

## Welcome to our Newsletter!

Welcome to our Summer Newsletter.

Inside you will find information about our Hobby and Interest Courses, our Reading and Writing Service for Adults and our Community Employment Scheme. We have included wonderful writing, art, and photographs by our students at KLEAR.

We are very hopeful that we will open our doors with some level of normality this September. At time of writing, it is too early to know exactly what reopening will look like. While we seem to have come through the worst of the pandemic, it is not over yet.

For this reason, we ask for your patience. We will send out our brochure outlining our planned classes in early August. At that time we will let you know how and when you can sign up for classes. Keep an eye on our website which we will keep updated with any relevant information.

Thank you.

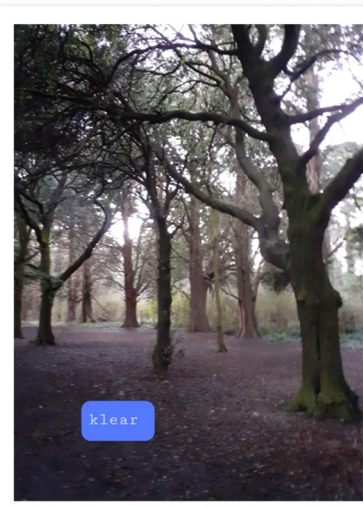


Visit our website: [www.klear.ie](http://www.klear.ie)



Call the office: 01 8671845

Photos taken by students of Digital Media  
QQI Level 3.



## Message from Sian Crowley, our new Adult Literacy Organiser

On behalf of all of us in KLEAR, I would like to say a very big 'Well done!' to our students. Even though it has been a difficult year, many of you have continued with your learning from home. If you were unable to continue with your course from home, please know that we have not forgotten you! We look forward to welcoming you back in September to pick up where you left off.

For me, it has been a strange first year in KLEAR. The building has been quiet. I am told of how it normally heaves with people, laughter and chatter. I am hopeful that it won't be too long before we enjoy those fun-filled days again. A sincere thanks to the tutors and staff in KLEAR who have worked so hard for the last year and have helped me settle in.

If you or someone you know would like to access our Reading and Writing Service for Adults, you will find information on page 5.

Wishing you a happy summer,

Sian

## Continuing Education and Hobby Courses

Courses we hope to offer this September are listed below. All courses are subject to demand and COVID-19 regulations. A full brochure will be circulated in August. We are unable to accept any bookings before registration opens in September.

### Continuing Education

**These classes are 27 weeks long and cost €85**

Class	Tutor
Current Affairs	Michael Lynch
Current Affairs	Sinéad O'Brien
English Literature and Culture	Rosarii Moran
Enjoy Creative Writing	Bláithín Ní Liatháin
European Art and Artists	Rosarii Moran
Irish Beginners	Bláithín Ní Liatháin
Irish Beginners	Honor Clynes
Irish Advanced	Honor Clynes
Irish Intermediate	Honor Clynes
Irish Refreshers (online)	Elizabeth Casey
The Arctic: Past and Present	Ann Farrell
Understanding History	Sinéad O'Brien
Understanding the Landscape	Ann Farrell

**New course!**



### Weaving Wellbeing Windmill

This year we are offering a new guided self-care course with Rachel Carbery.

This programme will help you build an awareness of your individual self-care needs, and use techniques to maintain and optimise your physical, mental and spiritual health.

The course includes: self-care toolbox, working with stress and anxiety, breath work, tapping, chakras, guided meditation, and music.

Participants will find internal and group connection through conversation, support, validation and self-empowerment.

### Hobby Classes

Class	Tutor	Length	Cost
Art for Everyone	Lindsey Holland	10 weeks	€85
Baby Massage	Niamh Healy	5 weeks	€50
Enjoying Theatre	Kevin Jones	10 weeks	€85
Painting and Drawing 1 (2 hours)	Lindsey Holland	10 weeks	€110
Painting and Drawing 2 (1.5 hours)	Lindsey Holland	10 weeks	€85
Pilates	Rachel Carbery	10 weeks	€85
Spanish Advanced	Maria Villar-Posada	10 weeks	€85
Spanish Beginners	Maria Villar-Posada	10 weeks	€85
Spanish Intermediate	Maria Villar-Posada	10 weeks	€85
Weaving Well-Being Windmill	Rachel Carbery	10 weeks	€85
Yoga for Beginners	Cormac Lennon	10 weeks	€85
Yoga for the Golden Years	Cormac Lennon	10 weeks	€85

Thursday 12<sup>th</sup> March 2020 was supposed to be our 'Lá Spraoi.' The annual event when all the Irish classes come together to have 'spraoi' or fun, and use the cúpla focal acquired to date while enjoying a bilingual quiz, singing, dancing, general fun and lunch. We had to cancel it. Instead, we had a 'normal' class. At 12.00, Cathy came in and told us to leave, that KLEAR was closing. I think the general feeling was that we'd be back after Easter. We staggered through to the end of the year with lessons delivered by e-mail (the dizzying heights of my technical ability at the time.)

