety. Covering both spindle turning and faceplate work, beginners start with simple objects such as a 'Twig Vase', and progress onto more complex items by the end of the ten-week course. Those who already have some experience of woodturning are given projects of a suitable level and encouraged to advance their skill level and range of techniques. Class sizes are kept small and there is one student per lathe, ensuring that students have a fully hands-on experience.

### LEARN SKILLS

Both Chris and Adrian deliver the **Woodworking and Furniture Making class**. In this, participants work through a variety of projects during which they learn basic woodworking and furniture making skills. Learning the correct use of power and hand tools, participants also learn how to prepare solid timber and panel board as well as finishing and polishing techniques.

"Altogether, we run classes in woodturning, cabinet making, and wood carving every week," says Chris, who worked as a cabinet maker and project manager in a furniture company himself. "As a project manager, I ran projects up to a value



*Some items in wood, produced by Woodturning course participants*



*The popular Woodwork and Furniture Making course is offered on Tuesday and Wednesday evenings (photo: Morgan Bardon)*



*The Woodcarving course at St Colmcille's is also popular*



*Tutor Adrian Finlay (above right, and right) demonstrating wood carving skills*

of €1 million." Then, he moved to Dublin Institute of Technology as a lecturer in the wood section, working with apprentices and the degree programme. "I upskilled in DIT during the recession and have a degree in timber production management, so I also bring industry experience to the work," says Chris.



*Tutor Chris Lawlor pictured with GAA supremo Michael O Muircheartaigh.*



### STRESS RELIEF

"We get a good mix of night class students, young and old, experienced and people with no experience. We also have mixed genders in the class with three to four women in woodturning and about five in the cabinet making class."

Classes like these are useful for people who want to make gifts for family or friends; some set up workshops at home; and others have moved into apprenticeships and then industry.

"The benefits of our night classes are that they can provide stress relief for people who may work in offices all day. They can zone out for a while. With the woodturning, you can see the project, let's say a bowl, coming together quite quickly and you can take a finished piece home at the end of the night. There's a satisfaction in making and building something and seeing it through to the end."



Adult Education Dept, St Colmcille's Community School, Scholarstown Road, Knocklyon, Dublin 16. [www.knocklyonadulthood.ie](http://www.knocklyonadulthood.ie) • 01 495 3882 • [adulthood@stcolmcillescs.ie](mailto:adulthood@stcolmcillescs.ie)



## HYGGE, ONE STITCH AT A TIME IN TRIM



In Trim, Co Meath, one tutor is bringing the concept of 'hygge' to adult education in Boyne Community School. Hygge is a Danish concept encompassing a feeling of cosy contentment and wellbeing generated through enjoying the simple things in life.

Christina Donoghue, who lived in Denmark for a time and is married to a Dane, brings hygge to people's lives through her **patchwork and quilting class**. Not only did she learn her patchwork skills in Denmark but also her sense of organisation and preparation about classes. "I lived in Denmark for 15 years and adult education was a big thing there, and was facilitated by the trade unions. This was around acknowledging that people were busy during the day and wanted to do something different in the evenings. People in Denmark would be proud to say they were going to evening college."

### HOLISTIC APPROACH

Christina learned her patchwork in Denmark, so she had a clear template for adult education in her mind on her return to Dublin.

*"I felt that people wanted to do something creative at night, something different to their day jobs. Now, we have about 12 in the classes and regulars who keep coming back to us."*

### INVESTMENT

That engagement is also carried through by Christina who helps Adult Education Director Máire Walsh to promote the class! "I send out reminders - texts and emails - about the class myself. I've created our own community and it helps to promote the class which is a help."

### HEIRLOOMS

It also helps that Christina is passionate about patchwork.

*"I place a huge value on it - people are creating heirlooms. Patchwork and quilting - these are crafts that we have to look after. A craft is a living thing, you are always building on it."*



The group produces small bed quilts, cushions, wall hangings, small baby quilts, table runners and more. "You have to get to know fabrics and how they go together. And you learn how colours match together, about big prints and small prints. And people also get a lot of ideas from Pinterest, so that keeps them interested as well."

