



kwetb

Kildare and Wicklow
Education and Training Board

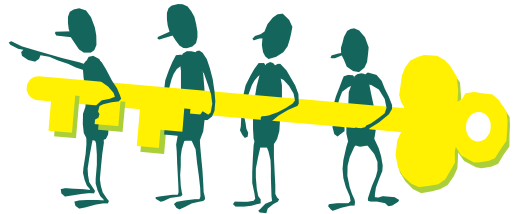
**Community Education Service
Kildare & Wicklow**

CONNECTING COMMUNITIES

2016 – 2nd Edition

Would you like to ...

- Learn a new skill?
- Meet new people?
- Get involved in your Community?



Kildare
Further Education & Training Centre
Jiginstown, Naas,
Co. Kildare

Wicklow
Further Education & Training Centre
The Murrough, Wicklow Town,
Co. Wicklow



Ireland's EU Structural and
Investment Funds Programmes
2014 - 2020

Co-funded by the Irish Government
and the European Union



EUROPEAN UNION

Investing in your future
European Social Fund



etb

Bord Oideachais agus Oiliúna
Chill Dara agus Chill Mhainín
Kildare and Wicklow
Education and Training Board

INTRODUCTION

It is my pleasure to introduce this edition of Connecting Communities, the annual publication of the KWETB Community Education Service (CES). This publication highlights the breadth and scope of the work being undertaken across County Kildare and County Wicklow. The CES works with groups and organisations to develop projects in response to priority needs that have been identified. The development of progression pathways for groups and individuals at the end of each project provides routes to other services within the organisation and beyond. Having been present at the 1916 Remembrance and Rebellion exhibition earlier this year I witnessed firsthand the depth and impact of what can be achieved for participants through their involvement in a community education project. I also note with interest the impact of classes such as yoga on mental health and the importance of capacity building with groups as highlighted by the experience of the Ballyguile Women's Group. There is a wealth of ideas contained in this newsletter. I hope it will provide inspiration for what might be possible for your group.

Sean Ashe - Chief Executive, KWETB

IN THIS ISSUE

1916 CENTENARY PROJECTS

Page

Adult Learner Festival, Co Kildare	3
Women of 1916, Naas and Newbridge	5

STRENGTHENING GROUPS

Developing a Group Logo, Wicklow Town	7
Increasing awareness of our Photography Club, Dunlavin	7
Public Participation Network	8

SUPPORTING HEALTH & WELLBEING

A learner's perspective Greystones mental health project	9
Carnew Art Exhibition	10
MOJO Creating Male Space, Celbridge and Kildare Town	11

SUSTAINABLE COMMUNITIES

Permaculture at Common Ground, Bray	12
Beekeeping, Maynooth	12

ACCREDITED LEARNING – BUILDING PROGRESSION FOR LEARNERS

Food Industry Taster Course	13
Occupational First Aid - Newbridge Family Resource Centre QQI Level 5	14
Community Addiction Studies – Celbridge QQI Level 5	14

Other Accredited Courses:

COMPUTER OUTREACH SERVICE.	14
COMING UP AUTUMN 2016.	15

**CO. KILDARE
& WICKLOW**
STATISTICAL SNAPSHOT FOR 2016

Number of Projects 145
Number of Learners 1717
Number of Accredited Portfolios 49

Adult Learner Festival, Co Kildare

SOLAS BRIDE, KILDARE TOWN

The AONTAS Adult Learners' Festival has become a firm fixture on Adult Education calendar over the years. The 10th annual Adult Learners' Festival, which took place from the 22nd-27th February 2016, was hugely successful with over 350 free events taking place throughout the country. 2016 marked a series of nationwide events, in all sectors of Irish life, marking the centenary of the 1916 Rising.

As part of these events The Community Education Service ran a community art project in Kildare called Remembrance and Rebellion which culminated in an exhibition on 24th February 2016 at Solas Bride, Kildare Town. Participating groups explored themes connected to the ideas of memory and revolution. The groups that participated are listed below along with a short account of some of their work.



