



Cork College of FET

Cork's Further Education & Training Service

ALL
FREE
EVENTS

10TH-17TH APRIL

Cork

Wednesday 10TH APRIL

10.00am-1.00pm

Introduction to Genealogy

Cork College of FET Beara Centre,
North Road, Castletownbere, Co. Cork P75 X674

An introduction to genealogy using online resources.

To book: By text or phone Noreen 086 8239147 or
email Noreen.murnane@corketb.ie

12.00pm-1.00pm

Wellbeing for Carers (Healthcare)

Cork College of FET Kinsale Campus,
Bandon Road, Kinsale, Co. Cork

Linda Davis (RGN & Healthcare Teacher) will give a workshop for carers, looking at practical holistic ways to embed and improve individual wellbeing, with a focus on avoiding burnout.

To book: email Helena.farrell@corketb.ie or phone
Helena Farrell at 086 107 7230

7.00pm-9.00pm

How to bake a Cake (Cookery & Baking)

Cork College of FET,
Youghal Campus, Golf Links Road, Youghal, P36 F704.

Maria O'Connor will give a workshop where you will learn how to bake a cake.

Booking essential: Phone Cathy 086 8238746 or
email cathy.omahony@corketb.ie

7.00pm-9.00pm

From Stress to Wellness

Cork College of FET Beara Centre,
North Road, Castletownbere, Co. Cork P75 X674

A once off workshop where you will have the opportunity to learn simple skills to learn how to relax in everyday life.

To book: By text or phone Noreen 086 8239147 or
email Noreen.murnane@corketb.ie



11.00am-12.30pm

Learning to Ground Yourself

Clonakilty Community Resource Centre

Siúlóid @CCRC host this event in conjunction with Shine, learning gentle techniques to help us to self soothe when having a bad day, feeling overwhelmed, or dealing with stress The 10th April is the 101st day of 2024, and in Keeping with Room 101 tradition, the session includes a gentle walk to nearby Bennetts Field where walkers release petals into the river, helping to release some of the clutter that may be gathered in our minds.

All welcome.

1.00pm-2.00pm

Brainstorming

Clonakilty Community Resource Centre

Ideas generation for the new mural at the resource center with artist Sheila Kelleher



11:00am – 1.00pm

Art & Wellbeing

- An Introduction for Older People

Cobh Community Hall, Orelina Tce, Kilgarvan, Cobh P24 WP82

SECAD invites you to join us for an introduction to the benefits of wellbeing through art with arts educator Danielle Sheehy. No experience required and all materials provided.

Places limited booking essential through Eventbrite or contact dsheehy@secad.ie.

Supported by the SECAD Social Inclusion Community Activation Programme.

<https://www.eventbrite.ie/e/art-wellbeing-an-introduction-for-older-people-tickets-830334662327>

Thursday 11TH APRIL

9.30am-11.30am

Fun with Pizza

Cork College of FET, Dunmanway Centre, Park Road,
Dunmanway, Co. Cork (P47 VY71)

Ita will be giving a pizza making demonstration for parents and toddlers. Learn how to make pizza dough and a quick tomato sauce with healthy toppings.

To book: Call Ethna on 086 128 5752 or
email ethna.dugandzic@corketb.ie or
David on 086 8239149
or email David.coomey@corketb.ie



Thursday 11TH APRIL

9.30am-11.30am

Repair and Re-Wear Clinic

Cork College of FET, Clonakilty Centre, Westen Road, Clonakilty, Co. Cork P85 Y927

Bring an existing item of clothing from your wardrobe which needs a new lease of life or some light mending and avail of this opportunity to upcycle with the guidance of an existing, skilled learner and the tutor Catherine Foley in our Repair & Re-wear clinic. An ideal chance for those interested in Textiles, Sewing or Upholstery.

To book: Contact Catriona on 086 0204681 or email Catriona.petit@corketb.ie

1.30pm-4.30pm

Woodwork Workshop

Cork College of FET Bantry Centre, Seskin, Bantry Co. Cork

This workshop will provide you with the opportunity to work with and learn from master craftsman. You will see how the various woodwork machines / tools are used and learn how to make a wooden candlestick holder.