Christina is learning as well - "though I teach mainly traditional patchwork - in blocks - we always try more creative things as well. I get a buzz from coming up with new ideas each term. So, I benefit hugely from it as it pushes me as well."



Adult Education Dept, Boyne Community School, Dublin Rd, Trim, Co Meath.  
www.boyneadulteducation.com • 046 943 8000 • boynead@eircom.net



## SEWING IS SOOO POPULAR!

Mary Coonan is a **sewing** tutor with a waiting list!

An experienced designer, she tutors in the Donahies Community School on Tuesday, Wednesday, Thursday and Friday nights. That's not all! She also runs classes there on Wednesday afternoon. And on Saturday morning and Saturday afternoon. Whew!

*"When the recession hit, people began to look at knitting and sewing again – about making and repairing things,"* says Mary, who trained at The Grafton Academy of Dress Designing in Dublin. *"Then, the likes of Aldi and Lidl started to sell sewing machines and wool at cheaper prices and that made sewing and knitting more visible and manageable for people."*

*"And, because sewing isn't taught in schools now, a lot of people find they can't do the basics, like sewing on a button."*

### UPCYCLING

Now, people are into upcycling and recycling – and also love the social aspect of a night class.

*"We have people of all abilities in the class – you can go at your own pace and see how others have progressed as well. Not only that, but a lot of people say they forget everything when they come in, so it's a lovely way to de-stress. No matter how bad the day, you'll forget it when you start sewing!"*

Mary always insists that people take time to enjoy the tea break. *"Again,*



*that unites the group and I get a chance to chat to people individually, so I get to know them."*

And there's a great sense of achievement – *"we do small projects that they complete in two nights, so you could have five things completed at the end of a ten-week class."*



### EXPERIENCE

Mary says she has been sewing for years. *"I love passing it on to people."* She has worked as a children's wear designer and then took up dressmaking and tutoring. As well as running her own online shop, she also makes kits so that people can make their own handbags.

In the meantime, her classes continue to be popular – *sew popular* you'll have to join the queue!



 Adult Education Dept, Donahies Community School, Streamville Road, Grange, Dublin 13. [www.donahiesadulthood.ie](http://www.donahiesadulthood.ie) • 01 848 2217 • [donahiesadulthood@gmail.com](mailto:donahiesadulthood@gmail.com)



## SPANISH CLASS WENT THE EXTRA MILE – TO SPAIN!



Mariana Jiménez Moreno moved to Ireland in 2010 and, shortly afterwards, she started teaching Corkonians how to speak Spanish!

Today, she delivers beginners and more advanced **Spanish classes** in Bishopstown Community School, Ballincollig Community School, Ashton Comprehensive School, and Carrigaline Community School.



And, in September 2019, she and nine of her night class students headed to Cabra, a small town in Andalucia for four days. *"This was an immersion experience to enhance their Spanish language and knowledge of the Spanish culture and way of living,"* says Mariana, who hails from Madrid originally.



*"Cabra is a small town and most of the people there do not speak English, so it was an opportunity for the night class students to practice their Spanish. The town is one hour's drive from Cordoba and Granada, and two hours from Seville, so it was a great base."*

*"The main aim was to learn about the town and to get to know everything about it, the people, the food, the culture."*



### MEETING NEEDS

The Spanish classes in Cork have proved extremely popular. *"A lot of different people come to the classes: from people who are in college to people in their 80s. Some people want a few words of Spanish to use on their*



*holidays, or some want to learn Spanish because a family member has married a person from Spain or Latin American and they want to communicate better with them."*

*"In some classes, we have a very wide range of ages. I have students who want to train their mind and learn another language. Some people are retired and want to move to Spain (or already have a base in Spain) or want to learn to speak to Spanish-speaking grandchildren. Or, in the September class, people come to learn Spanish because they have booked a holiday in Spain over Christmas."*

### SOCIAL BENEFITS

As with any night class, the social benefits are enormous. *"In some classes, a lot of the same people come back each year. People become friends and get to know about each other's lives."*

In terms of lifelong learning, Spanish is ideal in helping people to navigate social situations on holidays.