Celbridge	ShareRing Skills
Rathangan	Home School Community Liaison
Naas	Community Art and Craft Shed
Newbridge	Family Resource Centre
Kildare Town	Eve Harvest and Local Community
Curragh	Family Resource Centre Women's Group
Athy	Irish Wheelchair Association
Athy	Women's Activity Group

Basket Weaving EVE HARVEST, KILDARE TOWN

This was a collaboration between "Eve Harvest" and "Kildare Town Community", the aim of the project was integration. The venue Teach Dara was very accessible to everyone. The material "Willow" was chosen and the craft was "Basket Making". This was very successful, as it was the first time these

students worked with this medium and true to its very nature offered plenty of challenges and rewards to both groups.

As a Tutor I learned a huge amount from this project, it offered training, mentoring, review and evaluation. The 15 week time frame in contrast to the normal 8 week course allowed for deeper connecting and learning.

The project theme of 1916 allowed us to focus and dig and build and grow together as a group, all working towards our goal “The Adult Learner Festival”. Participants worked on making their memories visible on individual projects and collectively on weaving large 3D sculptures. The individual items were exhibited inside, one of which was a recording of a poem written by one of the learners, and placed inside a willow object. The 3D sculptures were placed outside the exhibition venue to welcome people for Learner Festival. Lit from the inside each one represented one of the signatories of the proclamation. To see everyone’s work come together and to share it with the community in a special setting was a beautiful sight. The pride in this journey was very evident among all those involved.

Thank you KWETB Beth Murphy, Tutor



Mixed Media

IRISH WHEELCHAIR ASSOCIATION, ATHY

This group made lanterns with memory photos in them. The lanterns were hung inside at the festival to dimmed room lights so they could be fully appreciated with the photos in them. They made a beautiful sight. The group engaged in a lot of research into the ordinary lives of the people involved in 1916. They wanted to incorporate old photos of the people into pieces of art. Other members of the group worked on individual pieces representing their own memories. Some of these objects were displayed at the Learner Festival.

Feedback from the members included:

- Enjoyed learning a new technique.
- Really enjoyed working with the tutor Liadain Butler.
- Great sense of achievement.
- Became interested in history again and learning about it as most of us didn't enjoy the school system.
- Loved going to Aras Bride, Kildare Town and seeing our stuff displayed and feeling so proud.
- The challenges were to establish what Remembrance and Rebellion was as it was individual to everybody and to get group consensus.

Thank you to Community Education

Katherine Doyle IWA, Athy

Women of 1916

NETWORK KILDARE, NAAS AND NEWBRIDGE

As a nation, to commemorate the centenary of the Easter Rising, we are invited to remember, reflect and re-imagine the events which lead up to and occurred during that week.

To get involved in this I joined a course entitled Women of 1916, run by Network Kildare in conjunction with the Community Education Service Kildare. I was drawn to this course as I was not taught about this period in my school years and I wanted to learn more. I was 15 years old when the 50th celebrations took place and my school marked it with a memorable visit to Kilmainham Gaol. The only women I knew who had connections to the Rising were Countess Markievicz and Maud Gonne so I was eager to learn about the other women involved.

The course ran for 2.5 hours per week over 8 weeks and for those hours I was transported back in time remembering, reflecting and reimagining the Rising. The opening lines of the Proclamation addresses Irishmen and Irishwomen and roughly 300 women took part in the events of Easter Week.

The women came from all walks of life and all had the same burning desire to make Ireland independent and a better living place for its citizens. To achieve this, women joined the Irish Citizens Army, women such as Countess Markievicz, Rosie Hackett, Nellie Gifford, Elizabeth O'Farrell, Dr. Kathleen Lynn, Madeleine Ffrench Mullen and Helena Molony. Their occupations were factory workers, shop assistants, nurses, a doctor, actresses and members of the nobility.

The Irish Citizen Army rose out of the 1913 strike, entitled the Lockout, which had brought Dublin to a standstill and had a devastating effect on Dublin's poor. Dublin at that time had the worst slums in Europe and working conditions were also bad. During the strike workers were locked out of their jobs with no pay.

As women were not allowed to join the Irish Volunteers, Cumann Na mBan was formed so women could take an active part in the nationalist struggle. The women raised funds for the volunteers and the volunteers trained them in army drills.