To book: Please text or ring Deirdre on 086 823 9089

2.00pm-5.00pm

Sustainability through Art

Cork College of FET Cobh Centre, Carrig House, Spy Hill, Cobh Co. Cork

Join us for an inspiring afternoon and learn new skills in sustainability through art. We have two workshops running, the first is a sewing workshop where your tutor Carmel, will demonstrate how to mend and repair your clothes using unique sewing techniques. The second is a flower arranging workshop where your tutor Mary will show you how to create beautiful displays on a budget and forage for your foliage. We will also have tea and cakes and Julie from Cobh Library will also be on hand to chat.

See you there! Booking is not essential. Call or text Lisa on 086 823 8772 if you require further information.

10.00am-12.00pm

Mental Health & Anti Stigma Awareness Workshop

Cork College of FET Sullane Centre, Macroom, Co Cork Mental

You are invited to join us for this workshop facilitated by Shine and See Change, which will examine practical ways to improve our health in everyday life.

To book: Please text or ring Sheila on 086 823 9097

Thursday 11TH APRIL

2.30pm-4.30pm

Creative Writing Workshop

Cork College of FET Sullane Centre, Macroom, Co Cork

Explore your creative side and discover the skills you need to write a poem or short story. Just bring a notebook and biro. No experience necessary.

To book: Please text or ring Sheila on 086 823 9097

10am-12pm

Skills Showcase and Workshop:

How to trade your talents and save money

Cork College of FET,

Youghal Campus, Golf Links Road, Youghal, P36 F704

This workshop will give an introduction into what skills exchange is about -Skills exchange, or time banks, are a great way to get jobs done while making friends and saving cash. Showcasing local talent.

Booking essential: Phone Cathy 086 8238746 or email cathy.omahony@corketb.ie

2.00pm-4.30pm

Relaxation Techniques

Cork College of FET, Dunmanway Centre, Park Road, Dunmanway, Co. Cork (P47 VY71)

An Afternoon to nurture yourself with mindfulness practice and relaxation techniques with Debra.

To book: Call Ethna on 086 128 5752 or email ethna.dugandzio@corketb.ie or David on 086 8239149 or email David.coomey@corketb.ie

12.00pm-1.00pm

Introduction to Personal Effectiveness

Cork College of FET, Macroom Centre, Macroom EBusiness Park Bowl Road P12 FV30

This session will give attendees an opportunity to discover what is meant by Personal Effectiveness, and to identify its different principles that one can use to improve and increase your Personal Effectiveness levels. There will also be tips given to improve your levels of Personal Effectiveness.

Advanced booking is required as spaces are limited. Booking: dtyrell@morrisonislandcampus.ie or mobile 086 0140217

Thursday 11TH APRIL

1.00pm-2.00pm

Introduction to Marketing

Cork College of FET, Macroom Centre,
Macroom EBusiness Park Bowl Road P12 FV30

The attendee will be given an introduction to what is Marketing and will also gain an understanding of the Market Place and Customer Needs. There will also be a discussion of what represents a marketing orientated business and how a business can apply the marketing concept to their activities.

Advanced booking is required as spaces are limited.

Booking: dtyrell@morrissonsislandcampus.ie
or mobile 086 0140217

10.30am -12.30pm

Gospel & Spiritual Singing Group Clonakilty Community Resource Centre

All Welcome

1.00pm -3.00pm

LGBTQ Music Sessions for Fun

Clonakilty Community Resource Centre

All genres, levels, instruments, singers welcome.
Come along for the craic!

Friday 12TH APRIL

11.30am-1.00pm

Neurodiversity Awareness (Early Learning & Care)

Cork College of FET Kinsale Campus,
Bandon Road, Kinsale, Co. Cork

Staff from our Early Learning and Care dept. will provide information on neurodiversity in children, especially on ways to deal with sensory overload.

