

## Personal Protection Courses To Help Prevent CoronaVirus



### Community Education NEW FREE Online Course

## Morning Course - Awareness of Infection Prevention & Control

Please download - Zoom from the Play or Apple Store for this course.

**Tutor** – Catherine Bradley

**Times** 10am to 12.30pm - **Starting** Monday 7<sup>th</sup> June **Day** Monday & Tuesday **No .of sessions** 4

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseid=276975>



### Community Education NEW FREE Online Course

## Evening Course - Awareness of Infection Prevention & Control

Please download - Zoom from the Play or Apple Store for this course.

**Tutor** – Geraldine McMahon

**Times** 7pm to 9.30pm **Starting** Monday 7<sup>th</sup> June **Day** Monday & Tuesday **No .of sessions** 4

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseid=299963>



### Community Education NEW FREE Online Course

## How To Make Facemasks Using Your Sewing Machine

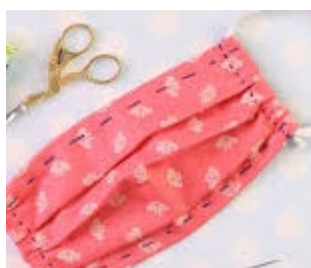
You will need: material/recycled clothes, embroidery and sewing thread, needles, scissors, ruler/measuring tape sewing machine, paper to create a pattern, light wire eg pipe cleaner and hair bobbins. (can be purchased from Boyds)

Please download - Zoom from the Play or Apple Store for this course.

**Tutor** – Catherine Bradley

**Times** 2pm to 4.30pm - **Starting** Monday 7<sup>th</sup> June **Day** Monday **No .of sessions** 1

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseid=276976>



### Community Education NEW FREE Online Course

## How To Make Hand Sewn Facemasks

You will need: material/recycled clothes, embroidery and sewing thread, needles, scissors, ruler/measuring tape,

paper to create a pattern and buttons. (can be purchased from Boyds)

Please download - Zoom from the Play or Apple Store for this course.

**Tutor** – Catherine Bradley

**Times** 2pm to 4.30pm - **Starting** Monday 14<sup>th</sup> June **Day** Monday **No .of sessions** 1

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseid=276981>

## Personal Development Courses

**Community Education NEW FREE Online Course**

### Everyday Mindfulness – Afternoons

How to be mindful in your everyday life, mindful communication, mindful relationships and mindful presence

Please download - **ZOOM** from the Apple or Play Store for this course.

**Tutor** – Elfreda Manahan Vaughan

**Times** 2pm to 4pm **Starting** Tuesday 9<sup>th</sup> June **Day** Tuesday **No. of sessions** 6

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseid=276982>



**POSITIVE MINDFULNESS**

**Community Education NEW FREE Online Course**

### Positive Mindfulness

Combining Positive Psychology with Mindfulness

Please download - **ZOOM** from the Apple or Play Store for this course.

**Tutor** – Elfreda Manahan Vaughan

**Times** 10am to 12pm **Starting** Wednesday 17<sup>th</sup> June **Day** Wednesday **No. of sessions** 4

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseid=299436>

**Community Education NEW FREE Online Course**

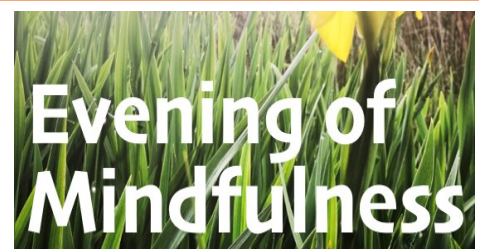
### Mindfulness - Evenings

Please download - **ZOOM** from the Apple or Play Store for this course.

**Tutor** – Elfreda Manahan Vaughan

**Times** 7.30pm to 9pm **Starting** Tuesday 9<sup>th</sup> June **Day** Tuesday **No. of sessions** 6

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseid=277029>



**Community Education NEW FREE Online Course**

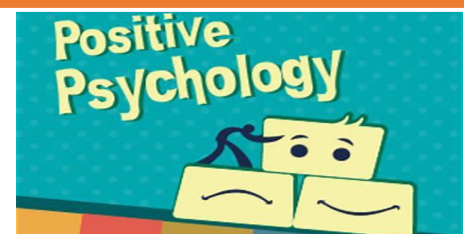
### Positive Psychology

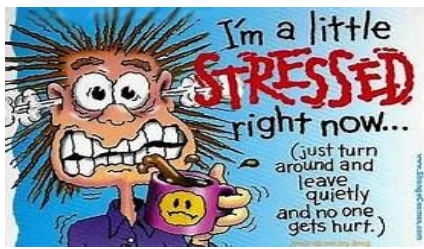
Please download - **ZOOM** from the Apple or Play Store for this course.

