



## WELCOME

To the Cork City Adult Guidance Service's (CCAGS) new look newsletter which keeps you informed about our service and developments in adult education in Cork city. We wish you all a very Happy Christmas and we look forward to working with you in 2012!

## Community Group Guidance and Information

### Guidance

Community based individual guidance sessions offered by Joan and Oonagh in the following areas:

- **CALP, Mayfield** - 2<sup>nd</sup> and 4<sup>th</sup> Friday mornings each month (*Oonagh*)
- **Cork Prison** - 2<sup>nd</sup> Thursday morning each month (*Oonagh*)
- **Maria Assumpta School, Ballyphehane** - 3<sup>rd</sup> Thursday morning of the month (*Joan*)
- **Ballyphehane Resource Centre** - 1<sup>st</sup> Thursday afternoon each month (*Joan*)
- **Faranree Family Centre** - in light of CDP space no longer being available, the Family Centre have made a meeting room available on a demand basis (*Joan*)

If you would like to make an appointment to meet at these locations please phone Joan (490 7148) or Oonagh (490 7146) direct.

**Snapshot of other community groups/events visited:** Introduction to Sports Development group in Mayfield; Computers Class in Maria Assumpta; ITABE group in Mahon Family Resource Centre; Jobsclub Groups in the Employment Resource Centre; CIC study skills session; North Presentation School Adult Ed. Information Session; Presentation of Certificates to learners in Mayfield Write On Literacy Scheme.

### Information

Collating information is a key function of our service. To ensure the best possible provision for the public CCAGS are always networking with other educational providers, agencies and community groups to become aware of education courses and supports available for adult learners. In the last six months the following is a flavour of services visited and events attended: Rubicon Centre, Springboard Information session, DSP, Adult Education Exhibition, CIT Mature Student's Office, National Maritime College, Cork Local Drugs Task Force and IBEC/ IGC Career Opportunities conference. If you are looking for information on adult education and supports available please contact Claire, Information Officer, on 021 490 7149.

### Inside this issue

- Community Group Guidance & Information
- Social Media
- CAO Information Session
- Budget 2012 - Education Highlights
- Courses Update
- Men's Sheds
- A Client's Story
- CCAGS Contact Details

### In Summary

- *Free*
- *Confidential*
- *Impartial*
- *Information*
- *Education Options*
- *Career Choices*





Ger O'Callaghan, participant,  
CAO session 2011



## Information Session

CCAGS hosted its annual CAO Information Session on 29th November 2011 in the Information Resource Centre, South Mall. Joan McSweeney, Guidance Counsellor, and Claire Nagle, Information Officer, gave a presentation using the CAO online interactive demo facility. The session covered how a mature applicant completes a CAO form online, highlighting specific information about the entry process and supports available for mature students. Participants were given a pack including the CAO handbook, worksheets and mature student guide's from CIT and UCC. The presentation was followed by a Q&A session and the

opportunity to make one to one follow up appointments with a guidance counsellor. Ger O'Callaghan, a participant at the session, commented that "the application process was explained in a very clear and easy to follow manner which made the meeting well worth attending. This is an excellent service, and has helped me greatly in the past few months."

UCC are providing an information evening on completing the CAO form on Wednesday, 11th January 2012 at 5.30pm and 6.30pm. Please contact the mature student office in UCC for more information on 021-490 1873.

*"The one to one interaction by the guidance staff is client centred, and offers a holistic approach to that person's development and career needs" - DSP, Facilitator ( 2011)*



### Social Media

CCAGS are delighted to have developed a business Facebook page for the service keeping our clients, education organisations, agencies and community groups informed about the service, educational events and courses. The page contains details about the service, information on upcoming events and downloadable publications including this newsletter in the photos section. We would be delighted if you or your organisation would 'become a fan' of our service by simply clicking on <http://www.facebook.com/corkadultguidance>.

