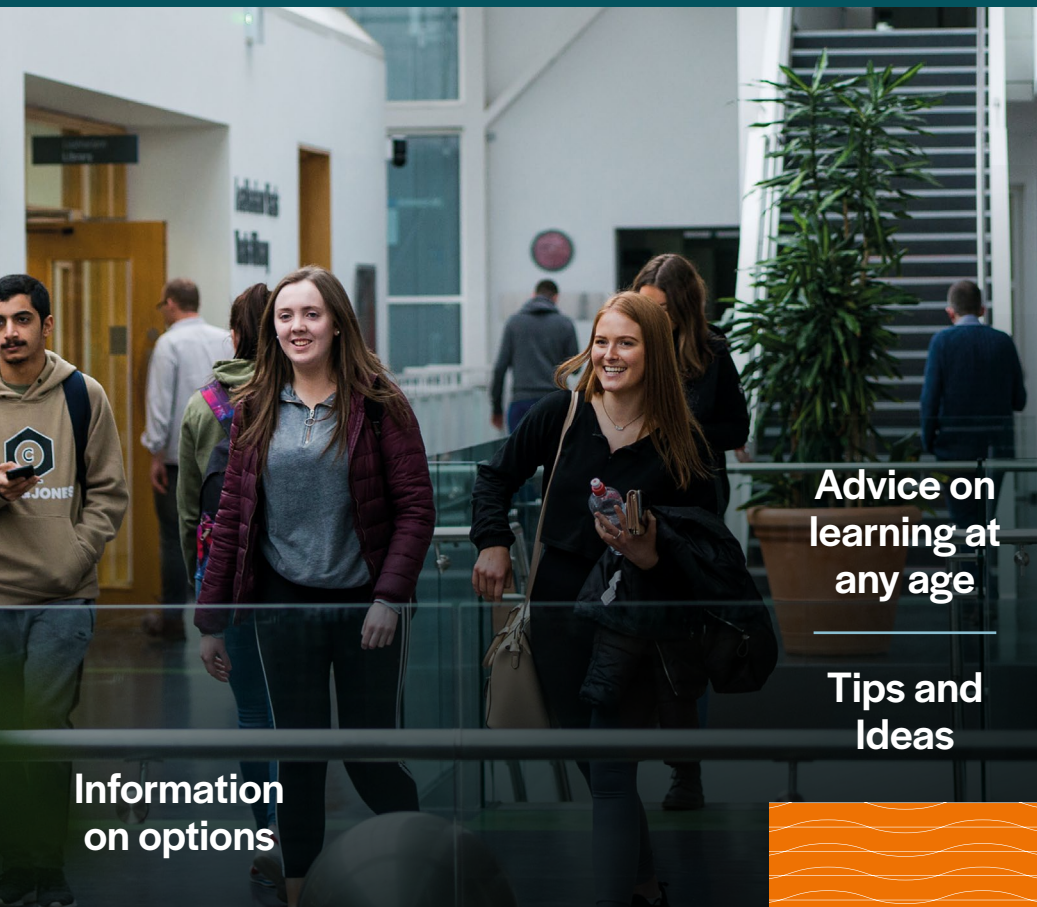




CranmoreConnects
Cranmore Education Mentoring Programme

August 2022

Education News



**Advice on
learning at
any age**

**Tips and
Ideas**

**Information
on options**

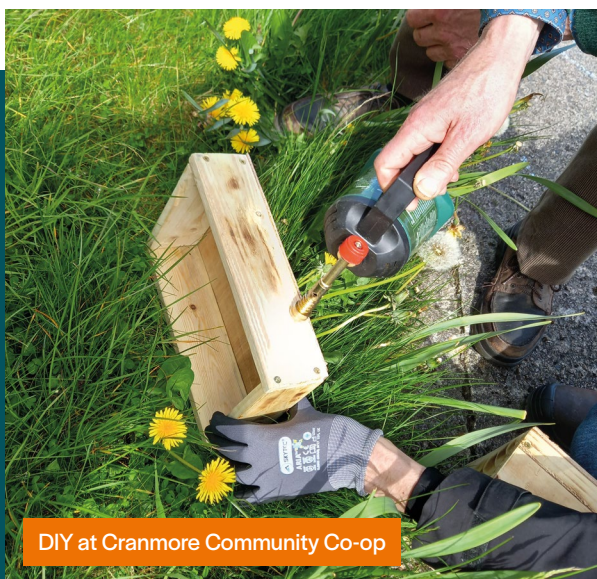


Ollscoil
Teicneolaíochta
an Atlantaigh

Atlantic
Technological
University

cranmoreconnects.ie

What is Mentoring?



DIY at Cranmore Community Co-op

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



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

Contact me at:
085 8751245
celia.keenaghan@atu.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 course choice, grants... and made me more motivated to study.”

Leaving Cert Student

“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


“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

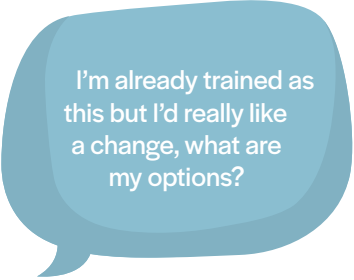
“Meeting Celia every week has been a lifeline. I'm now seeing options where before I was only seeing obstacles.”

