



CranmoreConnects
Cranmore Education Mentoring Programme



August 2021

Education News

- Advice on learning at any age
- Information on options
- Tips and Ideas

cranmoreconnects.ie



Hello from the Cranmore Education Mentor

Over the past two years I've been mentoring second and third level students and adults in the community who are interested in going back to education or just trying to figure out what to do and how. Sometimes it's just a one off chat to find out some information, other times it might be ongoing support while you are doing a course.



I'm here to help you take the next step, whatever that is. I hope you enjoy the information in this summer's booklet. Do give me a call if you would like to find out more.

All the best,
Celia Keenaghan
Cranmore Education Mentor

**I work from Monday to Wednesday
in 7-9 Devins Drive.**

Contact me at:
085 8751245
Keenaghan.celia@itsligo.ie
@CranmoreConnects
www.cranmoreconnects.ie

What You Tell Us

"The mentoring programme helped me a lot. Celia was very welcoming, kind and helpful. She gave me a lot of information with things that me and my parent did not understand when it came applying for colleges or course or grants. She also helped me a lot with studying ideas when it came to my Leaving Cert which then made it easier to study and made me more motivated to study and I would definitely recommend it to anyone especially people sitting their Leaving Cert".

Leaving Cert Student

"After chatting with Celia I registered for a course and it was the best thing I ever did. I was nervous at the start especially because the course was online but once I got going it was great".

Adult Learner

"It was great having someone to ask questions about college stuff. I could always call her if I needed to and it helped me with my confidence too. Even things like helping me get ready for a presentation I had to do in class."

College Student

What is Mentoring?



Some common questions I get asked:

Where is the best place to find out about...?

I haven't a clue what I want to do, how do I know where to start?

Can I get funding to do this course?

I got this email from college and I'm not sure what it means, can you help?

I didn't do well at school, do you think I'd be able for...?

I'm already trained as this but I'd really like a change, what are my options?

What are my options?

Learning in
the community



Options



Further Education
/Third Level



Schools

Learn in your Community

There are lots of short courses happening in your locality. Cranmore Community Co-op is your local community development organisation who run training and development courses and workshops throughout the year for all age groups. Here are some upcoming courses.

Biodiversity Garden Workshops

This community education course covers two hours per week over six weeks and we will explore biodiversity for small Irish gardens. You will learn about flowers and practices that attract wildlife to your garden and look stunning, no matter how much gardening experience you have or what size your garden is. You will be shown many tricks to keep your biodiversity garden at a low budget and at low maintenance.

The workshops will be delivered by biodiversity expert and outdoors educator Daithí Lavelle (*Reconnect with Nature*)

When: Thursdays 2pm – 4 pm Where: Community Garden Cranmore Road

**Starting 19th August 2021,
Six weeks up to 23rd September**

Improving your digital skills

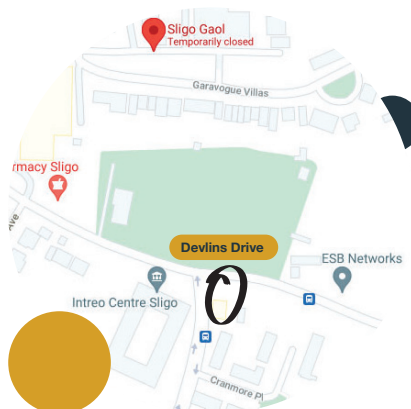
This is an introductory course to improve your skills in accessing and using the internet and digital devices. If you would like to improve your knowledge or skills in any digital area, please get in touch as we would like to tailor the course to suit participants' needs. Due to be run in the autumn.

Recycling

What can and cannot be recycled can be confusing. Would you like to be clear on what exactly can be recycled and how? And learn other interesting recycling tips? Due to be run in the autumn.



We are here



Learn from experience

Volunteering with us is a great way to gain skills and knowledge from experience. If you are interested in finding out about what volunteering opportunities are available, we would love to hear from you.

If there is training or personal development that you need, or would like to do, please let Cranmore Community Co-op know can run it in future or assist you to find another provider who is running it.