*"In the beginners' class, we cover the basics, greetings, introductions, then different foods and directions. At the improvers' classes,*

*the participants know what they need – maybe going to a hairdresser when living or holidaying in Spain."*

*"Every class has a cultural element – so, for instance, at Christmas time, we cover what Christmas is like in Spain, compared to what it is like in Ireland."*

And the lucky ones get to visit Spain – lifelong learning at its best!





## HARTSTOWN: A HAVEN OF ACTIVITY!



In Hartstown Community School, evening classes range from aerobics to Zumba, boot camp to computing, DIY to pottery, gardening to oil painting, Asian cooking to photography, crochet to yoga and lots, lots more!

Here, a student and tutor tell us of their experiences ...

### LIFELONG LEARNER

Ger Keegan loves the night classes in Hartstown Community School. "Every year, I look at all the local brochures and, inevitably, I end up going back to Hartstown," says Ger, who has just completed a Dog Grooming night class and is currently participating in the Meditation and Mindfulness class.

"I feel things are well-organised and the place is lovely and warm. I find everybody lovely there and I love the cup of tea in the middle of the class – you get to chat with the others and it's a great social element to the night."

The **Dog Grooming class** was just the ticket for this dog lover. "I found it terrific, very informative. The tutor, Louise, was wonderful – as well as grooming, we covered positive reinforcement and feedback to the dog." This practical hands-on course also includes dog handling, brushing, bathing, clipping, ear cleaning, nail clipping and dental care.

"Louise brought in a different type of dog each week and her grooming table and showed us great tips to help everyone keep their own dogs tidy at home."

"It was a most enjoyable class – you wouldn't want to miss one!"



### A TUTOR'S TALE

On Tuesday nights, tutor Jason Deegan teaches the fundamentals of drawing in the **Drawing for Animation, Cartoons and Comics class**. It covers everything from designing and posing your own characters to an introduction to visual story-telling from Jason, an animation artist with 20 years' industry experience. It is ideal for those with an interest in animated film, video game design or comic art.

"I designed this module myself," says Jason, adding that the animation field in Ireland is booming at the moment. "The class appeals to adults who have done some drawing and want to produce their own comics or characters. We cover everything from



perspectives to storytelling, comic panels, storyboard panels – the focus is very much on drawing characters.

"Storyboards are still used to create storylines, so drawing is still important, even if a lot of TV animation is done on CGI – computer generated imagery."

No surprise then that the class is still drawing a crowd ... !



There's a wide range of classes available including pottery and cooking



Adult Education Dept, Hartstown Community School, Hartstown Rd, Clonsilla, Dublin 15. [www.hartstown-cep.com](http://www.hartstown-cep.com) • 01 820 9863 • [adult\\_ed@eircom.net](mailto:adult_ed@eircom.net)

## SUPER AT STAINED GLASS

Michael O'Mahony works as a chef in a Cork hospital – but outside of working hours, he cooks up amazing **stained glass** creations.

*"I just love it,"* he says of the hobby he took up three years ago in Carrigaline Community School. The night class, run by master craftsman James Nicholl, has enabled Michael to adorn his own home with everything from a stained glass lamp shade to a six-foot-long front-door panel, done in four pieces.

*"I had never done stained glass before, beyond putting in the odd pane of glass! And I was familiar with soldering from plumbing handiwork, so I just took to it. Now, I can do the skills, so I want to develop the design and James is a great tutor."*

### SEASCAPE DESIGN

Michael is so keen on stained glass work that he bought all the equipment required and supplements his class time with many hours in his workshop at home working on projects.

*"This year's project is purple irises on a white background. And I'm trying to design my own seascape including a lighthouse, cliffs, sea – I have to draw it out first, so the new skill for me is to get the drawings and proportions right."*

### RETIREMENT BECKONS

Michael's skills are so good that his tutor has taken him on for some piecework in his studio. And, when he retires himself, Michael is looking forward to doing as much or as little



*One of Michael's stained glass ceiling lamp shades*

stained glass work as he wants. He'll have earned it – he has been working as a chef in the hospital for 47 years.

