

NEW FREE Online Course for August 2020

Personal Development Courses

NEW FREE Online Course

MORNING MINDFULNESS

**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 10am to 12pm **Starting Monday 24th August Day Monday No. of sessions 6**

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=277052>

NEW FREE Online Course

MINDFULNESS - EVENINGS

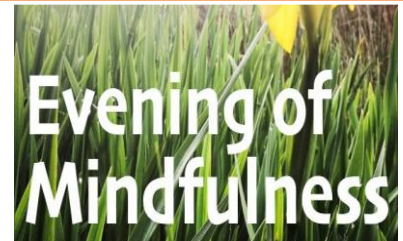
Please download - **ZOOM** from the Apple or Play Store for this course.

Tutor – Elfreda Manahan Vaughan

Times 7.30pm to 9pm **Starting Wednesday 26th August Day Wednesday**

No. of sessions 6

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=277053>



NEW FREE Online Course

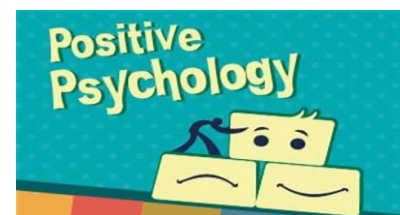
POSITIVE PSYCHOLOGY

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

Tutor – Elfreda Manahan Vaughan

Times 2pm to 4pm **Starting Wednesday 26th August Day Wednesday No. of sessions 6**

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=277051>



NEW FREE Online Course

HOW TO BE MORE CONFIDENT

**This short course gives you techniques and tools to build your confidence and
feel a greater sense of trust in your own skills and abilities.**



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

Tutor – Elfreda Manahan Vaughan

Times 10am to 12pm **Starting Friday 28th August Day Friday No. of sessions 3**

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=277055>

NEW FREE Online Course

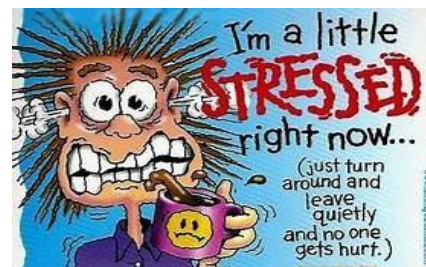
COPING WITH STRESS

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

Tutor – Elfreda Manahan Vaughan

Times 10am to 12pm **Starting Tuesday 25th August Day** Tuesday **No. of sessions** 6

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=277050>



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 Wednesday 26th August Day** Wednesday **No. of sessions** 6

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=277054>



NEW FREE Online Course

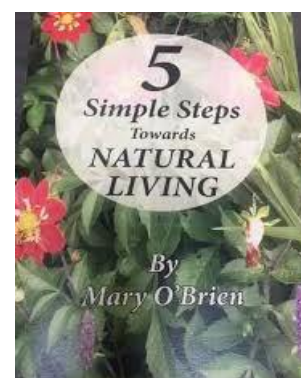
5 Simple Steps Towards Natural Living

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

Tutor – Mary O'Brien

Times 10.30am to 12pm **Starting Friday 21st August Days** Tuesday & Friday **No. of sessions** 5

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=277058>



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 26th August Days** Wednesday **No. of sessions** 6

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=277060>



Craft Courses

NEW FREE Online Course

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 Monday 24th August** **Days** Monday & Tuesday

No. of sessions 8 (4 weeks, 2 sessions per week)

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=277061>



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 Friday 28th August** **Days** Friday **No. of sessions** 4

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=277062>



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 Monday 24th August** **Days** Monday & Tuesday

No. of sessions 8 (4 weeks, 2 sessions per week)

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=277064>



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 4pm **Starting Wednesday 19th August** **Days** Wednesdays **No. of sessions** 4 To

Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=277065>



NEW FREE Online Course

DECOUPAGE WITH NAPKINS & 3D DECOUPAGE



You will need: Class 1: 3 items to decoupage, napkins, PVA glue, water, small shallow dish for mixing glue, A4 plastic punched pocket or clingfilm, spreader/sponge or brush, sponge/ soft brush to smooth out wrinkles. Not essential - acrylic paint for blending, glitter, scissors, varnish. White acrylic/ emulsion paint (any white water-based paint left over from decorating) brush, sponge or roller to apply it, if painting glass for best results use enamel or specialist glass paint, clear glass for tea lights can be left unpainted but needs to be clean and label removed

Class 2: 3d decoupage images, (repeat images) can be downloaded, shop bought decoupage pad, cards with same design, (xmas cards are good for this) Or you can use photos, print the same image 3-5 times depending on image, card (blank) with envelope or A4 card and paper to make one.