Contact Details

If you would like to register or have any questions about any of these courses, please contact Community Development Worker at Cranmore Community Co-op Connie Nell on 087 1169500 or connie@cranmore.ie or follow us [@CranmoreCoop](https://www.instagram.com/CranmoreCoop)

Other community learning opportunities include:

**Abbeyquarter
Community Centre**
071 9143420

**Sligo Springboard
Family Support Service**
071 9147070
www.sligospringboard.ie

Sligo Libraries
071 9111850
www.sligolibrary.ie

**Sligo Leader
Partnership CLG**
086 418 3717
www.sligoleader.com

**Sligo Lifestart
Supporting Parents**
086 8276055
www.lifestartsp.ie

Further Education/ Third Level

There are many routes to college full or part-time.

Mayo Sligo Leitrim Education Training Board (MSLETB)

Further Education and Training Centres,
Youthreach Centres Community,
Training Centres.

071 9194800

www.fetchcourses.ie

Post Leaving Cert Courses (PLCs)

www.sligocfe.ie

www.mercycollegesligo.ie

Pre-University Diploma in Foundation Studies Access Course

www.stangelas.nuigalway.ie

www.nuigalway.ie

Apprenticeship or a Traineeship

www.apprenticeship.ie

National Learning Network Sligo

www.nlnsligo.ie

College/University

Sligo –

071 9155222 www.itsligo.ie

071 9143580 www.stangelas.nuigalway.ie

Elsewhere in Ireland –

www.cao.ie

www.heai.ie

Abroad –

www.citizensinformation.ie

Sligo Youth Information Centre

085 8041020 / 071 9144150

www.ncyics.ie

INFORMATION HELPLINE for Young
People & Parents Call / Text / WhatsApp
085 8041020.

Youth Information **ONLINE CHAT SERVICE**

go to direct.lc.chat/10341532/

Finding courses
gov.ie/therightcourse
qualifax.ie
fetchcourses.ie



Schools

Mercy College Sligo

071 9143476

www.mercycollegesligo.ie

Sligo School Project

071 9143073

www.sligoschoolproject.ie

Ballinode Community College

071 9145480

www.ballinodecollege.com

Our Lady of Mercy Primary School

071 9171364

www.mercypssligo.ie

Summerhill College

071 9160311

www.summerhillcollege.ie

St. John's National School

071 9162537

www.stjohnssligo.com

Supports for school going children and young people

Sligo/Leitrim Home Youth Liaison Service

071 9144441 www.homeyouthliaisonservice.ie

Sligo School Completion Programme

071 9154587 087 2048096

Sligo Social Services Abbeyquarter Afterschool

087 2188646

Abbeyquarter Community Centre

Help with Study Skills and with Maths and English may be available throughout the year (085 8751245).

Sligo Springboard (formerly Resource House) provide School Aged Childcare:

School Aged Childcare Breakfast Club caters for 26 Children who attend local primary schools. The breakfast club is operated by experienced, trained staff who provide a nutritious breakfast for each child. Children engage in age appropriate activities while waiting to transition from the service to school. Children are escorted to school in the services bus, a designated member of staff remain in the yard with children until they enter the school building.

School Aged Childcare (Afterschool) caters for 26 children from 1:30pm – 5:15pm. All our staff are experienced, trained professionals who strive to provide a home away from home environment. All children are supported to reach their full potential be it 1 to 1 homework support, budding chefs, or age appropriate indoor and outdoor activities.

Tips: Starting Big School / Returning to Primary School

1. Have good morning and sleep routines.
2. Choose a lunch box and drinks bottle that your child can open and close on his or her own.
3. Make lunch the night before.
4. Be quick & firm send them off to school with a short hug and a “enjoy/have fun” message before walking away.
5. Allow time to settle in.
6. Changing out of their uniform as soon as they get home from school will help you save money/time on washing and wear and tear of the uniform.
7. Give them time to unwind and wait for them to talk about their day. Have a snack ready for when they get home, they will be hungry!



**Top
Tips!**

Tips: Going from Primary To Secondary School

1. Give Them Responsibility

Encourage them to be organised the night before by packing school bag, and get themselves up and ready for school in the mornings including making their own lunch etc.