In the meantime, he's hoping to add to his creations – angels, fish, blue irises, even a map of Ireland (though Limerick did crack and had to be replaced!). *"My wife is delighted with the stained glass – we give them away as presents and my stained glass is in homes as far away as Canada and California."*



*Michael's map of Ireland in his right hand, with the variegated blue iris in his left hand. Note the stained glass panel over his right shoulder*



*Stained Glass tutor James Nicholl of Nicholl Studio in Cork.*



Adult Education Dept, Carrigaline Community School, Waterpark, Carrigaline, Co. Cork. [www.carrigcs.ie/adult-education](http://www.carrigcs.ie/adult-education) •

• 021 437 3767 • [adulted@carrigcs.ie](mailto:adulted@carrigcs.ie)



## 5K AND BEYOND – YES YOU CAN, IN CARRIGALINE

Dave O'Regan may be an accountant by day but, by night, he's responsible for getting Carrigaline running. For the last few years, he 'ran' the **Couch to 5K class** in Carrigaline Community School, Cork.

That class has been so successful that the school has added on a **5K and Beyond night class**. The class attracts those who had completed the 5K and wanted to stretch themselves and others who can run 5K comfortably.

"Last year, by the end of the 5K and Beyond class, we had people running up to 10K. We add variety to the training so that participants can see different sides of training – it also breaks up the monotony so that we're not running the same course each week. So, for instance, we do speedwork – four by 400m runs with two minute stops. The idea is to get people running faster than they would normally run."

The group will also do hill repeats and, over time, work up to longer runs around Carrigaline.

"It's very enjoyable – it runs over the 10 nights and I tell them that, ideally, they should do two other runs during the week. That way, they'll be able for the step up next week."

### COUCH TO 5K

Adult Education Director Gene Cahill now takes the Couch to 5K group. "It's a 10-week course and the people who see it through are all able to run 5K non-stop at the end of it," says Dave. "The class is aimed at people who have never trained or run and who want to become more active, or they want to get back running."

*"People also see it as an alternative to the gym – you're exercising in an environment where everyone is starting from the same place. Everyone who signs up has little or no fitness."*

### PACE, NOT RACE

Building up their times from the first night to the last, the class is all about pacing yourself, not running yourself ragged – more the tortoise than the hare, slowing down to speed up ...

During the winter months, the group, which can number up to 20 people, jog a loop around the school. But, when the time changes in March and the evenings are longer, they let loose down around Crosshaven.

### 10K AND COUNTING

"I get a lot out of it. I love running so it's almost like giving back – I'm happy to encourage others to run or do something healthy."



*High 5 - it's all smiles when a run is complete. Non-stop energy!*



*Tutor Dave O'Regan pictured with a recent Couch to 5K class in Carrigaline, posing with their all-important completion certificates*



Adult Education Dept, Carrigaline Community School, Waterpark,  
Carrigaline, Co Cork. [www.carrigcs.ie/adult-education](http://www.carrigcs.ie/adult-education) • 021 437 3767 •  
• [adulted@carrigcs.ie](mailto:adulted@carrigcs.ie)

## IN FINE VOICE IN BISHOPSTOWN

Every Monday night, a chorus of women's voices ring out at the **Cantabile Vocal Ensemble** in Bishopstown Community School in Cork. For 10 weeks each term, the night class brings together a group of women who enjoy singing together in a fun, but hard working environment.

*"The group learns how music works, the different styles and we've moved from unison to part singing,"* says tutor Dr Mary O'Brien, who's also a music teacher in Ashton Comprehensive School in the city.

### EVENTS

The group, aged 16 to 70, are in popular demand and have previously participated in the North Wales Choral Festival and in the Choral Competition in Féile an tSamhraidh, Midleton, Co. Cork.

