



Explore Create Celebrate



thursday april 6

10am – 1pm
The Sutherland Centre, North Street, Skibbereen
Stitch and Chat
A practical and creative workshop with Mary Conroy. Make a wall hanging or a cushion cover using appliqué or patchwork. An introduction to the sewing machine.
Booking Essential.
T 028 40297 Evelyn



10am – 4pm
West Cork Arts Centre
Landmarks and Lifeforms Discovery Box at Uilinn Galleries
Family day at the gallery for parents, their children and grandparents. Enjoy *The Discovery Box* created by Toma McCullim which contains playful items to encourage engagement with the artwork on exhibit.
T 028 22090

10am – 5pm
West Cork Arts Centre
Arts for an Active Mind Exhibition in Kalbo's at Uilinn
Arts for an Active Mind is a weekly term-time programme that takes a relaxed approach to exploring visual art for the over 50s.
T 028 22090



11am – 1pm
Skibbereen Library, North Street
Log on and Learn
Need a little help with basic computer skills? Not sure how to get started using email, social media or surfing the web? These one-to-one sessions with Transition Year Students will help you get started. Booking Essential.
T 028 22400

12pm – 2pm
Cork County Library, Sherkin Island
Knit a Book
Learn a new stitch and create your own page for the book which can be left blank to show off the pattern of stitches, or can be adorned with other threads/materials to show an event or particular day relevant to you or the island. Plenty of scope there! Suitable for absolute never-did-it-before beginners and experienced knitters. Some yarn and needles available but please bring anything from home that you want to use.
Booking Essential.
T 086 2353470

2.30pm – 3.30pm
West Cork Campus, Rossa College, Skibbereen
Textile Fabric Manipulation
A workshop with Paula Marten. Create quick textile samples with fabric manipulation including embroidery.
Booking Essential.
T 028 21644
Email: maireosullivan@ccoc.ie

friday april 7

10am – 1pm
The Sutherland Centre, North St, Skibbereen
The Art of Stained Glass
Explore the world of stained glass with Jessica Finken. Make a piece of stained glass and learn the techniques and tools involved in this process.
Booking Essential.
T 086 1909694 Jane

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10am – 12pm
Skibbereen Community & Family Resource Centre, Heron Court (beside bike shop in Fields Carpark)
Plant a Herb Tower
Learn about planting herb towers with

Peter Dunican and enjoy a cup of fresh mint tea!
Booking Essential.
T 028 23572



11am – 12pm
Skibbereen Library, North Street
A Talk on Making the Most of Your Retirement
A talk by Riana Vermaak, Clinical Psychologist with the HSE, as part of Cork County Library *Your Good Self Programme*. Booking Advised.
T 028 22400

11am – 1pm
West Cork Campus, Rossa College, Skibbereen
Introduction to Art History & Drawing
Gain an introduction to the history of art in the 20th century and learn how to draw with Carin McCana.
Booking Essential.
T 028 21644 Email: maireosullivan@ccoc.ie

1.30pm – 3pm
West Cork Campus, Rossa College, Skibbereen
Introduction to Growing your Own Food
Grow food from seed. Learn how to produce a few easy to grow salads to complement your dishes. Michael Burke shows you how.
Booking Essential.
T 028 21644
Email: maireosullivan@ccoc.ie

saturday april 8

10am – 4pm
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SKIBBEREEN 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 **Skibbereen 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 Skibbereen 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



10am – 4pm
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T 028 22090

12.30pm – 2pm
West Cork Campus, Rossa College, Skibbereen
Introduction to Art for Childcare
Explore a range of creative activities with pre-school art and craft with Monica Boyle-Perry.
Booking Essential.
T 028 21644
Email: maireosullivan@ccoc.ie

10am – 1pm
The Sutherland Centre, North Street, Skibbereen
Dress to Suit your Colour and Shape

Dark colours or bright? Florals 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!
Booking Essential.
T 086 1909694 Jane

10am – 12 Noon
West Cork Campus, Rossa College, Skibbereen
Introduction to Digital Marketing/Event Management
Learn how to promote yourself or your own business in today's online environment with Emma Lupton. Booking Essential.
T 028 21644
Email: maireosullivan@ccoc.ie



tuesday
april 4

10am – 1pm
The Sutherland Centre, North Street, Skibbereen
Tell Your Own Story Through Photos
Discover the possibilities of photography and design with Evelyn O'Donoghue. Create your own story and add a memorable sound track. Booking Essential.
T 028 40297 Evelyn

11am – 1pm
Skibbereen Community & Family Resource Centre, Heron Court (beside bike shop in Fields Carpark)
A Mindful Morning
Join Susan O'Regan for a reflective morning of mindfulness and self-nourishment. Try some short mindfulness practices. Learn ways to practise gratitude.
Booking Essential.
T 028 23572 / 086 7777087

10am – 12 noon
West Cork Campus, Rossa College, Skibbereen
Introduction to Caring Skills
Gain an appreciation of the qualities required to care effectively with Louise O'Donovan.
Booking Essential.
T 028 21644
Email: maireosullivan@ccoc.ie

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11am – 12pm
Skibbereen Library, North Street, Skibbereen
Library Book Club Meeting
Discuss your chosen read with interesting company and a cuppa. Currently reading *The Beat Goes On* by Ian Rankin.
Booking Advised.
T 028 22400

11am
West Cork Arts Centre
In the Picture
In the Picture invites people living with Dementia and their family carers to visit our gallery and experience the artwork in a safe and welcoming environment.
Booking Essential.
T 028 22090

2pm – 4pm
West Cork Campus, Rossa College, Skibbereen
Baking Made Easy
Donnacha Kiely demonstrates how a few simple mixes can be turned into a variety of appetising bakes. Make your own brown bread and some sweet treats while adapting to different dietary needs.
Booking Essential.
T 028 21644 Email: maireosullivan@ccoc.ie



wednesday
april 5

10am – 1pm
The Sutherland Centre, North Street, Skibbereen.
The Bird Cottage
Have a dawn chorus every morning! Build an environmentally friendly bird house. Find out the different types of food required to attract birds into your garden.
Booking Essential.
T 086 1909694 Jane



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11am – 1pm
Skibbereen Library, North Street
Knitting Group Meeting
Share patterns, ideas, a cuppa and a chat.
Booking Advised.
T 028 22400



2pm – 4pm
West Cork Campus, Rossa College, Skibbereen
Fusion Cookery
An afternoon with Conor Sheridan (Glandore Bistro) who gives a fusion cookery demonstration with a mixture of different multi-cultural flavours and foods. Booking Essential.
T 028 21644 Email: maireosullivan@ccoc.ie

2pm – 3pm and 7pm – 8pm
The Workshop, Cope Foundation, Mill Road, Skibbereen
The West Cork Community Gamelan
Try out a variety of hand made metallophones, xylophones, drums, and bronze gongs from Indonesia with Kevin McNally. Playing Gamelan is a collaborative and highly sociable experience. Booking Essential.
T 086 7872481
Email: kevin.oshanahan@hse.ie

7.30pm – 9.30pm
Sherkin Island Community Hall
The Haymakers Jig
An evening of dancing with Emily O'Sullivan and the local community. Learn some fun social dances such as the Highlanders Fling, Set and Haymakers Jig. Ferry leaving Baltimore at 7pm and returning at 9.15pm.
Booking Essential.
T 087 7669657