To book: Helena.farrell@corketb.ie or
Helena Farrell at 086 107 7230

11.45am -1.45pm

Book Folding

Cork College of FET, Dunmanway Centre, Park Road,
Dunmanway, Co. Cork (P47 VY71)

Join Catherine for an introduction to this fun craft where you will learn how to make a hedgehog from an old paperback novel.

To book: Call Ethna on 086 128 5752 or email
ethna.dugandzic@corketb.ie or David on 086 8239149
or email David.coomey@corketb.ie

Friday 12TH APRIL

1.30pm -4.30pm

Introduction to Art

Cork College of FET,
Bantry Centre Seskin, Bantry, Co. Cork

This workshop will explore the areas of painting and drawing (all materials provided)

To book: Please text or ring Deirdre on 086 823 9089

2.00pm-5.00pm

Botanical representation in Turkish Iznik design (all materials supplied)

Cork College of FET Beara Centre,
North Road, Castletownbere, Co. Cork P75 X674

This workshop consists of creating an individual artwork on paper inspired by the vegetal motifs and patterns found in Turkish traditional art and design. Participants will be looking at geometry & composition using the medium of drawing and will prepare a colour chart according to the colours used in Iznik design. Iznik, a town in Northwestern Turkey, was the main center for the production of ceramic tiles and tableware in the Ottoman empire. These ceramics were highly valued luxury objects and have come to represent Ottoman visual culture at its height.

To book: By text or phone Noreen 086 8239147 or
email Noreen.murnane@corketb.ie

3.00pm-5.00pm

Create Art from Books

Cork College of FET Bandon Centre,
Weir Street, Bandon Co. Cork

Book folding is a fun craft that is easy to learn. Join Catherine Foley for this introductory workshop where you will learn how to make a hedgehog from an old paperback novel.

To book: Phone Raymond 086 8239094 or email
Raymond.oregan@corketb.ie

2.30pm-4.30pm

Macroom Community Singers

Cork College of FET Sullane Centre, Macroom, Co Cork

Experience our group singing in a relaxed and fun environment.
Sit back, relax and let the music flow!

To book: Please text or ring Sheila on 086 823 9097



Friday 12TH APRIL

Workshop Introduction to Citizen Science

Millstreet Town Park Car Park (Páirc Bhaile Sráid an Mhuilinn)

Learn about the Citizen Science Programmes in Ireland and the resources available to you.

What is Citizen Science? Citizen Science is when anyone voluntarily helps to conduct scientific research. It's a great way to learn about nature and contribute to its protection.

Free Event Everybody Welcome – Contact Kloxtan@secad.ie for further information.

10.00am-12.30pm

Garden to Plate

Clonakilty Community Resource Centre, Clonakilty Allotment

Food for wellbeing, community workshop, supporting people to share their skills, knowledge and wisdom. This event includes a visit to the allotment to collect food and to swap seeds / plants, food preparation and food tasting.

Booking is Essential on 086 013 6903

11.00am-1.00pm

Clon FIR Social (Men's Group)

Clonakilty Community Resource Centre, Clonakilty All welcome

Saturday 13TH APRIL

10.00am-12.00pm

Flower Arranging Workshop (Flowers Provided)

Cork College of FET Sullane Centre, Macroom, Co Cork

Prepare a floral display. No experience necessary

Booking is essential please text or ring Sheila on 086 823 9097

3.00pm-4.30pm

FUNKY! A pickling workshop with chef Caitlin Ruth

O'Donovan's Hotel Clonakilty

In conjunction with Waste Not, Want Not initiative Clonakilty. Learn how to make delicious pickles from food that may have previously hit the bin! Waste Not, Want Not is led by VOICE Ireland with community partners Clonakilty Tidy Towns and Clonakilty Community Resource Center and it is funded under the Community Climate Action Programme: Climate Education, Capacity Building and Learning by Doing (Strand 2) which is funded by the Government of Ireland through the Department of Environment, Climate and Communications.

Limited space booking is essential email allison@voiceireland.org to register and find out more.

Monday 15TH APRIL

12.00pm-1.30pm

Painting on glass. All materials provided.