*"We've also been invited to sing at the Youghal Choral Society's Christmas Carol Service, the National Rowing Club's Community Hall Christmas Bazaar, and in Griffin's Garden Centre, Dripsey, where we did carol singing to raise funds for a local charity."*

### UPLIFTING

Mary herself brings a wealth of experience to the choir, having specialised in Choral Conducting under Dr Peter Erdei at the Kodaly Institute, Kecskemet, Hungary. *"I love bringing my skills to the local community,"* she says, adding that the ensemble has proved an uplifting experience for everyone involved.

*"It's a little community of its own – but new members are always welcome!"*

**i** Adult Education Dept, Bishopstown Community School, Westgate Road, Bishopstown, Cork. [www.bishopstowncs.ie/night-classes](http://www.bishopstowncs.ie/night-classes) • 021 486 9310 • [aded@bishopstown-cs.ie](mailto:aded@bishopstown-cs.ie)

## SNA COURSES A SPRINGBOARD FOR PATRICIA

For Patricia Fitzgerald, returning to education after 16 years led to a QQI Level 5 qualification, undertaking a Level 6 qualification, and a good prospect of employment.

*"I completed the Level 5 module in **Special Needs Assisting**,"* says Patricia, who's able to walk to the night class in Cashel Community School, Co Tipperary, as she lives locally.

### LOCAL ACCESS

*"I found the night class great - it was easier than if I had studied for it on my own. I was out of education for 16 years and it has been great going back. The tutors are brilliant and the notes were helpful. Level 6 is definitely more intense and I would recommend that people do Level 5 Special Needs Assisting first."*

*"For me, having night classes in Cashel Community School is great because I don't drive, so it is very handy. And I was also able to do my work placement locally, and I stayed on after my work placement to work as a volunteer."*

### EMPLOYMENT

*"You're also fully employable with the SNA modules. I'm currently working as an SNA and (at the time of writing) interviewing soon for a full-time position."*

*"For me, the classes were great for my confidence. I didn't think I'd be able for anything like that. The Level 5 and work placement were great – I learn as I go and the course gave a great insight as to what the SNA work involved."*

### LIFELONG LEARNING

Patricia's involvement with the school shows the role of community schools in their communities. *"I went to school there myself, did a Post-Leaving Cert course there, and now, my children attend the school as well."* And, when she was ready, Patricia turned to her old school to continue her lifelong learning journey.

Less than a year after returning to education, Patricia has boosted her skills and her confidence - and her chances of securing full-time work.

*"I love it and would recommend it to anyone!"*



**i** Adult Education Dept, Cashel Community School, Cashel, Co Tipperary [www.cashelcommunityschool.ie](http://www.cashelcommunityschool.ie) • 062 61167 • [eveningc@cashelcommunityschool.ie](mailto:eveningc@cashelcommunityschool.ie)





Jo and Jason set up an electronic security company after a night class in Clane



Some of the fabulous jewellery from Maiden Jewels

## BUSINESS SUCCESS IN CLANE

Business classes can help many entrepreneurs get their enterprise off the ground – and up and running successfully.

Jo and Jason Whyte attended the **Start and Grow Your Own Business** night class at Scoil Mhuire, Clane Community School, Co Kildare in early 2018.

*"My Kiwi husband and I live in New Zealand and had returned to spend some time in Clane, where I grew up," said Jo. "Prior to leaving New Zealand, we had decided that we wanted to set up our own business. With Jason being a Security Engineer, it was a no brainer to pursue an electronic security business."*

*"The course sounded like a perfect opportunity for us as, although we knew what we wanted to do, we didn't know where to start."*

### GUEST SPEAKERS

The couple found the course extremely well run and it covered everything that is involved in setting up and growing a business. *"Each week, a guest speaker came in and talked to us about their field of work, from an accountant to a web designer. We were also provided with various tools and templates that we could use. The facilitator, Johnny, a business owner himself, was a wealth of knowledge which he readily and enthusiastically shared with us."*

Jo and Jason are now back in New

Zealand and into the second year of business. *"We're really pleased with where we're at and feel that the tips and tricks passed on to us by Johnny and everyone involved in the course was a huge part in getting us up and running."*

### A JEWEL OF A BUSINESS

Ciara Early always had a passion for jewellery and, a few years ago, attended jewellery making classes as part of the Adult Education courses in Scoil Mhuire.