For the first term of the new year, we managed classes with a limited number in-house with the rest able to follow on Zoom. Since January classes have been 100% on Zoom. This time last year I could barely spell Zoom and was violently opposed to it, declaring emphatically that it wouldn't suit me and wouldn't suit my classes.



**Photo from Lá Spraoi 2019. Left to right:**  
Brian MacMahon, Peggy Rellis, Eileen Hickey,  
Jacinta Allen, Aileen Lane.

Ní mar a shíltear a bhítear! How wrong I was! It's been an absolute revelation to me how well it has worked for everyone.

Without a doubt I would much prefer to be back in the classroom, and hope to be so before too long, but Zoom has been fantastic, and some work can be done better by Zoom. Early on we established that the weekly hour and a half for each class would be a Covid-free zone and I don't think anyone objected to this censorship!

KLEAR is all about life-long learning and I have certainly learnt that we constantly need to challenge ourselves and reinvent ourselves and that the results could well surprise!

**Honor Clynes, Irish teacher**



Take a closer look at...

## European Art and Artists

Explore the works of many of the great European artists such as: Paul Cezanne, Louie le Brocqy, Mary Cassatt, Jack. B. Yeats, Vincent van Gogh and Frida Kahlo (to name but a few).

Discover their influences and why they painted in their own unique style. An enjoyable part of this course is visiting the main galleries to view the work first hand along with other relevant exhibitions.

Art has the capacity to enhance our lives, so do join me as we discover what it is about these artists that make them so special and memorable.

**Rosarii Moran teaches European Art and Artists, and English Literature.**

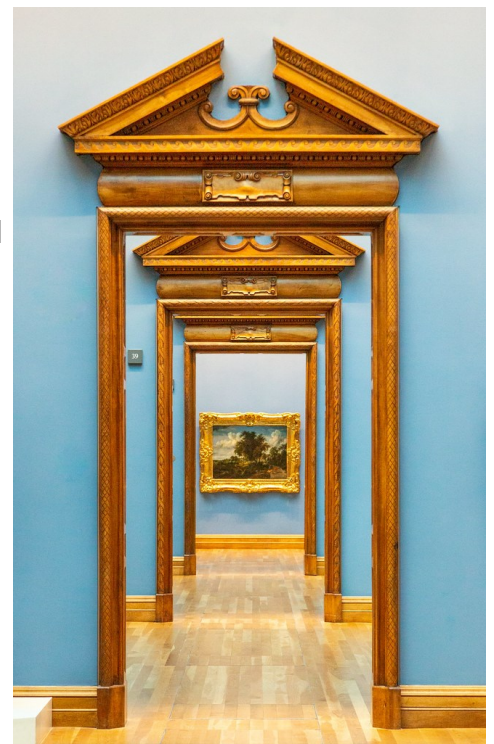


Photo credit: The National Gallery of Ireland – Dublin, by Richard Ricciardi cc



## Student Survey

THANK  
YOU

In May we conducted a survey of our Hobby Students who had continued attending their classes online via Zoom from January. 117 students responded to our survey.

All students said that they were happy to have continued attending their classes online during the lockdown. Many said that they would have preferred to be in building, but understood why this was not possible due to the pandemic. Students commented on their tutors' patience as they got to grips with Zoom, and that Zoom classes were easier and better than they expected. People also said that they felt that the building was clean and well organised when we were open from September to December.

One student said: *Thank you for keeping the classes going. They were better than any tonic!*

Thanks to our students who responded to the survey and to our tutors who transitioned to delivering online classes under challenging circumstances.

We would like to thank KLEAR tutors Patty Anderson and Pamela Flynn who both retired during 2020.

Patty taught Yoga in KLEAR for many years. Pamela taught as part of the Literacy Team in Target and KLEAR.

You will both be missed by your students and colleagues. Farewell, we wish you a very happy retirement.

### Well done to our students!



Congratulations to our students who completed their QQI modules and received certificates this year. We were unable to host an event in KLEAR to celebrate their brilliant achievements. Instead we held a 'virtual celebration' on our website. You can take a look at: [www.klear.ie/graduation](http://www.klear.ie/graduation)

### On Meeting Marie

I was going to a dress dance back in 1968 and my sister's friend said to me I should have asked her, but it was too late for this year. I said next year, I will ask her. So next year came and I went into her job and asked her to the dress dance. She said 'Yes'.

Her mother made the dress and it was beautiful, a light blue colour. Marie looked gorgeous. When I knocked at the door, I was brought in and met the family. They were all very nice to me. When Marie came down the stairs I gave her an orchid and a box of chocolates. We had a great night and I asked her out for the next weekend...