Adult Learner


Some common questions mentors get asked:




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



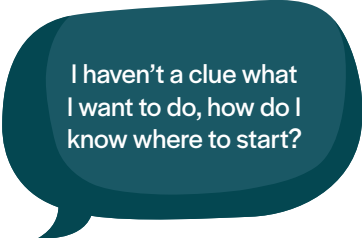
I'm already trained as this but I'd really like a change, what are my options?



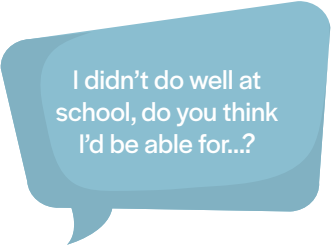
Can I get funding to do this course?



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



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



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

What are my options?



**Learning in
the community**



Schools



**Further Education
/Third Level**

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.



Gardening at Cranmore Community Co-op

To find out what classes are coming up or to suggest ideas for new ones please contact:

Cranmore Community Co-op

Connie Nell : 087 1169500 or
connie@cranmore.ie or follow us
@CranmoreCoop



Other community learning opportunities include:

**Abbeyquarter
Community Centre**
@CranmoreAbbeyquarter
CommunityCenter
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

Schools

Our Lady of Mercy Primary School

071 9171364
www.mercypssligo.ie
Reopens September 1st

Sligo School Project

071 9143073
www.sligoschoolproject.ie
Reopens August 29th

St. John's National School

071 9162537
www.stjohnssligo.com
Reopens September 1st

Ballinode Community College

071 9145480
www.ballinodecollege.com
Reopens 25th August

Mercy College Sligo

071 9143476
www.mercycollegesligo.ie
Reopens 30th August

Summerhill College

071 9160311
www.summerhillcollege.ie
Reopens 26th August

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.

School Aged Childcare Support

Sligo Springboard Family Support Service

2 Racecourse View, Cranmore 071 9147070 sligospringboard.ie

Sligo Social Services Abbeyquarter Afterschool

Abbeyquarter Community Centre 087 2188646

Abbeyquarter Community Centre

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

Tips for Parents

Tips: Starting Big School / Returning to Primary School

- Have good morning and sleep routines.
- Choose a lunch box and drinks bottle that your child can open and close on his or her own.
- Make lunch the night before.
- Be quick & firm send them off to school with a short hug and a “enjoy/have fun” message before walking away.
- Allow time to settle in.
- 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.
- 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!

Tips: Going from Primary To Secondary School

- **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.
- **Label Everything!**
Put your child/teens name on absolutely everything.
- **Help Them Get Organised**
Have an ‘At a Glance’ timetable for the week visible to everyone.
- **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.
- **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



Help Discovering my Options

There are a number of places you can get free help with your education or career options at any age and any stage. Here are some useful links:

ATU

www.mycareerpath.ie

MSLETB

Adult Educational Guidance Service

josephinemcgreed@msletb.ie

071 9138410

Adult Literacy support

doloresmccloughlin@msletb.ie

086 6043353

Back to Education Initiative

pauladufficy@msletb.ie

071 91 38412

www.nlnsligo.ie/courseenquiry

087-2408538

sligo@nln.ie

www.fetchcourses.ie or phone

1800 100 100

www.careersportal.ie



Or just drop in for a chat to the
Cranmore Education Mentor,
7 – 10 Devins Drive or call
085 8751245



Sign Language Workshop at Abbeyquarter Community Centre

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

Apprenticeship or a Traineeship

www.apprenticeship.ie

National Learning Network Sligo

For people who have had an accident,
illness, injury or have a disability and extra
support needs
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
www.leargas.ie

Sligo Youth Information Centre

085 8041020 / 071 9144150
www.ncyos.ie

Youth Information ONLINE CHAT SERVICE

go to direct.lc.chat/10341532/



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.



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.



www.mycareerpath.ie

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

Additional finance for students underrepresented at Higher Education
www.heai.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.heai.ie

Springboard Courses

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

Student Assistance Fund

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

Fund for Students with Disabilities:

www.heai.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.



Try Fishing, Doorly Park

Find out more from

Celia Keenaghan, Education Mentor

Monday, Tuesday, Wednesday

085 8751245

0719111265

celia.keenaghan@atu.ie

Edel Kenny, Education and Enterprise Coordinator

0719111264

087 3599875

ekenny@sligococo.ie

Cranmore Regeneration Project

7-9 Devins Drive

Cranmore

Sligo

Facebook @CranmoreConnects

www.cranmoreconnects.ie



CranmoreConnects

Cranmore Education Mentoring Programme

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.

Printed August 2022.



Ollscoil
Teicneolaíochta
an Atlántaigh
Atlantic
Technological
University



SLIGO
COUNTY COUNCIL
Cathair na Sligeach



Cranmore
REGENERATION



Attract
Transition
Succeed



Riadas na hÉireann
Government of Ireland



CRANMORE
COMMUNITY
CO-OPERATIVE SOCIETY
LIMITED

HEA | EDUCATION