*"The course was fantastic, and I learnt all the basic skills for jewellery making," said Ciara. "My passion and confidence grew from the skills I learnt during the course."*

*"Following on from that, I set up my own jewellery business called Maiden Jewels. Scoil Mhuire's Adult Education Department is a marvellous outlet right on our doorstep."*


*"I also attended two cookery courses and also the Cognitive Behavioural therapy course with Rita Stanford, which I loved."*




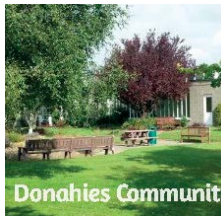



Adult Education Department, Scoil Mhuire, Clane Community School  
Clane, Co Kildare. [www.clanesm.com](http://www.clanesm.com) • 045 868 255 •

[info@clanesm.com](mailto:info@clanesm.com)

# ADULT EDUCATION IRELAND: PROMOTING LIFELONG LEARNING 2019/20

NACED Member	Director & Contact Information	Courses	
<b>Ashton Comprehensive School</b> Blackrock Road, Cork	John O'Sullivan 021 432 2382 adulted@ashton.ie www.ashton.ie/adult-education	Business, Health & Wellbeing, Hobby & Leisure, Languages, Fitness	
<b>Ballincollig Community School</b> Innishmore, Ballincollig, Cork	Anne Marie Daly 021 487 5401 adulted@balcs.ie www.bcsadulted.ie	Health & Wellbeing, Hobby & Leisure, Languages, Fitness	
<b>Bishopstown Community School</b> Westgate Road, Bishopstown, Cork	Michelle O'Brien 021 486 9310 aded@bishopstown-cs.ie www.bishopstowncs.ie/night-classes	QQI, Health, Wellbeing, Hobby & Leisure, Fitness	
<b>Carrigaline Community School</b> Waterpark, Carrigaline, Co Cork	Eugene Cahill 021 437 3767 adulted@carrigcs.ie www.carrigcs.ie/adult-education	QQI, Health & Wellbeing, Hobby & Leisure, Languages, Fitness	
<b>Douglas Community School</b> Ballinlough, Cork	Jerry O'Mahony 021 429 4208 adulted@dcscork.ie www.dcscork.ie/adult-education	Business, Health & Wellbeing, Hobby & Leisure, Languages, Fitness	
<b>Kinsale Community School</b> Ballinacubby, Kinsale, Cork	Linda Dreelan 021 477 3174 info@kinsalecommunityschool.ie www.kinsalecommunityschool.ie/ adult-education	QQI, Health & Wellbeing, Hobby & Leisure, Languages, Fitness	








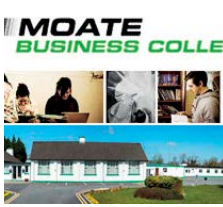




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NACED Member	Director & Contact Information	Courses	
<b>Cabinteely Community School</b> Johnstown Road, Cabinteely, Dublin 18	Paddy Farrell 01 285 7455 info@cabinteelyadulthoodeducation.ie www.cabinteelyadulthoodeducation.ie	QQI, Health, Wellbeing, Hobby & Leisure, Languages, Fitness	
<b>Coolmine Community School</b> Clonsilla, Blanchardstown, Dublin 15	Barry McNamara 01 812 8397 adulthood@coolminecs.ie www.coolmineadulthooded.ie	QQI, Health & Wellbeing, Hobby & Leisure, Languages, Fitness	
<b>Donahies Community School</b> Streamville Road, Grange, Dublin 13	Gemma O'Connor 01 848 2217 donahiesadulthood@gmail.com www.donahiesadulthooded.ie	QQI, ECDL, Health & Wellbeing, Hobby & Leisure, Languages, Fitness	
<b>Hartstown Community School</b> Hartstown Rd, Clonsilla, Dublin 15	Andrew Farrell 01 820 9863 adult_ed@eircom.net www.hartstown-cep.com	QQI, Health & Wellbeing, Hobby & Leisure, Languages, Fitness	
<b>Malahide Community School</b> Broomfield, Malahide, Co Dublin	Robbie Harrold 01 846 0949 adulthood@malahidecs.ie www.malahidecsadulthooded.ie	ICB, Health & Wellbeing, Hobby, Languages	
<b>Newpark Comprehensive School</b> Newtownpark Avenue, Blackrock, Co Dublin	John O'Neill 01 288 3725 office@newparknightsschool.ie www.newparknightsschool.com	QQI, ECDL, Health, Wellbeing, Hobby	



