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Education and Training Resources

One Family understand the experience of parenting alone and sharing parenting, and how challenging it can be to move back into education or find fulfilling employment. Returning to work or pursuing a course can be a daunting experience but it can also be a very positive one. Finding out what supports are available to you is a great starting point.

There are many available options for learning; from attending a college on a full time basis, to part-time and evening courses as well as on-line courses and distance learning so you may find something that fits with your needs.

Generally speaking, full time courses in many further and higher education colleges, universities and institutes of technology have the added bonus of some financial support. This may come from social welfare payments, such as the Back to Education Allowance or being able to remain on the One-Parent Family Payment or Jobseeker's Allowance transitional payment or from student grants such as SUSI, if applicable, whereas part time courses are generally not funded. On-line and distance learning usually have fees for their courses, as do the private colleges, so whilst they are often a great attraction as the study can be flexible, the cost of fees may be a factor you need to consider in making your choice.

The following are some links to the options available for those who wish to pursue education and training or develop new skills:

The Qualifax website is a good source of information on available courses. If you are thinking about going back to education but you are not sure what courses are available this can be a good first step:

<http://www.qualifax.ie/>

The Careers Portal website allows you to search for available course and offers help and information on different career options:

<http://www.careersportal.ie>

One Step Up is a website that promotes access to learning for adults. It has a calendar of education events, such as college open days as well as an interactive tool to identify options for learning, according to your profile and needs as well as information on local education services.

<http://www.onestepup.ie/>

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Your local Education and Training board (ETB) will also have an adult education service which can offer appointments to go through your options. Contact your local ETB for further information on the adult education guidance service:

<http://www.etbi.ie/etbs/directory-of-etbs/>

You can also contact your local Intreo office or Employment Services Office (formerly FAS offices) to arrange a guidance interview and to get information on courses, most of which are free of charge. Locations and contact details for these offices are in the link below:

<http://www.welfare.ie/en/Pages/Employment-Services-Offices.aspx>

Aontas, the national adult learning network, has a good information booklet on education and training for adults that you can download from their website:

www.aontas.com

NALA (National Adult Literacy Agency) has free help available to you if you need some help improving your reading, writing or maths. You may get some help on a one to one basis, in groups or there is the option of on-line learning at home. For more information you can call 1800 20 20 65 or take a look at their website:

www.nala.ie