**Tutor** – Elfreda Manahan Vaughan

**Times** 10am to 12pm **Starting** Friday 19<sup>th</sup> June **Day** Friday **No. of sessions** 6

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseid=277030>





## Community Education NEW FREE Online Course Coping with Stress

Please download - **ZOOM** from the Apple or Play Store for this course.

**Tutor** – Elfreda Manahan Vaughan

**Times** 10am to 12pm **Starting** Monday 29<sup>th</sup> June **Day** Monday **No. of sessions** 6

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseid=277031>

## Community Education NEW FREE Online Course Effective Communication

How to communicate more effectively both personally and professionally

Please download - **ZOOM** from the Apple or Play Store for this course.

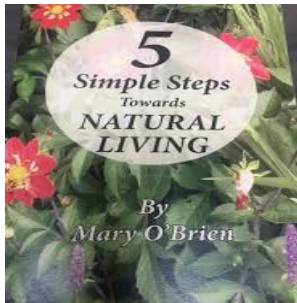
**Tutor** – Elfreda Manahan Vaughan

**Times** 10am to 12pm **Starting** Tuesday 9<sup>th</sup> June **Day** Tuesday **No. of sessions** 6

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseid=276995>



## Community Education NEW FREE Online Course 5 Simple Steps Towards Natural Living



Please download - **ZOOM** from the Apple or Play Store for this course.

**Tutor** – Mary O'Brien

**Times** 10.30am to 12pm **Starting** Tuesday 9<sup>th</sup> June **Days** Tuesday & Friday **No. of sessions** 5

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseid=277014>



## Community Education NEW FREE Online Course Live Your Best Life

Please download - **ZOOM** from the Apple or Play Store for this course.

**Tutor** – Mary O'Brien

**Times** 10.30am to 12pm **Starting** Wednesday 10<sup>th</sup> June **Days** Wednesday **No. of sessions** 6

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseid=277015>

# Hair Courses



## Community Education NEW FREE Online Course Home Colouring Techniques Product Knowledge And Colour Match

Please download - **ZOOM** from the Apple or Play Store for this course.

**Tutor** – Caroline Tierney

**Times** 10.00am to 12.30pm **Starting** Tuesday 9<sup>th</sup> June **Day** Tuesday **No. of sessions** 1  
To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=277016>



## Community Education NEW FREE Online Course Basic Cutting Skills At Home

Face Shape, Correct Use Of Cutting Tools, One Length Cut and Square Layers

Please download - **ZOOM** from the Apple or Play Store for this course.

**Tutor** – Caroline Tierney

**Times** 2pm to 4.30pm **Starting** Tuesday 9<sup>th</sup> June **Day** Tuesday **No. of sessions** 1  
To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=277018>



## Community Education NEW FREE Online Course Styling Skills At Home

Blow-Drying, GHD Curls, Barrel And Roller Set

Please download - **ZOOM** from the Apple or Play Store for this course.

**Tutor** – Caroline Tierney

**Times** 10.00am to 12.30pm **Starting** Wednesday 10<sup>th</sup> June **Day** Wednesday **No. of sessions** 1  
To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=277019>



## Art Courses



### Community Education NEW FREE Online Course

#### Beginners Art

Please download - **ZOOM** from the Apple or Play Store for this course.

**Tutor** – Marena Casey

**Times** 11am to 1pm **Starting** Monday 8<sup>th</sup> June **Days** Monday & Wednesday **No. of sessions** 6

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseid=277021>



### Community Education NEW FREE Online Course

#### Intermediate Art

Please download - **ZOOM** from the Apple or Play Store for this course.

**Tutor** – Marena Casey

**Times** 2pm to 4pm **Starting** Monday 8<sup>th</sup> June **Days** Monday & Wednesday **No. of sessions** 6

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseid=277023>



### Community Education NEW FREE Online Course

#### Advanced Art

Please download - **ZOOM** from the Apple or Play Store for this course.

**Tutor** – Marena Casey

**Times** 11am to 1pm **Starting** Tuesday 9<sup>th</sup> June **Days** Tuesday & Thursday **No. of sessions** 6

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseid=277024>

## Craft Courses



### Community Education NEW FREE Online Courses

#### Sewing Crafts

You will need: material/recycled clothes, thread, needles, scissors, ruler/measuring tape optional sewing machine. (can be purchased from Boyds)

Please download - **ZOOM** from the Apple or Play Store for this course.