2

## BUDGET 2012

## Education Highlights

- **Back to Education Allowance (BTEA)** - the cost of education allowance, the annual grant which accompanies the BTEA, will reduce from €500 to €300 (2012).
- **Student Charges:** student contribution at third level is increased by €250 per year from the academic year 2012/2013
- **Student Grants:** student grant is reduced by 3% - this reduction applies to existing and new grant holders from January 2012
- **New postgraduate students:** whose means would formerly have qualified them for special rate of student grant will now only get a fee grant. They will not get a maintenance grant
- **Springboard Initiative:** €10 million is allocated to the initiative to provide part-time higher education opportunities for unemployed people
- **Labour Market Activation (LMA):** €20 million has been allocated for a new LMA Fund which will specifically target the long-term unemployed and will deliver over 6,500 education and training places
- **Training and further education programmes:** provided through the new further education training authority (SOLAS) and the VECs will focus actively on helping unemployed people return to work.

Source and for more information please see [www.citizensinformation.ie](http://www.citizensinformation.ie) or [www.inou.ie](http://www.inou.ie)



## New Year Course Information Update

**FETAC 4 General Education:** Coláiste Stiofáin Naofa (CSN) are running two part time FETAC Level 4 General Education Courses. The first course is over one year and the second course is over 2 years. CSN are currently enrolling students for the two year course which will run until April 2013. The course runs four mornings a week (Mon, Tue, Thur & Fri) and is free for anyone in receipt of social welfare or a medical card. The one year course is up and running however presently individuals can apply to take the four remaining modules (IT, Maths, Work Experience and Health Related Fitness) which will begin in January and be completed by April 2012. For an application form or more information please contact Emma Lupton on 021 496 9055 or 021 496 1020.

### **Introduction to Youth & Community Work Through Physical Activity:**

The Glen Resource Centre are running a 10 week short course every Tuesday from 6.30-9.30pm beginning on 7th February 2012. The learners who complete this course will be introduced to the skills in both Youth and Community Work and also Physical Activity and Sports. A follow on two year cert/diploma is currently being developed in Youth and Community Work Through Physical Activity. Learners must be over 21 years of age. Course fee is €150

*Application Process:* Download Application Form from [www.glencentre.ie](http://www.glencentre.ie) and send to The Manager, Glen Resource & Sports Centre, Glen Avenue, The Glen Cork, email [glencentre@eircom.net](mailto:glencentre@eircom.net) or telephone 021 4550511.

**Youth Music Initiative:** Cork Academy of Music are providing a part time course (possibly three days a week) for individuals over 18 years and are in receipt of a social welfare payment. Participants will study music theory, music appreciation, practical skills such as guitar, percussion, wind instruments, voice training, computer skills and interpersonal skills. Participants will also have the opportunity to gain qualifications from the Associated Boards Royal Schools of Music (ABRSM) as well as FETAC. The course is due to commence at the end of January. Please contact Anne Marie on 021 4210573 or at [corkacademy@gmail.com](mailto:corkacademy@gmail.com) for more information.

**Mayfield Community Adult Learning Project (CALP), Community Resource Centre:** offer courses in Basic Computers, Internet & email, Personal Development, Practical First Aid, FETAC Computer Literacy Level 3, ECDL Modules, FETAC Level 5 Occupational First Aid. All courses are open to people living in the Mayfield community.  
**\* CALP plan to host a CAO information session provided by CCAGS on 11th Jan at 11am in the Community Resource Centre. For further information or to book a place contact Mary/Liz on 021 4508562.**

**If you would like any course information to be included in our next newsletter for publication in June 2012 please contact Claire, Information Officer, on 021 490 7149 or email: [cnagle@corkvec.ie](mailto:cnagle@corkvec.ie).**

### Men's Sheds

*John Evoy, founder of the Irish Men's Sheds Association, gave an inspiring presentation organised by South and East Cork Area Development (SECAD) in November in Midleton. He spoke of how this innovative way of engaging men has its roots in Australia.*

