

LMETB Community Education Course Listing 2026



Arts & Craft Skills



- Art of Lettering
- Calligraphy
- Card Making
- Decoupage
- Drawing/Life Drawing/Sketching
- Jewellery Making
- Interior Design
- Line and Wash
- Lino Print
- Mandala Art
- Memory Frames
- Mixed crafts/ arts and crafts
- Mosaics
- Mural Art
- Neurgraphic Art
- Painting - Water Colours/
Acrylics/Pastels/Oils
- Papier-Mâché and Plaster of
Paris Sculpting
- Pottery Air Dry Clay
- Recycled Art
- Scrapbooking
- Seasonal Crafts
- Shabby Chic Furniture

Digital Skills



- Creating and Recording
Memories
- Get Creative with Canva
- How to Use Phones/Tablets
- Introduction to Computers
- Introduction to Photography
- Introduction to Social Media
- Storytelling

Music



- Bodhrán
- Beginners Tin Whistle

Personal Development



- Coping with Stress/Stress
Management
- Effective Communication
- Expression through Creativity*
- How to be More Confident
- Personal Development
- Positive Leadership
- Positive Mindfulness
- Positive Psychology
- Relationship Dynamics
(Attachment Theory)
- Self-care for Parents
- Speaking up for Me*
- The Power of You
- Trauma Sensitive Living
- Understand yourself better/
Why do I do the things I do
(Self-awareness)
- Yoga for All

Holistic Skills



- Coping with Stress/Stress
Management
- Couch to 5K/Operation
Transformation
- Health, Fitness, Wellbeing
- Meditation
- Mindfulness
- Pilates
- Peace Education
- Yoga for All

Language Skills



- Reading and Writing*
- Conversational English
- Conversational Irish
- Creative Writing

Green Skills



- Horticulture
- Floristry
- Flower Arranging
- Introduction to Climate Change
and Climate justice
- Seasonal Crafts
- Seasonal Gardening
- Sustainable Living

Nutrition Skills



- Cooking*
- Baking*
- Eating Freely
- HSE Healthy Food Made Easy
- Lifestyle Medicine
- Nutrition & Healthy Eating

One off workshops or pick and mix



- Declutter
- Appointment with Self
- Be the Best you can Be
- Self-Talk and Mindset
- The Power of Nature
- Seeds of change
- Resilience
- Bloom where you've been
planted

All courses can be delivered as
one off workshops over 2-3 hrs.

Courses marked with *
specifically for disability groups.



Arts & Craft Skills Courses

- **Art of Lettering** – Hand lettering is an expressive art form. It combines letters/words and illustrations.
- **Calligraphy** – In this course, you will learn basic calligraphy strokes and shapes. And will have the opportunity to practice different fonts using quotes.
- **Card Making** – This class will teach you how to make different styles of cards such as easel cards, gate cards, layered cards, pop-up cards, and U and Z fold cards.
- **Decoupage** – A decorative technique that involves the use of embellished napkins. This simple yet effective method can be used to upcycle a variety of household objects.
- **Drawing/Life Drawing/Sketching** – Discover the different types of drawing pencils, how to create thick and thin lines, methods for shading, practicing tonal scale, and understanding light and shadow.
- **Jewellery Making** – Develop new and intricate skills to create personalised jewellery sets with necklaces, bracelets, and earrings.
- **Interior Design** – Learn how to choose colour combinations, design room layouts, select fabrics, carpet types, and solve real interior design problems.
- **Line and Wash** – Painting technique, using watercolours and markers.
- **Memory Frames** – Discover how to combine pictures and objects, such as pebbles, Scrabble letters, and buttons, to create a personalised memory frame.
- **Mixed crafts/arts and crafts** – A mixture of arts and crafts involving 1 to 2-week taster sessions on each project Eg. 1-week acrylic painting, 2 weeks making clay, 1 week painting clay, 1-week card making, and 1 week stone painting.
- **Mosaics** – Learners will gain the required skills to create beautiful mosaic pieces.
- **Painting – Water Colours/Acrylics/Pastels/Oils** – The classes look at colour mixing and tips and techniques for using your chosen medium.
- **Papier-Mâché and Plaster of Paris Sculpting** – Prepare to get messy while creating sculptures with these classic and fun art forms.
- **Pottery Air Dry Clay** – You will learn how to create a variety of clay objects, using rollers and moulds. And once completed, decorate your creations with paint.
- **Recycled Art** – Explore the many artistic possibilities that can be created using recycled materials such as plastic bottles, milk cartons, and glass jars.