Cork College of FET Sullane Centre, Macroom, Co Cork

To book: Please text or ring Sheila on 086 823 9097

10.00am-11.30am

Mindfulness and Meditation

Cork College of FET Sullane Centre, Macroom, Co Cork

Take the opportunity to pause in the moment and unwind from the stresses of life. Join us as we practice meditation and mindfulness followed by a relaxing cup of tea.

To book: Please text or ring Sheila on 086 823 9097

11.00am-1.00pm

How to make a Swiss Roll (Professional Cookery)

Cork College of FET Kinsale Campus,
Bandon Road, Kinsale, Co. Cork

Jenny Fitzgerald (Professional Cookery Coordinator) will facilitate a masterclass on how to make a Swiss roll. Samples and coffee will be available on the day.

To book: Helena.farrell@corketb.ie or Helena Farrell on 086 107 7230

3.30pm-5.30pm

An introduction to Basic Pottery hand building techniques and decoration

Cork College of FET,
Youghal Campus, Golf Links Road, Youghal, P36 F704

You would need to bring: An apron and an old credit card (this is a very useful tool)

Places limited and booking is essential.
Phone Teresa 086 1992732 or email teresa.quirke@corketb.ie



6.30pm-8pm

ESOL Culture Night

Cork College of FET,
Clonakilty Centre, Westen Road, Clonakilty, Co. Cork P85 Y927

Come and meet others who attend our English for Speakers of Other Languages. Attendees are invited to share what is important to you and your culture, you may wish to share a piece of music, dance, food, art or traditional costume. Current learners and those interested in joining classes are welcome.

To book: Contact Catriona on 086 0204681 or email Catriona.petit@corketb.ie

Monday 15TH APRIL

11am-12.30pm

Art with Mary

Clonakilty Community Resource Centre

Booking Required: 086 013 6903

1.00pm to 3.00pm

Knitting and Crocheting Group

Clonakilty Community Resource Centre All Welcome

Tuesday 16TH APRIL

10.00am-1.00pm

D.I.Y (all materials supplied)

Cork College of FET Beara Centre,

North Road, Castletownbere, Co. Cork P75 X674

If you have ever wanted to learn how to hang a photo frame, wire a plug or hang a shelf now is your chance!!

To book: By text or phone Noreen 086 8239147 or email Noreen.murnane@corketb.ie

12.00pm-2.00pm

Understanding your Place in the Universe

with the help of the new sundial at Kinsale Campus

Cork College of FET Kinsale Campus,

Bandon Road, Kinsale, Co. Cork

An interactive workshop with Thomas Riedmuller (Sustainable Horticulture) designed to help you connect better to the physical realities of our endangered planet and to understand what the sun, the moon, and the earth really mean for the survival of the human race.

To book: Helena.farrell@corketb.ie or Helena at 086 107 7230

9.30am-11.30am

Create Art from Books

Cork College of FET,

Youghal Campus, Golf Links Road, Youghal, P36 F704.

Learn the art of book folding great as keepsakes for children's books to treasure memories. Bring a book or two to work on.

Booking essential: Phone Teresa Quirke 086 1992732 or email teresa.quirke@corketb.ie



Tuesday 16TH APRIL

6.30pm-9.30pm

Cookery Demonstration (all materials supplied)

Cork College of FET Beara Centre,

North Road, Castletownbere, Co. Cork P75 X674

A cookery demonstration to explore new ideas and recipes, reminding ourselves of traditional cookery methods. Lots of time to taste and discuss throughout.

To book: By text or phone Noreen 086 8239147 or email Noreen.murnane@corketb.ie

6.00pm-9pm

Art Sale in aid of Gaza Crisis Emergency Appeal

Cork College of FET, Clonakilty Centre,

Westen Road, Clonakilty, Co. Cork P85 Y927

Creativity, artistry and originality will be on display and also for sale in this one off event. Purchase a unique piece of local art at a very reasonable price (no item more than €25) with all proceeds going to a worthy cause.

To book: Contact Catriona on 086 0204681 or email Catriona.petit@corketb.ie

11.45am-1.45pm

An Introduction to Watercolours

Cork College of FET, Dunmanway Centre,

Park Road, Dunmanway, Co. Cork (P47 VY71

Get some tips on using Watercolours from Colm. A fun art class. All welcome, no experience required.

