



Explore Create Celebrate

thursday

april 6

10am – 12pm

Employability Office

Looking at Career Choices

Janice Creagh CETB Adult Guidance service. Whether you are starting your career or thinking of changing your career this workshop might be for you. All interested applicants need basic computer skills for this session.
T 086 8239094

11am – 12pm

Bandon Library,
South Main Street

Gramophone Recital

Come along and join our music lovers followed by a cup of tea or coffee and a chat.
T 023 8844830



2.30pm – 4pm

Bandon Library, South Main Street

Creative Writing Taster Session with Mary Rose McCarthy

Light your creative spark! No previous writing experience necessary. Booking Advised.
T 023 8844830

6.30pm – 8pm

CETB Bandon Adult Education Centre

Hola, ¿Qué Tal? An Introduction to conversational Spanish

This session is for those who know little or no Spanish. There will be an overview of the key things that you need to know to communicate through Spanish.
T 023 8842870 or 086 8239094

7pm

The Skylight Gallery, Bandon

Kinsale College of Further Education Art Exhibition Opening

Enjoy the art work done by young and mature students of the Art course at Kinsale College.

friday

april 7

10am – 12pm

CETB Adult Education Centre, Bridge Place, Bandon

The Internet and Every Day Life Workshop

Come along and find out how the internet could help you in your everyday life.
T 023 8842870 or 086 8239094

10am – 5pm

The Skylight Gallery, Bandon

Kinsale College of Further Education Art Exhibition

Enjoy the art work done by young and mature students of the Art course at Kinsale College. The exhibition will run until early May.

Photo: Stephen Coomey



11am – 12.30pm

Bandon Library, South Main Street

Make a Story Sack

Inspire a lifelong love of reading. This session is suitable for pre-school children and carers. Enjoy a whole range of books and discover the beauty of reading.
T 023 8844830

2pm – 6pm

CETB Bandon Adult Education Centre

Open Day at Cork ETB Adult Education Centre

Get information on a range of Cork

saturday

april 8

All day

Bandon Library, South Main Street

CETB Photography Students Exhibition

Enjoy the wonderful photographs taken by our students.
T 023 8844830

10am – 12pm

Town Hall

Multi-Cultural Food

Come along and taste dishes from all over the world, cooked by people living in Bandon.
T 023 8842870 or 086 8239094

10am – 12pm

Town Hall

Indoor Archery

Release your inner Robin Hood!
T 023 8843998



Photo: Stephen Coomey

Education and Training Board part-time courses from level 1 to level 5 (most courses are free). Meet the staff and find out about the CETB Adult Education and Guidance Service available in Bandon.
T 023 8842870 or 086 8239094

3pm – 3.45pm

Spin fit Studio, Unit 25, Bypass, Bandon

Spin Fit Bandon

Like to get fit? Maybe this is the right thing for you. Try a free spinning class. Booking Essential.
T 085 8412105

12pm – 1.30pm

Depart Craft Centre, Bridge St, Bandon

Historic Walk and Talk with Clare McCutcheon

2pm – 4pm

Skateboard Park, Glaslinn Rd

Learn some tricks and moves with Mark Gaffney WCDP Skateboarding

T 023 8842870



Photo: Allen Cronin

2.30pm – 4pm

Bandon Library, South Main Street

Storytelling Workshop with Rae McKinlay

BANDON 2017



Monday 3 – Saturday 8 April 2017

Explore Create Celebrate

Programme Free

All Events Free



A Chairde

It is a pleasure to welcome you to **Bandon Lifelong Learning Festival**, a week-long event devoted to the exploration and celebration of learning.

The festival's motto of *Explore Create Celebrate* is very evident this week in Bandon and in the various learning festivals throughout Cork county.

With an emphasis on celebration, the festival highlights the fact that learning is no longer seen as something that happens only in classrooms – it is a process which happens in many settings and throughout life.

It is an opportunity for people of all age groups and cultures to showcase their work and to explore new avenues. It also highlights the power of community endeavour and good will.

The festival has something for everyone, so please join us and celebrate this diversity of learning, artistic expression and its potential for creating change.

My sincere thanks to all those involved in organising the festival.

Comhghairdeachas
Le gach dea-ghuí

Ted Owens
Chief Executive
Cork Education & Training Board

Explore Create Celebrate

monday

april 3

9am – 6pm, Monday – Friday
Skylight Gallery, Bridge Street,
Bandon

Art Exhibition by Kinsale Art Students

Come along and enjoy the great work done by young local artists.

10am – 5pm

West Cork Heritage Centre, North Main Street, Bandon

Come along and learn about local History and Genealogy

Free entry.

T 087 9756029

10am – 12.30pm

St. Michael's Centre

Self-employment Workshop

What does getting into self-employment mean? What supports are available?

The session will look at budgeting and becoming an employer.

T 023 8841681

Photo: Stephen Coomey



2pm – 4pm

Employability West Cork,
No 1 Quayside, Mac Swiney Quay,
Bandon

Find Your Strengths and Focus on Using them!

This workshop will help you discover your signature strengths, those that you use most frequently and give you a better understanding of how using them has an impact on all around you.

T 086 8101795 or 023 8841311

2pm – 5pm

Family Support & Wellbeing, Bandon

Colour me Beautiful

Dark colours or bright? Floral or stripes? Join colour stylist Jenni White for an informative and enjoyable workshop on making the most of colour and shape.

Look your best every day!

T 023 8868107



Photo: Agnieszka O'Sullivan

tuesday

april 4



10.30am – 12.30pm

Family Support & Wellbeing, Bandon

Crochet and Knitting

Come and have fun learning how to crochet and knit. Beginners welcome.

T 023 8868107

2pm – 4pm

St. Michaels Centre

Addressing the Digital Divide

Reflections on running a Seniors Computer Club. The presentation will include a review of the experience of setting up and running the Digital Eye Computer Club.

T 023 8841681



3pm – 5pm

Family Support & Wellbeing Centre

Dress for Success

One to one confidence building. Look the part!

T 021 4251769



7pm

Munster Arms Hotel

West Cork Citizens Information Service

Information talk on SUSI and other financial supports for students.

T 0761 07 8390



Photo: Agnieszka O'Sullivan

wednesday

april 5

10am – 12.30pm

St. Michael's Centre

Healthy Living

The session will look at all aspects of a healthy life, from diet to exercise to mental health.

T 023 8841681

12.30pm – 1.30pm

Bandon Library, South Main Street

Polish Language Taster Session

Booking advised – spaces limited. An introduction to Polish for total beginners.

T 023 8844830

2pm – 4pm

Family Support & Wellbeing Centre

Making Music for Everyone

Explore ways of putting sounds and rhythms together.



A creative group activity. Instruments provided, bring your own, or use your voice. No previous musical training required! Facilitated by songwriter and workshop trainer Fintan Lucy.

T 023 8868107

4pm – 5pm

Bandon Library, South Main Street

E-mail is good but Parcels and Post are Better

Discover the art of letter-writing, with Maria McLaughlin.

Booking Recommended.

T 023 8844830

6pm – 7pm

Bandon Library, South Main Street

Introduction to Mindfulness

A talk by Riana Vermaak, HSE Psychologist, in conjunction with the *Your Good Self* collection of HSE approved books stocked by Cork County Library!

T 023 8844830



Photo: Mick McNamara