

Cork LiFELOng Learning Festival

2023

All
Events
FREE

BANDON

Monday 27th March - Friday 31st March

Explore Create Celebrate



Cork College of FET
Cork's Further Education & Training Service

www.corketb.ie | 021 485 6347



A chairde,

Fearaim fórchaoín fáilte romhaibh.

It is a pleasure to welcome you to **The Lifelong Learning Festival**, an event devoted to the exploration and celebration of learning in its many forms.

The festival's motto of **Explore, Create, Celebrate**, is very evident this week in the various learning festivals throughout Cork county.

With its emphasis on celebration, the festival highlights the fact that learning is no longer seen as something that happens only in classrooms - it is a process which happens in many settings and throughout life. As a society and economy changing at an ever increasing pace, building our capacity to learn and adapt is critical to all of us achieving our full potential. It is an opportunity for people of all age groups and cultures from new communities to showcase their work and to explore new opportunities. It also highlights the power of community endeavour and good will. I am delighted to see the renewed interest in the Irish language and in traditional crafts such as woodcraft and welding.

As an education and training organisation, Cork ETB recognises the importance of our role in supporting and continuing our linguistic and cultural heritage.

I would like to welcome to this year's programme, Ionad Áise in Reidh na nDoirí in the Muskerry Gaeltacht (Gaeltacht Mhúscraí) who are hosting events such as bingo and a knitting workshop all through Irish. Events such as speed gaeilge, playing cards as gaeilge, experiencing Ukrainian culture and conversational spanish are also a welcome addition to this years festival programme.

The festival has something for everyone, so please join us and celebrate this diversity of learning, its artistic expression and its potential for creating change.

My sincere thanks to all those involved in organising the festival.

Comhghairdeas ó chroí libh go léir. Bainigí sásamh as na himeachtaí.

Le gach dea-ghuí

Denis Leamy

Chief Executive Cork Education and Training Board

MONDAY

27th March 2023

11am – 12.15pm

Venue: Bandon Further Education & Training Centre, Weir Street, Bandon.

Shifts in Perception



Join Darren Priest as he explores the importance of situation and perception. *“Right and wrong are situational. In the appropriate situation, nothing is wrong. Without the appropriate situation, nothing is right. What is right in one case is not what is right in another. What is wrong in one case is not what is wrong in another.”* – Taoist tradition sourced from: Nick Owen’s The Magic of Metaphor.

Booking Essential: 086-8239094
Email: raymond.oregan@corketb.ie

2.30pm – 4.30pm

Venue: Bandon Further Education & Training Centre, Weir Street, Bandon.

An Introduction to Quilling

Quilling is the fun art of rolling paper strips to form, design and create wonderful images.



The paper is rolled, looped, curled, twisted, and otherwise manipulated to create shapes that make up designs to decorate greetings cards, pictures, boxes, eggs, and to make models, jewelry, mobiles, etc.

Booking Essential: 086-8239094

Email: raymond.oregan@corketb.ie

TUESDAY

28th March 2023

Tuesday 28th and Wednesday 29th

10am – 4pm

Venue: The venue in Bandon town will be confirmed when you book a place.

Wellness Recovery Action Plan

Join Jimeve O’Neill, the facilitator of this two-day WRAP (Wellness Recovery Action Plan) programme as she guides you through the steps of developing your own personally-tailored Wellness Action Plan that you can use on a day-to-day basis to manage your wellness.



The programme is free of charge, and all are welcome.

Booking Essential: 086-7356340

Email: jimeve@wcdp.ie

WEDNESDAY

29th March 2023

11am – 12 noon

Venue: Bandon Further Education & Training Centre, Weir Street, Bandon.

Make It Happen!



Do you have a dream or a goal you would like to achieve? If so, join Anne Murray to discover how coaching helps. *'Together we will have conversations that matter'*.

Booking Essential: 086-8239094

Email: raymond.oregan@corketb.ie

12.30pm – 2pm

Venue: Bandon Further Education & Training Centre, Weir Street, Bandon.

The Sauce of Life – Naturally!

Join Ita Harris to learn how to make two delicious, healthy, homemade sauces from scratch. You'll learn how to make a hearty tomato pasta sauce and a nutritious curry sauce.



Both sauces are easy to prepare and are packed full of good nutrition. A

much healthier option than the mass-produced, shop-bought alternative.

Booking Essential: 086-8239094

Email: raymond.oregan@corketb.ie

6.30pm – 8pm

Venue: Bandon Further Education & Training Centre, Weir Street, Bandon.

Español Para Las Vacaciones (Spanish for your Holidays)



Join Raymond for a fun introduction to some basic Spanish phrases and vocabulary that you can use on your holidays.

Booking Essential: 086-8239094

Email: raymond.oregan@corketb.ie

FRIDAY

31st March 2023

2pm – 3.30pm

Venue: Bandon Further Education & Training Centre, Weir Street, Bandon.

Mindful Movement



Join Patrick Cotter for guided mindfulness, meditation and movement

FRIDAY

31st March 2023

to help you to learn to let go of fear and worry in order to cultivate a sense of peace. When it feels like things are becoming too much, seek to connect with what you do have control over - your breath, your movement and your response to your experience.

Booking Essential: 086-8239094

Email: raymond.oregan@corketb.ie

2pm - 3pm

Venue: Bandon Library, Market Street, Bandon.

How to Start Your Irish Family History Research



Join Helen Sisk for an introductory talk on how to find your ancestors using online resources. Helen will focus on the sources that are available free of charge in the locality. You will learn how to access civil, church and other records and how to go about matching the information found to your family.

Booking Essential: 023-8844830

Email: bandon.library@corkcoco.ie

EXPLORE

CREATE

CELEBRATE



Cork Lifelong Learning Festival

Explore Create Celebrate



www.corketb.ie | 021 485 6347