NACED Member	Director & Contact Information	Courses	
<b>Old Bawn Community School</b> Oldbawn, Tallaght, Dublin 24	Louise Fitzpatrick 01 452 6137 info@oldbawnadulthoodeducation.ie www.oldbawnadulthoodeducation.ie	IAPR, Health & Wellbeing, Hobby & Leisure, Languages	
<b>Palmerstown Community School</b> Palmerstown, Dublin 20	Martina McGuinness 01 626 0116 info@adulthooded.ie www.adulthooded.ie	QQI, Health & Wellbeing, Hobby & Leisure, Languages	
<b>Pobalscoil Neasáin</b> Baldoye, Dublin 13	Claire MacLoughlin 01 806 3092 adulthoodeducation@psn.ie www.psnadulthooded.ie	QQI, Hobby & Leisure, Languages	
<b>Portmarnock Community School</b> Carrickhill Road Upper, Portmarnock, County Dublin	Michael McNeive 01 803 8069 adulthooded@ portmarnockcommunityschool.ie www.portmarnockcommunityschool.ie	QQI, Health & Wellbeing, Hobby & Leisure, Languages, Fitness	
<b>St Colmcille's Community School</b> Scholarstown Road, Knocklyon, Dublin 16	John Egan 01 495 3882 adulthooded@stcolmcillescs.ie www.knocklyonadulthooded.ie	Health & Wellbeing, Hobby & Leisure, Languages, Fitness	
<b>St Tiernan's Community School</b> Parkvale, Balally, Dublin 16	Ronan Conneely 01 295 3224 adulthooded@tiernans.ie www.adulthoodedtiernans.ie	QQI, Health & Wellbeing, Hobby & Leisure, Languages, Fitness	

NACED Member	Director & Contact Information	Courses	
<b>Coláiste Chiaráin</b> Celbridge Road, Leixlip, Co Kildare	Máire Ní Scanaill 01 624 7624 adulthooded@colaistechiarain.com www.colaistechiarain.com	QQI, Health & Wellbeing, Hobby & Leisure, Languages	
<b>Scoil Mhuire, Clane Community School</b> Clane, Co Kildare	Seamus Scully 045 868 255 info@clanesm.com www.clanesm.com	QQI, Business, Health & Wellbeing, Hobby & Leisure, Fitness	
<b>St Mary's College Naas</b> Co Kildare	Ciara Howard 045 879 634 nightclasses@smcn.ie www.stmaryscollegenaas.ie	QQI, Business, Wellbeing, Hobby, Languages	
<b>Ashbourne Community School</b> Ashbourne, Co Meath	Jacqueline Connolly 01 835 3007 adulthooded@ashcom.ie www.ashcom.ie/adulthooded	QQI, ECDL, Health & Wellbeing, Hobby & Leisure, Languages	
<b>Boyne Community School</b> Trim, Co Meath	Máire Walsh 046 943 8000 boyneadulthooded@eircom.net www.boyneadulthoodeducation.com	QQI, ECDL, Health & Wellbeing, Hobby & Leisure, Languages	
<b>Cashel Community School</b> Cashel, Co Tipperary	Deirdre Reddan 062 61167 eveningc@cashelcommunityschool.ie www.cashelcommunityschool.ie	QQI, Hobby, Sport	