- **Scrapbooking** – Is a creative outlet for preserving photos and memorabilia and can be a fun way to pass these treasures on to future generations.
- **Seasonal Crafts** – Learn how to create gorgeous festive art for celebratory occasions such as Christmas, Halloween, Valentine's Day and Easter.
- **Shabby Chic Furniture** – How to make your own chalk paint. Learn how to: use 2D and 3D stencils, decoupage and gold leaf technique, gilding and crackle glaze.
- **Wool Felting** – Learn how to create soft sculptures, dolls, and furnishings using this beautiful and time-honored technique.

Digital Skills

- **Creating and Recording Memories** – Introduction to digital bookmaking using eBook Creator. Learn to edit photographs and videos and add text and audio.
- **How to Use Phones/Tablets** – Getting to know your device, understanding settings, creating and managing emails, Google apps and online security: banking and shopping online.
- **Introduction to Computers** – Learn how to use your device with confidence. Create folders, documents, practise typing skills and so much more!
- **Introduction to Photography** – Understanding your camera better. Learn about lightening, editing, rule of thirds and AI. Introduction to Social Media – Recognise phone icons, social media apps and their uses. Understanding text abbreviations. And learn how to share information safely.
- **Storytelling** – In this course, you will learn the art of storytelling using the Bookmaker app. You will learn how to add videos, record your voice, incorporate photos and text, and finalize your book by checking and proofreading.

Holistic Skills Courses

- **Coping with Stress/Stress Management** – Learn new coping strategies to manage stress effectively in daily life.
- **Couch to 5K/Operation Transformation** – This course explores methods to establish healthy habits in the areas of nutrition, exercise, relaxation, and brain power, aiming to transform overall health and well-being.

- **Health, Fitness, Wellbeing** – This comprehensive course delves into a variety of crucial health and wellness topics, including food, exercise, relaxation, sleep and brain gym.
- **How to be More Confident** – Learn how to assess your own confidence level and create a plan to build it up. Understand how your sense of identity, beliefs, and values impact your ability to exude confidence.
- **Meditation** – Understand what meditation is and the benefits of regular practice. Meditation will be taught through guided visualizations, somatic awareness, and music.
- **Mindfulness** – Learning to build a different relationship with yourself and help to feel less caught up in the ups and downs of life. Learning tools to support yourself in stillness and be kind (or kinder) to yourself. Learning to become less reactive. This is the gift of mindfulness.
- **Personal Development** – Taking steps toward making significant and solid changes in your life, fostering commitment by improving your focus, cultivating a growth mindset, and enhancing decision-making skills. Positive Mindfulness – This unique course combines Positive Psychology and Mindfulness.
- **Positive Psychology** – This course will explore the differences between positive psychology and traditional psychology. You will learn about PERMA, character strength, post-traumatic growth, and self-determination as well as so much more.
- **Relationship Dynamics (Attachment Theory)** – Understanding attachment patterns and needs and how to respond to the attachment needs of others.
- **Self-care for Parents** – Learn to distinguish between distress and eustress. Understand the different responses to stress. Discover the window of tolerance and polyvagal theory. And delve into positive and active coping strategies for self-care.
- **The Power of You** – This course is a self-care course as real power is being able to take care of ourselves. “We can often overvalue what we are not and undervalue what we are” Malcolm Forbes.
- **Understand yourself better/Why do I do the things I do (Selfawareness)** – Develop self-awareness by acknowledging your five senses, recognizing your routines, identifying patterns, understanding your habits, and considering your choices.

- **Yoga for All** – The stretches in yoga help promote circulation and loosen our muscles. Yoga is a great healer and can be practiced slowly and carefully to suit each student. ‘If you can breathe you can practice yoga’. It is not about setting goals or expectations just meeting yourself where you are with kindness.

Nutrition Skills Courses

- **HSE Healthy Food Made Easy** – This community cooking course, includes, shopping within your budget, understanding food labels and a visit from a Dietician.
- **Nutrition & Healthy Eating** – Learn about vitamins and minerals, gut health and meal prep.
- **Baking and Cooking*** – Learn the basics of cooking and baking.