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

Tutor – Simone Clavin

Times 10am to 12pm **Starting Tuesday 25th August Days** Tuesday

No. of sessions 2

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=277066>

NEW FREE Online Course

HOW TO MAKE MEMORY FRAMES

You will need: A Deep edged frame, shadow or box frame (space between glass and back) photo, small items to go inside, tickets, small toys, buttons, fabric, medal, dried flowers, candles etc. Selection of decorative backing papers, wrapping paper, wall paper, plain papers, embellishments, quotes, letters for wording/names, scrabble tiles. Scissors, edging scissors, craft knife, glue, pritt stick double-sided tape, foam tape etc.



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

Tutor – Simone Clavin

Times 10am to 12pm **Starting Tuesday 8th September Days** Tuesday

No. of sessions 2

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=277067>

Art Courses

NEW FREE Online Course

HYDRO SPRAY PAINTING PICTURES

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

You will need: A variety of spray paints, Stretched Canvas 10 x 12, basin the same size as canvas.

Tutor – Marena Casey

Times 2pm-4pm **Starting** Tuesday 25th August **Days** Tuesday **No. of sessions** 2

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=277056>



NEW FREE Online Course

PEBBLE ART

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

You will need: Small beach stones, A4 size canvases or wooden boards, Acrylic paint, Brushes, Pva glue.

Tutor – Marena Casey

Times 2pm to 4pm **Starting** Friday 21st August **Days** Friday **No. of sessions** 6

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=277057>



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 17th August **Days** Monday & Wednesday

No. of sessions 6 (3 weeks, 2 sessions per week)

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=277046>



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 17th August **Days** Monday & Wednesday

No. of sessions 6 (3 weeks, 2 sessions per week)

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=277047>



NEW FREE Online Course Advanced Art



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

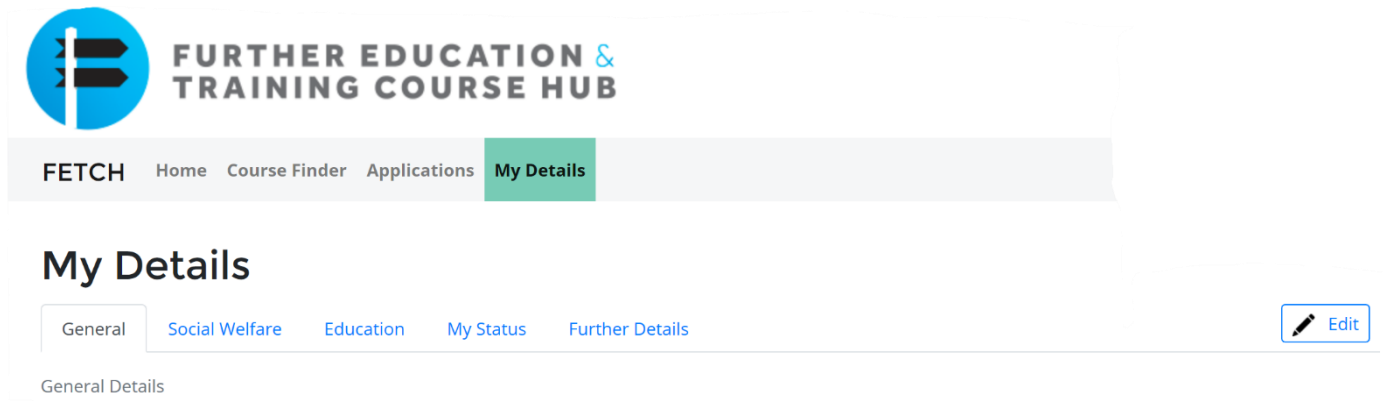
Tutor – Marena Casey

Times 11am to 1pm **Starting Tuesday 18th August Days** Tuesday & Thursday

No. of sessions 6 (3 weeks, 2 sessions per week)

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=277049>

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 your selected.
5. You will receive an **email 1 to 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 is attached 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 - 087/9377636