**Tutor** – Mary Kirwan

**Times** 4pm to 5.30pm **Starting** Tuesday 9<sup>th</sup> June **Days** Tuesday & Friday **No. of sessions** 6

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseid=277025>



## Community Education NEW FREE Online Course

### How to Create a Memory Bear

You will need: material/recycled clothes, embroidery and sewing thread, needles, scissors, ruler/measuring tape, stuffing, paper to create a pattern and buttons and anything else you would like to add (can be purchased from Boyds)

Please download - **ZOOM** from the Apple or Play Store for this course.

**Tutor** – Simone Clavin

**Times** 10am to 12pm **Starting** Tuesday 9<sup>th</sup> June **Days** Tuesday & Friday **No. of sessions** 3

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseid=277026>



## Community Education NEW FREE Online Course

### Knitting Crafts

You will need: wool, knitting needles size 4, crochet needle size 4, scissors, thread (can be purchased from Boyds, Dealz, Mr Price & Tiger)

Please download - **ZOOM** from the Apple or Play Store for this course.

**Tutor** – Mary Kirwan

**Times** 2pm to 3.30pm **Starting** Tuesday 9<sup>th</sup> June **Days** Tuesday & Friday **No. of sessions** 6

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseid=277027>



## Community Education NEW FREE Online Course

### Crochet Crafts

You will need: wool, knitting needles size 4, crochet needle size 4, scissors, thread (can be purchased from Boyds, Dealz, Mr Price & Tiger)

Please download - **ZOOM** from the Apple or Play Store for this course.

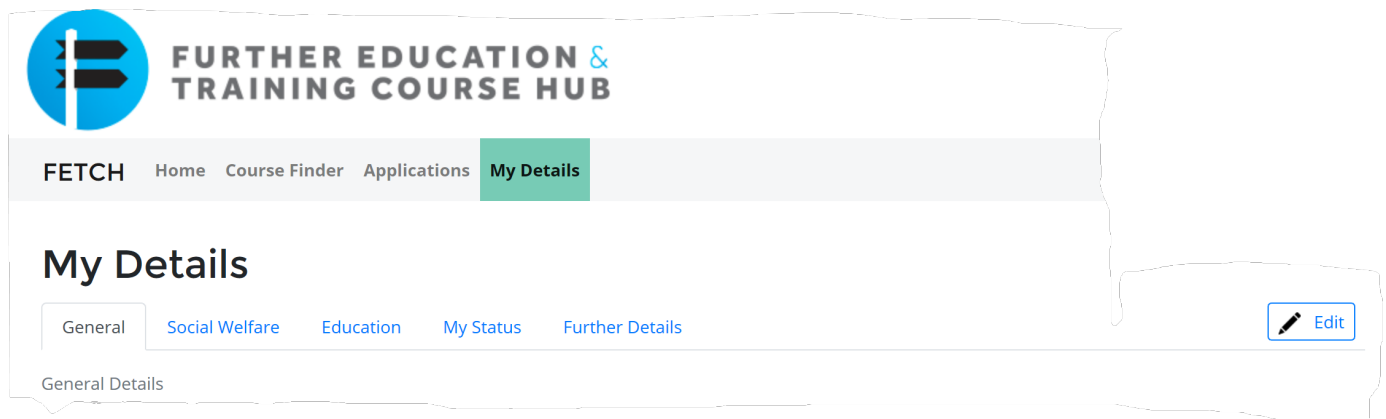
**Tutor** – Mary Kirwan

**Times** 2pm to 3.30pm **Starting** 10<sup>th</sup> June **Wednesday** **Days** Wednesdays **No. of sessions** 6

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseid=277028>

# Process for registering for courses.

1. Click on the **blue weblink** at the **Course** advertisement above which you wish to attend.
2. Click on **Apply Now** in the Webpage for the course.
3. If you have a **FETCHCOURSES Account** please enter username and password and if not Create a **NEW Account**
4. Complete your **Details Form** – this will record your **expression of interest** for the course you selected.
5. You will receive an **email 2 days** before your course starts to confirm your expression of interest has been received, to complete your registration for the course a short document explaining how to complete registration will be attached to the email you will need to login to your FETCH Course Account and **complete in full the registration form** 24 hours before the course is due to start.



6. **Only People who have completed the full registration process will be accepted and emailed link to attend the course the evening before a course commences.**

If you have any queries you can contact

*Jackie Breen*

Community Education Facilitator

Louth and Meath Education and Training Board

[Jbreen@lmetb.ie](mailto:Jbreen@lmetb.ie) - 087/9377636