During 1916 week the women of Cumann Na mBan risked their lives by delivering messages, ammunitions and food between garrisons. They also cooked meals for the rebels. Throughout the course it was fascinating to get to know these women who were trail blazers in feminism and republicanism. Louise Gavan Duffy, a pacifist, and one of the co-founders of Cumann Na Mban heard about the Rising on the morning of its commencement when she immediately went to the GPO to rebuke Padraig Pearse telling him "it was a mistake", but she nevertheless stayed and helped out in the GPO throughout Easter Week.

The culmination of the course was a day excursion to Dublin where we visited Kilmainham Gaol, and walked in the footsteps of the 1916 women around Dublin city.

This is just a taste of what we explored on the course which was delivered expertly by a historian Yvonne Campbell, who brought the events of Easter 1916 to life each week and I thoroughly enjoyed remembering, reflecting and reimagining the Rising and the remarkable women who paved the way for the Ireland we have today.

Maria Grogan, participant.

Developing a group logo

BALLYGUILLE WOMEN'S GROUP, WICKLOW TOWN

During a needs assessment discussion with Ballyguile women's group, it emerged that the group was experiencing a big transition due to the fact that it had to move to a new venue in a different estate outside Wicklow town.

The group was established as part of the original estate, but was finding it challenging to re-launch itself in the new estate. The needs assessment concluded that the group needed some support in exploring the group's purpose, where the group had been and where it was going in the future. It was agreed that designing a group logo would help in this exploration.

Conor Wickham, a community artist, facilitated the group to design their group logo. During the process, the women reflected on what the group meant to them and also on how they would like to see the group developing. In the autumn, the group plan to use their logo to promote a tai chi course for women in the new estate.

Quotes from the women:

"It was a great way to explore where our group has been and where it was going in the future. Also, great fun and a fantastic logo at the end of it"

"A fantastic way to facilitate group development in a fun and non-threatening manner"



Increasing Awareness Of Our Club –

DUNLAVIN PHOTOGRAPHY CLUB

“FRIENDSHIP THROUGH LEARNING”

The Digital Photography course was held in St. Kevin's Community College, Dunlavin for local photography enthusiasts, most of who were connected to the local camera club. The course tutor was Declan Hancock. Everyone completed the course and a qualitative evaluation was conducted at the end by Zoryana Pshyk using a methodology related to the Social Analysis Spiral whereby people were invited to reflect on the personal, social and community outcomes.

Among the personal outcomes cited were: confidence to use camera, recognising photo opportunities, learning new techniques, making friends, building links with the community.

Some of the social outcomes cited were: sustaining and increasing club membership, creating links to other local initiatives related to 1916 celebrations. Also, members learnt tips on how to run camera club meetings. Community outcomes included: increasing awareness of the club, confidence to participate in a 1916 exhibition, using a community amenity and increasing the sense of responsibility among members to photograph and record community events.

As one participant said, the course promoted friendship through learning and the group found the tutor informative, enthusiastic and easy to follow.

Public Participation Network (PPN)

The Public Participation Network is a new framework for public engagement and participation which is being established in every local authority area. The PPN will be the main link through which the County Council will connect with the community/voluntary, social inclusion and environmental sectors. Through the PPN, people will be selected to participate in various processes of the County and its boards & committees and thus influence policy making and provide oversight. Membership of the PPN is open to groups which must be voluntary, community based, non-party political and active in the county, be “not for profit”, with at least 3 members. A registration form must be completed but there is no fee for membership.

It is advisable for all community groups to affiliate to the PPN as it will ultimately be a source of information and advice, enable them to access funding and training and give them a voice in local affairs.

To register online please go to the following websites:

Kildare

www.kildareppn.ie

Tel: 045 980700

Email: kildareppn@gmail.com

Kildare Public Participation Network,
Level 7, Aras Chill Dara,
Devoy Park,
Naas, Co. Kildare.

Wicklow

www.countywicklowppn.ie

Tel: 087 189 5145

Email: countywicklowppn@gmail.com
County Wicklow Public Participation
Network,
C/O CEART, Crinion Park,
Wicklow Town, Co. Wicklow.