We had many good times after that, pictures, dancing and shows. A few years passed and we went to see Roy Orbison, in The Old Sheiling on the Howth Road. We had a great night and on the way home, I asked Marie, if she would like to get engaged. She said, "Yes!"

Over the next few months, we planned our wedding day. The 6/10/1973 was our big day. We got married in The Church of our Lady of Consolation in Donnycarney and our wedding reception was at Clontarf Castle. Our honeymoon was in Spain.

After a year or so, Marie said to me, "Mammy used to ask me about our nights out, what did we do." Marie told her Mam everything, and her mam said, "Ah yes, Mr. Wooden touch it." We had a great laugh together.

We have three great children, Paul, Sandra, and David. They all take after Marie; they are caring and loving.

The best thing I ever did was to ask Marie out to that dress dance over 45 year ago. So many years of Happiness and Love.

**By Ken Murray, Communications QQI Level 3 and Creative Writing**

We offer a range of classes for adults who would like to improve their reading, writing, spelling, maths, technology, and other skills. These classes are free of charge and are available at different times throughout the week.

Students can attend one-to-one tuition, and small groups of between four and eight people. We offer accredited courses (up to QQ1 Level 4) and unaccredited courses.

You can meet our Adult Literacy Organiser Sian to discuss your learning needs and goals, and find a class that suits you. The service is confidential and our tutors are friendly and professional.

## Subjects we offer include:

Reading, Writing, Spelling  

English Language 

Maths 

Computers, Phones, Tablets  

Wellbeing 

Healthy Food and Nutrition 

Art 

Gardening 

**For more information call Sian in the  
Literacy Service on:**

**01 8036238**

**Visit our website:**

**[www.klear.ie/courses/literacy](http://www.klear.ie/courses/literacy)**

**Would you like to learn how to grow  
your own vegetables and flowers?**

**Why not join our**

**Gardening for Beginners Class**

**No experience necessary**

## Free English as a Second Language (ESOL) classes

Beginners classes for adults with no English. Afternoon and evening classes available.

QQI level 3 ESOL classes for adults who can write and speak some sentences correctly about family, shopping and work. Afternoons Only.

Text your name, address and email address to Breda Hayes at 0877707854 or email [breda.hayes@aes.cdetb.ie](mailto:breda.hayes@aes.cdetb.ie)

## Adult Education Guidance Service

The CDETБ Adult Education Guidance Service helps people to make informed educational, career and life choices. We provide free, impartial and confidential Guidance Counselling and Information to adults in relation to their education, training and career options. You can meet with a professional and qualified Adult Educational Guidance Counsellor or Adult Guidance Information Officer in a confidential setting to discuss your education and training needs. This service is free of charge.

For more information contact:

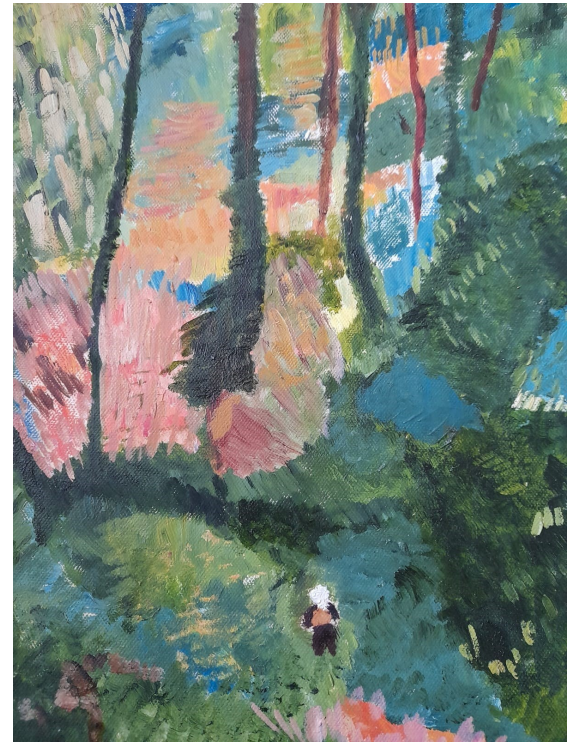
Phone: 01-862 3835 / 087-9390894

Email: [michelle.morrissey@aes.cdetb.ie](mailto:michelle.morrissey@aes.cdetb.ie) or [paul.maguire@aes.cdetb.ie](mailto:paul.maguire@aes.cdetb.ie)

## Change

**By Ann McManus, Creative Writing Class**

It will not be long before someone new comes along  
Just like you I will find a new love  
I am sad for losing you  
All the years we had were mostly good  
It's a long time to be together but I have no regrets  
Still I wish you the very best  
So farewell my love go fly away  
Just like a dove I will find a new love  
Here's to you and me having good times  
As we both go our own way  
To find new love



Artwork by students of Art and Crafts  
QQI Level 3, Kilbarrack Coast  
Community Programme (KCCP)

## Mam and Dementia

It's hard, very emotional, and heart breaking at times. Sometimes Mam's a child and wants her Mam. My Mam who looked after me so well, now I'm looking after her. Then Mam is there giving advice like before. It's hard to see her upset and frightened. It's not your Mam, but it is your Mam. She's laughing, listening to me telling her a story about when I was a child and how much she helped me. She remembers, then she's lost, where am I? I have to go home.