To book: Call Ethna on 086 128 5752 or email ethna.dugandzic@corketb.ie or David on 086 8239149 or email David.coomey@corketb.ie

11am-2.00pm

Chair Yoga with Joan

Clonakilty Community Resource Centre

Booking at 086 013 6903

2.00pm-3.00pm

Meditation with Bernadette

Clonakilty Community Resource Centre

All Welcome



TUESDAY 16TH APRIL

12.00pm-1.30pm

Waste Not, Want Not, Skill Share!

Cork College of FET, Clonakilty Centre,
Westen Road, Clonakilty, Co. Cork P85 Y927

A fun and interactive workshop to discuss way we can make delicious dinners and treats with foods that otherwise may be binned. What do you do with your leftover bits of bread, fruit that is past best or with those bits of leftovers in your fridge? This event is co-hosted with the Clonakilty Women's shed. Bring your recipes, ideas or just come along to be inspired – and feel free to bring some Brack!

To book– email allison@voiceireland.org

Waste Not, Want Not is led by VOICE Ireland with community partners Clonakilty Tidy Towns and Clonakilty Community Resource Center and it is funded under the Community Climate Action Programme: Climate Education, Capacity Building and Learning by Doing (Strand 2) which is funded by the Government of Ireland through the Department of Environment, Climate and Communications.

11.00am-1.00pm

Art & Wellbeing

– An Introduction Class for Neuro-Diverse Adults

Cumann na Daoine, Catherine Street Youghal P36 WY82

SECAD invites you to join us for an introduction to the benefits of wellbeing through art with arts educator Danielle Sheehy. No experience required and all materials provided.

Places limited booking essential through Eventbrite or contact dsheehy@secad.ie.

Supported by the SECAD Social Inclusion Community Activation Programme.

<https://www.eventbrite.ie/e/art-wellbeing-an-introduction-class-for-neuro-diverse-adults-tickets-830343779597>

Wednesday 17TH APRIL

12.00pm-2.00pm

Basic Computers Workshop

Business / Office Administration

Cork College of FET Kinsale Campus,
Bandon Road, Kinsale, Co. Cork

Staff and students from our Business Department will facilitate a workshop on basic computer skills in the following areas. Mail Merge (Word Processing), Basic Formula application (Spreadsheets) and Useful editing skills (Word Processing & Spreadsheets)

To book: Helena.farrell@corketb.ie
or Helena Farrell at 086 107 7230

WEDNESDAY 17TH APRIL

2.00pm-4.00pm

'Tune In' Music Club

Cork College of FET, Clonakilty Centre,
Westen Road, Clonakilty, Co. Cork P85 Y927

Explore your creativity with the world's two easiest instruments: the voice and ukulele. Dr. Kevin McNally of the West Cork Ukulele Orchestra will lead an engaging interactive workshop on rhythm, harmony and groove using popular music from around the world. Beginners welcome, ukuleles are available to borrow from the local library.

To book: Contact Catriona on 086 0204681 or email Catriona.petit@corketb.ie

11.00am-1.00pm

Art & Wellbeing - An Introduction for Adults

Millstreet Parish Centre, (adjacent to Church), West End,
Millstreet, Co. Cork. P51 RT91

SECAD invites you to join us for an introduction to the benefits of wellbeing through art with arts educator Danielle Sheehy. No experience required and all materials provided.

Places limited booking essential through Eventbrite or contact dsheehy@secad.ie.

Supported by the SECAD Social Inclusion Community Activation Programme.

<https://www.eventbrite.ie/e/art-wellbeing-an-introduction-for-adults-tickets-830352696267>

11.00am-1.00pm

National Spring Clean Beach Clean Up with Siúlóid@CCRC

Clonakilty Community Resource Center

Beach clean-up followed by refreshments at Inchydoney beach.
€5.00 per person for refreshments

Registration required to bruachnafelle@gmail.com

www.corketb.ie