#### *Features of Men's Sheds:*

- *A new movement of shed-based community organisations, mainly for and by men*
- *Providing a safe, regular social space for informal, voluntary activity & programmes*
- *Available to groups of men, independently organised or through community organisations*
- *Often with a group workshop space, tools & equipment in a public, shed-type setting*

*The first Irish Men's Sheds started to appear in 2009/2010 in Tipperary, Arklow etc. Today there are over 30 sheds dotted around Ireland. Activities include restoration of motorbikes and community gardens.*

*If you are interested in setting up a shed please contact John Evoy, The Irish Men's Sheds Association, at [johnnevoy@cowexfordvec.ie](mailto:johnnevoy@cowexfordvec.ie)*

*See [www.menssheds.ie](http://www.menssheds.ie) for further information*





## Cork City Adult Guidance Service

Free, confidential, impartial adult education and information service.

### Working with:

- Adults attending basic or community education
- Adults interested in returning to learning
- Community or education groups

### Information on:

- Community based courses
- Local and national courses
- Careers
- Funding supports

### Helping you to:

- Look at your choices
- Match your interests and skills with learning options
- Plan your next steps



Kay McEvoy, Student, and Joanne Twomey, Adult Education Co-ordinator (North Presentation)

## A client's story of returning to education - by Kay McEvoy

"I returned back to school after a chance encounter with Joan McSweeney a Guidance Counsellor while I was doing work experience at C D P on a Fás course. My duties were to answer the phone and take

messages . This brought up a lot of old fears and insecurities I had with spellings. Every time the phone would ring my heart would skip a beat just in case I couldn't spell the persons name that was on the phone. I relayed my fears to Joan and told her that I regretted leaving school at twelve years of age and not doing my Leaving cert. Joan told me of the Adult education courses going on in most schools. I went to the open day for North Presentation secondary school in Farranree and was very interested in signing up for some classes. I decided to do the Leaving Cert English which is a two year course History, Biology and Junior Cert Irish, I also did a computer course and continued on to do the E C D L. I loved learning all the new things and even loved Shakespeare! I loved all the poems and books we read and learned about. I attribute most of this to my very gifted teacher Ann Twomey who could read a passage of a book and she could make you feel like you were there, I couldn't wait to find out what happened next! I passed my Junior Cert in the first year and passed my Leaving Cert the next year . To my amazement I was awarded student of the year . I am continuing with English this year and I am also doing dressmaking classes which I always had an interest in. I would encourage anyone thinking about returning to adult education to do so because apart from the knowledge you receive doing the classes is nothing compared to the sense of achievement and pride you feel when you finish a course".

## Contact Details



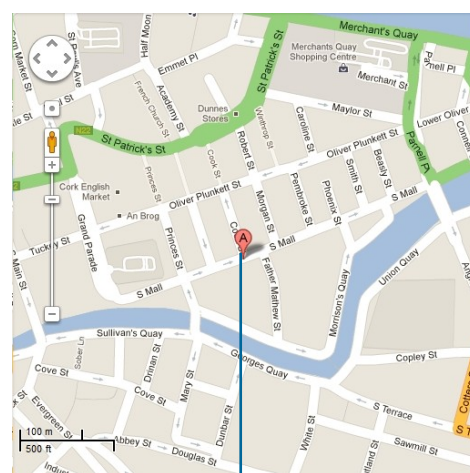
### Cork City Adult Guidance Service

Information Resource Centre  
22 South Mall  
Cork  
Phone: 021 490 7149  
E-mail: [guidanceinfo@corkvec.ie](mailto:guidanceinfo@corkvec.ie)

 [www.facebook.com/  
corkadultguidance](https://www.facebook.com/corkadultguidance)

**WALK IN TIMES:**  
Monday & Tuesday 2.30pm - 4.30pm  
Wednesday & Thursday 10.00 am – 12.00 noon

**Postal Address:**  
21 Lavitts Quay, Cork



**Information Resource Centre,  
22 South Mall (beside Threshold,  
opposite AIB)**