Yoga, my journey from illness to wellness

GREYSTONES MENTAL HEALTH PROJECT

Partnership initiative between the community mental health team and KWETB Community Education service - Yoga Course

Anxious, self-conscious, hopeless, fearful – these were all the emotions I felt back in January 2015 before I entered my first yoga class. They were also emotions that were prominent in my life. I was in the deep through of anxiety and desperate, looking everywhere for a miracle cure. My mental health team recommended I attend a Yoga class, run through KWETB Community Education. As I was incapable of making any decisions for myself I agreed to attend but I was certain that this was not for me and that I was not good enough. Just getting in my car to go to my first class was an enormous feat, as back then I barely had the strength to leave the house. Sitting in my car in the car park, the voice of anxiety offered its advice “You won’t be good enough. Everyone will laugh at you. You’ll have a panic attack”. But I didn’t want to let people down, so I got out of the car and dragged myself into the room. To this day that is one of my best decisions I’ve made on my journey and one of my significant turning points.

The first half of the class began with Joanne asking us all individually to say aloud how we were feeling in our bodies and what was happening for us in the previous week emotionally. As the weeks progressed that became one of my favourite parts of the class. I began to take off my mask and for the first time found a space to honestly say how I was feeling. I began to see as I listened to the other people, that quite often what we view as something terrible in our lives is only temporary and with time will pass. Other people had their own journeys and they gave me courage that if they could get through their experiences then I sure as hell could survive!

The next lesson was to learn the power of the breath. This has been another invaluable tool that I use in stressful situations. Sometimes all that is required is some slow focused breaths.

Another life lesson was in the practice of the yoga poses themselves. Our bodies are all truly unique and we are capable of things that perhaps we didn’t

think possible. We were taught to hold a pose to a point where it starts to pinch but not to the point where it hurts. The life lesson is that if something starts to hurt, it's time to acknowledge that it does not perhaps serve you. Over my time in yoga my confidence grew and I began to try things outside yoga that before this I would not have attempted. I took part in Darkness into Light, attempted my driving test (which I failed but that's ok). Hopeful for my future, confident in my abilities and resilient in times of stress is how I felt when I attended my last yoga class with the community group.

Participant

Community Art CARNEW

Sinead Ryan, a community artist has worked on two projects, involving residents from Carnew Community Care, along with people from the local community.

The Historical Structural project involved researching information on local buildings, such as Carnew Castle and Tinahely courthouse and building 3-D artistic representations using art and craft. The second project has been the creation of an art group. There was a great turnout of friends and family on Saturday, 28th May in Carnew Community Care to celebrate both projects and see finished pieces of work on display. The Historical Structural project has given people the opportunity to learn about local history, to learn new art and craft skills and to connect with people in an enjoyable way.

Some of the feed-back from the groups:

"There have been times when the only social outlet I have been to attend is the Friday morning art class"

"Some of my happiest moments are spent painting with this group, and it is important to me"

"It gives me a sense of belonging and the group means a lot to me"

"I thoroughly enjoy meeting with the group that are so supportive"

"I never painted or drew pictures, knew nothing about mixing colours or textures. It is a new experience and loving every moment of it"





Mojo KILDARE

Mojo Kildare is an interagency programme developed to provide a coordinated response to men who are in 'distress' because of the recession and unemployment and are motivated to change.

The Mojo programme is delivered over 12 weeks, 2 days per week and consists of 4 main elements Wellbeing and Resilience, Life Planning, Physical Fitness and a Male space that supports networking.

"A life-saving experience and a life-giving experience because I can look forward – I know what I want to do, I have a plan going forward and I'm looking forward to the rest of my life."

Mojo participant.

With support from KWETB we also deliver a Mini Mojo programme. This is a 4 week taster where participants are introduced to the 4 elements of Mojo. We have run two programmes this year in Kildare Town and Celbridge and the next Mojo Programme takes place again in Kildare town in September 2016

For further information please contact:

Niamh Keaveney @ 085 284 5871 or niamh@kildare.mojo-programme.org

DATES TO REMEMBER IN YOUR CALENDAR - 2016/17

Month	Event
Oct	<ul style="list-style-type: none"> • Tutor Workshop – Kildare and Wicklow • Group Leader Workshop - Kildare
Nov	Apply for Community Education Funding - Kildare/Wicklow
Jan	Tutor Workshop – Kildare and Wicklow
Feb	Adult Learner Festival
Mar	International Women's Day
April	Group Leader Workshop - Kildare
May	Apply for Community Education Funding - Kildare/Wicklow

