

## THURSDAY

### Art

This class is for anyone who wishes to tap into their creative potential. Start off with drawing and sketching and progress onto painting and explore print making. **(20 weeks)**

**7pm-9pm Fee: €2 each week**

### Cooking made Easy

Learn some simple, fun and delicious recipes you can cook on a budget. A social fun group.

**6pm - 8pm Fee: €3 each week**

**Starts 31st Jan (10 Weeks)**

**Starts 20th April (10 Weeks)**

### Out and About - FORTNIGHTLY MORNINGS

Are you looking to get out of the house, meet new people and visit interesting places? This group will meet for tea and chat before visiting places of interest and free events.

**11am meet up in HACE**

**(No Fee, just bus fare when needed)**

### Tai Chi

Come along to these beginners workshops and destress while you learn the soft, flowing & relaxing movements of this ancient form of exercise. **(20 Weeks)**

**6pm-7pm Total Fee: €5**

### English Chat Sessions — Various Days

These sessions will facilitate members from Roma Community, Asylum Seekers and Refugees to learn English and Communication skills in a relaxed environment with tea and chats/—

**Contact Patricia for more info. Ph: 089 4198550**

## **HACE VOLUNTEERS NEEDED**

**Can you spare a couple of hours each week to volunteer on reception or in the canteen? Please note you will need to attend training sessions and go through the Garda vetting process to work with us.**

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**Henrietta Adult & Community Education Service (HACE)  
Daughters of Charity Community Services  
9 Henrietta St, Dublin 1**

The HACE service provides community education opportunities to adults in the North Inner City who wish to return to learning.

**HACE Coordinator: Yvonne McCarthy**

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**HACE Administrator: Yvonne O'Callaghan**

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### SUPPORT SERVICES

**Education and Training Guidance Officer:** To help you with finding courses and training right for you.

**Family Support Worker / Community Outreach Worker:**

To help you with social issues such as housing, family issues and social welfare.

**Counsellor:** To help with personal issues.

**For an appointment contact Yvonne McCarthy**

HACE is funded and supported by the City of Dublin Education Training Board, Dublin City Council, NEIC, Able Lift, Joe Lucey Fund., The National Lottery, Croke Park Community Funds, Dublin Bus

The Daughter's of Charity.



European Union  
European Social Fund  
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Energy for  
generations



An Bord Oideachais agus Oiliúna Oirthear Shuíle Átha Cliath  
City of Dublin Education and Training Board



## **Henrietta Adult & Community Education Service (H.A.C.E)**

*Daughters of Charity Community Services  
9 Henrietta Street. Dublin 1*



## ADULT COURSES

**REGISTRATION DAY:**

**TUESDAY**

**21st January 2020**

**6:30pm to 8:30pm**

**Courses start**

**Monday 27th January 2020**

**unless otherwise stated**

**LIMITED PLACES ON COURSES**

*(Priority given to adults who left  
school early and living in the North Inner city)*

## MONDAY

### Irish for Fun **LIMITED PLACES**

Join this fun and social class if you would like to improve your 'cupla focail' and speak a little Irish.

**Mixed Levels (20 weeks) 7pm - 9pm Fee: €5**

### Computers for over 55's **LIMITED PLACES**

Learn some basic computer and internet skills in a relaxed setting and at your own pace. **(20 weeks)**

**6pm - 8pm Total Fee: €5**

### Computers for Everyday Living **LIMITED PLACES**

You will learn to use the keyboard and mouse and basic skills to operate a computer, how to set up email and use the internet. **(20 weeks)**

**8pm - 10pm Total Fee: €5**

### Yoga

Feel your stress and worries melt away. Keep toned and fit in this relaxing physical class. **(8 weeks)**

**Beginners: 6pm -7pm Fee: €5 per class**

**Improvers: 7:15pm-8:15pm Fee: €5 each week**

### ESOL (English as a second language)

Basic English classes **FREE—CDET Criteria apply**

**6:15pm - 8:15pm (20weeks) Mon & Tues**

### Drama—limited places

The HACE drama class have openings to join the group. If you enjoy acting the maggot or want to learn drama skills come along and enrol. **(15 weeks)**

**7pm-9pm Fee: €3 each week**

### Hand-Knitting & Crochet Club

A social group that come together and share skills.. Perfect for to learn to knit from Scratch. **(20 weeks)**

**Class: 7pm - 9pm Total Fee: €5**

*(buy your own wool and needles/ hook)*

## TUESDAY

### Crafts Me Time - **Mornings** **FREE**

Come and enjoy this creative and relaxed group and learn how to make various craft pieces using recyclables, fabrics and odd ends. **(20 weeks)**

**10am-12pm Total Fee €5.00**

### Men's Social Group (AFTERNOONS)

Come along to make new friends. The group will meet once a week and decide on activities for the upcoming term such as outings and workshops. **(10 weeks)**

**2:30pm - 4:30pm Fee : €2.00 per week**

### Flower Arranging - **LIMITED PLACES**

Learn how to arrange flowers, care for plants and make magnificent displays and hanging baskets! **(8 weeks)**

**7pm-9pm Fee: €3 each week , starts 11th February**

*(And bring your own flowers)*

### Family History & Genealogy

Come along to these workshops and learn how to trace your family history, search census records along with church and parish records. Start a journey of discovery. **(8 weeks) 7pm- 9pm Fee: €3 each week**

### Creative Arts for Early Childhood Education

#### QQI L5 (10 Weeks)

The purpose of the award is to equip the learner with the knowledge, skill and competence in facilitating child's learning, development and well-being through the provision of creative opportunities. **7pm-9.30pm**

### Early Childhood Education and Play QQI Level 5

In this module learners will gain an understanding on the types, stages patterns and purposes of children's play. **(10 Weeks)**

**7pm-9.30pm Starts 14th April 2020**

## WEDNESDAY

### Photography Club **Mornings**

Would you like to learn to take better pictures with your digital camera or even smartphone? Participants will gain a broad range of photographic knowledge through the use of different practical assignments.

**(8 weeks) 10.30—12.30 Fee: €3 per class**

### Personal Development Course for Managing Health Issues (over 55s)

This course is about developing skills to manage health and wellbeing challenges better and building confidence for the future. If health is our wealth, looking after it is the key to positive ageing. Sessions are enjoyable and interactive.

**2-4.30pm Free (6 Weeks )**

### Today's Technology (AFTERNOONS)

A series of workshops to learn to set up email, use Tablets and Social Media.

**(20 weeks) 2pm-4pm Total Fee: €5**

### Spanish For Your Holidays - **LIMITED PLACES**

Join this fun class to learn handy phrases for ordering food, asking for directions and all the basics you need to know. **Mixed Levels (8 weeks)**

**7pm - 9pm Fee: €5 each week**

### Introduction to Political Thinking

This course will explore topics like Democracy, Participation, Society, Human Rights and Political thinking and its origins. All in a relaxed friendly environment.

**(8 Weeks) 7pm-9pm €3.00 per class.**