NACED Member	Director & Contact Information	Courses
<b>Crescent College Comprehensive</b> Dooradoyle Road, Limerick	Catherine Scannell 061 302 354 adulted@crecentsj.com www.crescentsj.com/adult-education 	Computers, Health & Wellbeing, Hobby & Leisure, Languages 
<b>Gorey Community School</b> Esmonde Street, Gorey, Co Wexford	Fintan Kemple 053 942 1167 info@goreyadulterd.ie www.goreyadulterd.ie  	QQI, ECDL, Health & Wellbeing, Hobby & Leisure, Languages, Fitness 
<b>John the Baptist Community School</b> Hospital, Co Limerick	Ann Cronin 061 383 8173 adulteducation@johnthebaptistscs.ie www.johnthebaptistscs.ie/adult-education	Wellbeing, Hobby & Leisure 
<b>Moate Business College</b> Moate, Co Westmeath	Miriam Hally 0906 481178 info@moatebc.com www.moatebusinesscollege.com/ 	Evening classes - part-time QQI, Hobby & Leisure, Sport Science 
<b>O'Fiach Institute of Further Education</b> Dundalk, Co Louth	Colm McCourt T 042 935 3967 ofinight@lmetb.ie www.ofi.ie   	QQI, Health & Wellbeing, Hobby & Leisure, Languages, Fitness 

## MEET THE NACED TEAM!



NACED is the National Association of Adult and Community Education Directors, who organise and run lifelong learning classes in their schools. As well as lobbying for adult education at a national level, NACED provides networking and professional development opportunities for directors of adult education in community and comprehensive schools.

**Gene Cahill, Chairperson**

Teaches Politics & Society and History in Carrigaline Community School



**Favourite film:** The Thin Red Line

**Favourite book:** Born to Run by Christopher McDougall

**If you had a day off, what would you do?**

Head for the sea and go kayaking, or go running in the mountains

**Favourite holiday location:**

West Cork and Dingle Peninsula

**Which Adult Education night class are you most passionate about?** Couch to 5K (I'm biased, I'm one of the tutors!)



Gene Cahill kayaking at Fastnet

**Claire MacLoughlin, Secretary**

Resource teacher in Pobalscoil Neasáin

**Favourite film:** Silence of the Lambs

**Favourite book:** anything by Val McDermid or C.J. Sansom.

**If you had a day off, what would you do?**

I'd swim in the sea no matter the season. Then I'd spend the rest of the day with my four children, going to the beach, walking or relaxing at home.

**Favourite holiday location:**

Sweden. Family, the weather and the lifestyle bring us back year after year.

**Fintan Kemple, Treasurer**

Teaches Design and Communication Graphics in Gorey Community School



**Favourite film:** Gone in 60 Seconds

**Favourite book:** A Splendid Exchange, How Trade Shaped the World by William J. Bernstein

**If you had a day off, what would you do?**  
I'd probably invite my wife to go for a long drive in an old car to a coastal location and go for a good walk on the beach and then follow it up with something nice to eat.

**Favourite holiday location:**

Soller on the Northern coast of Mallorca



Fintan is an Italian classic car enthusiast

**Which Adult Education night class are you most passionate about?**

For me, it's all of them. Watching people enjoy creating something of their own design or learning a new skill is massively rewarding.



Claire loves the beach



Adult Education Ireland:



[www.AdultEducationIreland.ie](http://www.AdultEducationIreland.ie)

The Adult Education Directors' website:



[www.naced.ie](http://www.naced.ie)



National Association of Adult and Community Education Directors

c/o ACCS, 10H Centrepont Business Park, Oak Drive, D12

[www.naced.ie](http://www.naced.ie) • [www.AdultEducationIreland.ie](http://www.AdultEducationIreland.ie)

Facebook: Adult Educaton Ireland



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An tSeirbhís Oideachais Leanúnaigh agus Scileanna  
Further Education and Training Authority



Association of Community and Comprehensive Schools  
Cumann na Scoilanna Pobail agus Cuimsitheacha