Language & Culture Courses

- **Bodhrán** – learn how to play this fascinating percussion instrument that holds a special place in Irish musical heritage.
- **Reading and Writing*** – This reading and writing course incorporates traditional methods like pens and paper to help learners with their reading and writing skills. It also uses creative methods such as scrapbooking, show and tell, and technologies such as the eBook Creator.
- **Conversational English** – Learning a new language can be a challenge especially as we get older. We have to form new pathways in the brain to make space for another language which is not simple but chatting in a group and learning new vocabulary while making new friends can be fun. Building your confidence to support you when you are out and about!
- **Conversational Irish** – Ever wanted to learn a cupla focal as Gaeilge? In this fun and interactive course a safe space is created for learners to practise their conversational Irish using a variety of techniques.
- **Creative Writing** – We don't need anyone's permission to lead a creative life. Exploring new authors, using creative vocabulary to describe your experience and using your voice are some of the fun ways to enjoy a creative writing class. Learning how to be a child again. Remember it is creative thinking that solves problems!



New Courses

- **Eating Freely** – This 6-week course aims to provide tools, techniques, and strategies that can be used daily to initiate the practice of mindful eating.
- **Effective Communication** – Lack of clarity in communication often results in misunderstandings. In this course, learners will enhance their understanding of their communication, identify potential gaps, and learn techniques to improve.
- **Expression Through Creativity*** – The objective of the course is to provide learners with a platform to boost their confidence in expressing themselves through creative means, such as singing, dancing, bodhran, show-and-tell, public speaking, and group-based discussions.
- **Finding a New Me** – A 6-week journey of personal reflection, self-belief, and empowerment.
- **Mandala Art** – A mandala, meaning *center* in Sanskrit, is a piece of art comprised of geometric patterns and symbols. They can be used as drawing and coloring exercises for enhancing relaxation and concentration.
- **Mural Art** – A mural can be a significant legacy for communities. This course encourages a collaborative style of artwork. Participants will not only learn a new creative skill but also work together to create a project with a meaningful impact.
- **Lino Print** – Create your own design, carve it in a lino block and print it with ink.
- **Neurographic Art** – A scientifically proven form of art therapy and mindfulness art.
- **Peace Education** – this course will help you discover your own inner strength and personal peace.
- **Positive Leadership** – A course designed to help group leaders learn how to delegate, it will look at the individual strengths of each group member using the 4 Pillars of Positive Leadership: Climate, Relationships, Communication, and Meaning.
- **Speaking up for Me*** – This course aims to help identify feelings experienced when facing challenges. It also teaches new ways of dealing with challenges through effective problem-solving and decision-making.
- **Tin Whistle (Beginners)** – learn the basics of playing the tin whistle.

- **Trauma Sensitive Living** – Trauma is a part of life that we can't escape. 80% of Irish people experience trauma in their lifetime. Being trauma aware means recognising that fact and learning how to identify trauma responses in yourself and others, so that you can respond with sensitivity and understanding.

One off workshops or pick and mix

- **Declutter** – home, headspace and all aspects of life.
- **Appointment with Self** – how to make the most of time.
- **Be the Best you can Be** – setting achievable goals.
- **Self-Talk and Mindset** – stories we tell ourselves and their impact on our mindset.
- **The Power of Nature** – reconnect with self through nature.
- **Seeds of change** – sowing the seeds that help us grow.
- **Resilience** – personal life experience, work-life balance – includes visual aids, fun and laughter.
- **Bloom where you've been planted** – how you can make the most of yourself, your environment and community.

Green Skills Courses

- **Horticulture** – How to plant bulbs and sow seedlings and so much more!
- **Floristry** – How to upcycle pots and garden with recycled materials.
- **Flower Arranging** – Learn to create beautiful displays from our natural hedgerows.
- **Introduction to Climate Change and Climate justice.**
- **Introduction to Regenerative Agriculture.**
- **Seasonal Crafts** – From pumpkin flowers to wreath making, learn how to make beautiful decorative pieces from nature's abundance.
- **Seasonal Gardening** – Choosing the right plants for your climate. Preparing your soil properly. Watering your plants correctly. Monitoring for pests and diseases. DIY garden crafts.
- **Sustainable Living** – cooking, fashion, natural living in the home, skincare.