Permaculture Course COMMON GROUND, BRAY

Common Ground is a co-operative, community based project that seeks “an alternative to the consumer-fueled ethos that dictates much of the modern world”. It seeks to create a network of people to have “a positive impact on the community of Bray and its environs and that reflects the diverse and multi-cultural nature of contemporary Ireland.” It aims to encourage its members to support each other in sharing their skills and talents, to source healthy and sustainable food, to encourage environmentally friendly approaches to contemporary living, as well as supporting a mindful, ethical and caring community. The Permaculture course, taught by “super gardener” Suzie Cahn, reflected and promoted the aims of the group. Towards the end of the course, the participants created a garden, opposite Common Ground’s meeting place in remembrance of the group’s founder. In one evening a piece of waste ground was transformed by group effort.

Bee Keeping - a Buzzing Success

EVE LARINE & MAYNOOTH MEN’S SHED

Anxious trepidation circulated around the room in Maynooth Library as a group of ten novice Beekeepers attended the ten week “Introduction To Beekeeping”. As the course gradually unfolded, interest escalated and new introductions were made to the Worker, Queen and Drone as they became new members to our course every Monday morning. The course covered practical aspects of beekeeping including the equipment needed, hives, swarming, colony control, diseases and feeding to mention just some aspects. We had many highlights during the course; some other Beekeepers from the Midlands Beekeepers Association visited the class and captivated us with their informative talk. Perhaps the ultimate highlight for all was watching a young Queen emerge from her Queen Cup in a hive during a visit to an Apiary in Straffan where we experienced a “Hands On” day in an Apiary. Something Else! It was followed of course by tea and scones. So looking forward to the next course!

Audrey Wilson, Tutor

ACCREDITED LEARNING – BUILDING PROGRESSION FOR LEARNERS

Food Industry Taster Course

Curragh & Newbridge Garda Youth Diversion Project undertook a new and exciting collaboration with Naas Youth Project and KWETB, Community Education Service. The 7 week course “Introduction to Food Industry Taster and Employment” took place in Newbridge Youth Services on Tuesdays and Wednesdays from 11-3pm. The course was set up for young people who were out of education and who may have struggled to access and maintain employment.

Course Aims

- Develop self confidence
- Enhance and build on existing skills
- Acquire and learn new skills to assist in seeking employment.

Modules covered

- Training in Group Formation
- Working as part of a team
- Leadership, dealing with difficult situations
- Barista training, cooking skills, introduction to HACCP
- Customer Service
- Career Guidance
- CV preparation and interview skills
- Mock interviews

● The programme also saw a 100% pass rate in FETAC level 5 First Aid training. This was a huge accomplishment for all.

It was evident at the presentation of certificates ceremony the sense of pride and achievement that participants felt in successfully completing the programme. Feedback from participants was excellent. They now felt more prepared and confident in seeking employment because of the variety of skills they acquired such as C.V writing, working as a team, communication skills and interview skills. They also stated that they now had more skills that they could confidently add to their C.V's. when seeking employment.

The First Aid training in particular was deemed as the most enjoyable module by participants as they felt it was an essential and important skill to have. Overall feedback from participants was very positive and all feel more confident in seeking employment as a result of participating in the course.

*Ciara Kinsella,
Kildare Youth Services Project Worker*



Occupational First Aid

NEWBRIDGE FAMILY RESOURCE CENTRE, CO. KILDARE QQI LEVEL 5



We held our QQI Level 5 Occupational First Aid course in February and March 2016 this year. We had a huge demand for the course, and a waiting list with numbers such that we could have run another course! John O'Reilly was the course facilitator and he had an excellent way of working with the group. The participants felt comfortable asking questions, things were simply explained to them and they learned loads. They thought the course was really useful, especially for participants with children. They would love to see a refresher course in two years so that they could stay up to date with their qualification. The examiner also put everyone at ease and was friendly and helpful.