2. Label Everything!

Put your child/teens name on absolutely everything.

3. Help Them Get Organised

Have an ‘At a Glance’ timetable for the week visible to everyone.

4. Ensure They're Rested

During the first few weeks/months of secondary school your child may be exhausted, so ensure they are getting enough sleep each night.

5. Make Time To Chat

Find time in your day to chat with them – around the dinner table can be a good time for most families.



Useful Resources for Parents

National Parents Council Primary
www.npc.ie/primary

National Parents Council –
Post Primary
www.npcpp.ie

National Council for Special
Education
www.ncse.ie

Early Childhood Ireland
www.earlychildhoodireland.ie

Tips: Going to College

- Attend orientation days and talks.
- Join clubs and societies.
- Budget ahead of time.
- Look after yourself physically and mentally e.g. get some daily exercise and meditation routines.
- Find mentors – e.g. someone you know who is in college, a coach or mentor in your community.
- Know that it's ok to feel anxious, all change can be scary. Ask for help if you need it.
- Check out supports in the college like the access office, health services, student's union.
- Once you get your timetable, make a schedule that works for you. Factor in your commitments such as part time job or caring responsibilities. Be careful not to overcommit.



Tips: Going back to education as a mature student

- Talk to a variety of people about what course might suit you e.g. mentor/guidance advisor, family, friends, colleagues.
- Research what options are available to you – see links in this booklet.
- Consider your financial situation and what you can afford. There are lots of free and supported options if you are on a low income.
- Take things one step at a time, don't be overwhelmed – ask for help MSLETB 071 913 8410, AONTAS freephone 180 0303669, Cranmore Education Mentor 085 8751245.
- Have a support network in place when you start your course.

Tips: How to Set Some Education Goals

- What do you really love doing? Eg. Sport
- How can you connect what you are interested in to an education goal? Eg. I would like to teach sports or become a motivational coach.
- What would you like to achieve? By when? Eg. I'm going to complete a Sports, Recreation and Exercise course by end of next year.
- Who can help you? Eg. Friend, family, employer.
- What can you do today to start the ball rolling? Eg. I can search fetchcourses.ie or ring the Education Mentor (085 8751245).



Finance and Support

SUSI

Student Universal Support Ireland for full time study in further or third level.
www.susi.ie

DARE

Disability Access Route to Education.
www.accesscollege.ie/dare/

HEAR

Higher Education Access Route for students underrepresented at Higher Education due to their socio-economic background.
www.accesscollege.ie/hear/

1916 Bursary Fund

www.heia.ie/funding-governance-performance/funding/student-finance/1916-bursary-fund/

Back to Education Allowance

Full-time study for those unemployed.
The Part-Time Education Option Part-time study for those unemployed.
Visit www.welfare.ie and www.heia.ie

Springboard Courses

Springboard+ free and heavily subsidised upskilling and reskilling opportunities through higher education.
www.springboardcourses.ie

Student Assistance Fund

www.heia.ie/funding-governance-performance/funding/student-finance/student-assistance-fund/

Fund for Students with Disabilities:

www.heia.ie/funding-governance-performance/funding/student-finance/fund-for-students-with-disabilities/

Scholarships

For adult learners to acquire a bachelors degree for the first time.
www.uversity.org/the-scholarships/

For further information on these supports, please contact the Cranmore Education Mentor (085 8751245).



Find out more from

Celia Keenaghan, Education Mentor

Monday, Tuesday, Wednesday

085 8751245

071 9111265

Keenaghan.celia@itsligo.ie

Edel Kenny, Education and Enterprise Coordinator

071 911264

087 3599875

ekenny@sligococo.ie

Cranmore Regeneration Project
7-9 Devins Drive
Cranmore
Sligo

Facebook @CranmoreConnects
www.cranmoreconnects.ie



CranmoreConnects

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All information in the booklet is correct
at time of print and subject to change.
Please contact each organisation to
follow up and confirm details.

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Eilín na Míneam
Government of Ireland



HEA | EDUCATION