I can't ask her for the recipe for the things she cooked when I was a child, that may be gone now, but I can ask when she was a child and her childhood and she might laugh when she remembers.

Mam can't walk much anymore without help; it can be hard to see when you can't help. She's not there but she is there, she's my Mam and I love her. Cry, yes, I have shed tears, it's emotional, but I help her as best as I can.

Mam does remember some things, like neighbours and friends. You can have good chats, happy times, then she wants to go home and chats no more. Prayer, that's always there, she never forgets prayer and Mass.

Where's Jim, Dad, when will he be home? Then sometimes, oh yes, he's not here, he's gone. Dementia is so cruel. It's hard to end your days with dementia, it's no life at all. Watching Mam, I just say, please God do not let that be me. Dementia is so cruel.



**By Agnes Fearon, Creative Writing Class**



## Improve your Digital Skills

Would you like to improve your digital skills?

We offer classes in:

### Computers for Beginners

- Build confidence using a computer
- Learn about how we use technology in everyday life
- No experience needed!

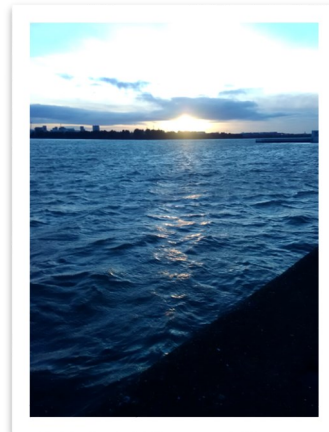
### Internet and Computer Skills

- Using email
- Using the internet and website
- Online payments, bookings, and banking
- Online security
- Word Processing
- File Management

### Using your Device

- Using your smartphone or tablet
- Using social media like WhatsApp and Facebook
- Downloading apps and listening to podcasts
- Using the internet on your device
- Using the camera on your phone
- Making videos on your phone
- Security and safety

For more information call our Literacy (Reading and Writing) Service on **01 8036238**.



Photos taken by students of Digital Media QQI Level 3.



Artwork by students of Art and Crafts QQI Level 3, Kilbarrack Coast Community Programme (KCCP). We also run Art classes in-house in KLEAR.

## On the passing of our students

We are saddened by the passing of the following students this year:

Monica Egan, Patricia Daly, Terry Freeney, Patrick Joe Wolfe, and Nancy Mulvey.

Nancy was a long-standing student and a very important person in the life and history of KLEAR.

May they rest in peace.

# KLEAR Community Employment Scheme

Community Employment (C.E.) is an employment programme which helps unemployed people to re-enter the active workforce by breaking their experience of unemployment through a return-to-work routine.

The programme assists them to enhance and develop both their technical and personal skills which can then be used in the workplace.

Participants can work in a number of areas, including Childcare, Household, Clerical, Domestic, Driving and Maintenance. Recruitment is ongoing throughout the year.

For more information call **01 8671040** and ask for Louise.



## Contact us

### KLEAR Adult Education Centre

Swansnest Road

Kilbarrack

Dublin 5

Eircode: D05V5Y9

### Main Office

Phone: 01 8671845

Email: [office@klear.ie](mailto:office@klear.ie)

### Community Employment Service

Phone: 01 8671040

Email: [louiseparsons@klearce.com](mailto:louiseparsons@klearce.com)

### Literacy (Reading and Writing) Service

Phone: 01 8036238

Email: [literacy.organiser@klear.ie](mailto:literacy.organiser@klear.ie)

**"KLEAR has given me the confidence to go back to the classroom and complete courses. I never would have taken that initial step were it not for the wonderful staff in KLEAR."**

**Bridget Bligh**

**CE Participant and Student**

## Rent a Space

We are happy to offer rooms at community rates to local groups for meetings or activities.

Terms and conditions apply.

For more information, call the Main Office on

**01 8671845.**

## Thank You to our Funders

KLEAR Limited is a registered charity with a Board and Management Committee run by volunteers. City of Dublin Education and Training Board is our main education funder. Most of our non-teaching work is funded by European Social Fund and Department of Employment Affairs and Social Protection. On-going applications for once-off grants and our own fundraising help to make up an increasing shortfall.