Community Addiction Studies **QQI LEVEL 5**

CELBRIDGE, CO. KILDARE

This 20 week course ran from October 2015 to April 2016 from 7.00 p.m. – 10 p.m. each night with two Saturday workshops. The course was offered by an interagency group including the Regional Drug and Alcohol Task Force, County Kildare LEADER Partnership among others and part funded by KWETB Community Education Service. The aim of the project was to support individuals, families and local community volunteers to become better equipped to address drug & alcohol issues in their local area. We will be running this course again during the autumn term in Leixlip, Co. Kildare.

Ellen Duggan, Tutor

Other Accredited Courses

Word Processing - Bray Family Resource and Development project
Communications (General Studies) - Obama Group, Bray
Health & Fitness (Sport & Recreation) - Tiglin Day service, Arklow
Marketing Practice - Signal Community Arts centre, Bray
Communications Signal - Community Arts centre, Bray
Arts Event Management - Signal Community Arts centre, Bray

QQI Level 3
QQI Level 4
QQI Level 4
QQI Level 5
QQI Level 6
QQI Level 6

Computer Outreach Service

We can provide computer courses to community groups across Kildare and Wicklow. A suite of laptops are available for use within Community Centres, Parish Halls or other local facilities available to community groups with internet access. Some possible courses include Computers for Beginners, Internet and E-Mail, Keyboard Skills, Digital Photography, Social Media and Introduction to I-Pad (Your own I-Pad must be provided).

Proposed Bus Service from Rathangan to Kildare – Newbridge – Naas

If you are hoping to attend further education or training this Autumn in Kildare Town, Newbridge or Naas and do not have transport, a new daily bus service is being planned to run from Rathangan. It is proposed that the service will leave Rathangan at approximately 8.15 a.m. and will return to Rathangan by 5 p.m. on a daily basis Monday to Friday. Where courses finish on Friday at lunchtime a return service will operate to arrive back in Rathangan by 2 p.m. The fare will be €5 return per day. Trainees on some approved courses receive a travel allowance which will be accepted on the service. It is proposed that the service will commence on Monday 5th September 2016.

If you wish to book a place on the proposed bus service or make any further enquiries please email [John Dowling at kildareSD.manager@locallink.ie](mailto:kildareSD.manager@locallink.ie) or call 087 7523523.

Course	Location
Self Care and Wellness for Committee Members	Naas FETC
Website Design for Community Education groups	Naas FETC
Sculpture	Naas FETC
I-Pad	Naas FETC
Training for Hospitality	Leinster Mills, Naas
Community Arts Practice QQI Level 5	Naas FETC
Community Addiction Studies QQI Level 5	Leixlip
Building parental attachment	Wicklow Child & Family project
Active On-line	Carnew Adult Learning Centre Wicklow FETC
Sewing circle	Bray Family Resource project
Personal & Professional Development QQI Level 6	Signal Community Arts, Bray
Horticulture	Cairdeas Clubhouse, Bray
Ceramics project	Open Door, Bray Wicklow FETC/ Carnew Community Care/Kilcoole Community Centre
Healthy Eating	Wicklow Travellers primary healthcare project
Supporting recovery through mindfulness	Tiglin project Ashford
Supporting recovery through Health & Fitness	Tiglin project Arklow
Wellness programme	Arklow
Group capacity building	Wicklow/Kilcoole



kwetb

Kildare and Wicklow

Contact Us

Co. Kildare

Community Education Facilitator

Susan Cullinane 045-988024 susancullinane@kwetb.ie

Community Education Outreach

Fiona O'Keeffe 045-881863 fionaokeeffe@kwetb.ie

Co. Wicklow

Community Education Facilitator

Brenda Delaney 0404-64055 brendadelaney@kwetb.ie

Community Education Resource Worker

Fiona Tuite 0404-64050 fionaltuite@kwetb.ie

For more details see

www.kwetb.ie

or

www.facebook.com/communityeducationservice

12 TIPS TO KEEP YOURSELF MENTALLY HEALTHY

1. Keep physically active. **2.** Eat well. **3.** Only drink in moderation. **4.** Value yourself and others. **5.** Talk about your feelings. **6.** Keep in touch with friends and family. **7.** Care for others. **8.** Get involved, make a contribution. **9.** Learn a new skill. **10.** Do something creative. **11.** Take a break. **12.** Ask for help.

MAKE SURE YOU GET THE MOST OUT OF LIFE AND THAT LIFE GETS THE MOST OUT OF YOU!