



WELCOME

To the Cork City Adult Guidance Service's (CCAGS) winter newsletter which keeps you informed about our service and developments in adult education in Cork city. Merry Christmas from CCAGS!

Tús Community Workplace Initiative

CCAGS was invited by Cork City Partnership Ltd. to introduce the Service to Tús participants at information sessions in Heron House in October and December. The aim of the sessions was to make participants aware of supports available to them to help them explore progression options on completing their 12 month community placements.



Linda McAuliffe, Kevin Moore, Lucy Hastings, Joan McSweeney, Tony O'Regan, Carmel Murray at December's Information Session

Carmel Murray, Tús Team Leader Co-ordinator, welcomed everybody and introduced the presenters. Lucy Hastings, Employment Support Officer with Cork City Partnership spoke about her role in helping adults with looking for work— CVs, interview skills and funding that may be available for training. Tony O'Regan, Enterprise Officer with Cork City Partnership Ltd. spoke about how he can help adults considering setting up their own business. Supports range from Enterprise Information Sessions, First look at Business, Start Your Own Business courses, writing business plans and the Back to Work Enterprise Allowance. Joan McSweeney spoke about education and training options and related supports available through Cork City Adult Guidance Service. Further information on Tús available at <http://www.corkcitypartnership.ie/tus.asp>

UCC MA Class Visit

The current UCC MA Applied Psychology (Guidance Counselling) Class visited the service in December to learn more about the service and education/ career options in Cork city. The Information Officer and Guidance Counsellors shared their own experiences of working with people who are unemployed and looking to add to their skill set or change direction in their careers.



UCC MA Guidance Counselling Class & Guidance Staff in CCAGs Information Resource Centre

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In Summary

- *Free*
- *Confidential*
- *Impartial*
- *Information*
- *Education Options*
- *Career Choices*



CAO Information Session



The guidance service held its annual CAO information session on 30th November in South Mall for mature students thinking about applying for a course at third level. Gary Mulcahy from the Mature Student Office in UCC

gave an overview of; course options in the University, the mature student experience and also information on transition workshops available at the beginning of the academic year. The guidance service gave a presentation on how to complete an online CAO Application, using the demo form provided by CAO. Packs, given to participants, included:

- Information to support a mature CAO application
- UCC and CIT mature student handbooks, CAO handbook

- Guidance Service contact details



CAO participants & guidance staff in 22 South Mall

Bessborough Adult Leaving Certificate

The Bessborough Centre School offers adults who wish to return to education including teen mothers and pregnant women a flexible and understanding environment in which to reach their educational potential.

According to Margaret Nolan, Senior Teacher, "our small intensive classes and friendly environment gives the school a caring ethos which means students intimidated by a school setting feel more comfortable in Bessborough; where classes are tailored to the individual students needs. The aim of the school is to give learners a second-chance at education or an opportunity to continue their education in a non-threatening environment that is learner centered.

The location of a Crèche on site, the privacy that Centre affords and the fact that school only runs in the mornings from 9.30 to 1pm lead to a wide range of students with varying backgrounds and experiences of the educational system to come to the school".

The Bessborough Centre School is a small school with only 12-25 students who range in age from 16 to 50 years of age. All academic abilities are facilitated with small class numbers allowing much student-teacher individual attention. The school is sponsored by the Cork City VEC and it recognised by the Department of Education. All State examinations take place at the Centre. Oonagh Maher, Guidance Counsellor, with Cork City Adult Guidance Service works closely with the participants and the tutors, Margaret and Eileen to help each individual progress.

Margaret Nolan says that the "teachers encourage our students to develop not only their abilities to pass State examinations but we also nurture a spirit of self-worth and determination. We provide the facilities to enable them to achieve their own personal transformation and dreams. The majority of our students advance to further education including PLC's, College of Commerce, CIT and UCC courses."

The measure of success of the school is that each year students pass their Leaving Certificate which they previously thought would never ever happen for them.



Aisling O'Connor and Kayleigh Buggy — successful leaving certificate students from Bessborough 2012



Careers News



by Gordon O'Reilly, VMware

Since April 2010 VMware Global support services have run six sessions of a nine month Cloud Careers work placement/JobBridge programme. This programme targets the unemployed sector and offers three months training followed by six months technical support work experience, solving complex customer issues. During the nine month period the candidates maintain their unemployment benefits.

After the three month boot camp, candidates obtain the highly sought after IT certifications namely the VMware certified professional (VCP), Comptia Network plus and EMC Information Storage Management (ISM) accreditations. Sixty candidates, from all walks of life have completed this programme. Some examples of candidates previous careers profiles include: electricians, accountants, civil engineers, farm managers, graphic artists, carpenters, teachers and physicists.

This win win situation has resulted in 58 out of 60 candidates successfully converting into a full time career in VMware. The win for VMware is to have candidates trained with skillsets that are not easy to find, ready to hit the ground running and fill positions that become available.

Just recently there was an urgent global call for a new team to be formed to service American customer needs. VMware Cork could respond rapidly to the business need and form a new fourteen member NASA (North America South America) team, with individuals from the work placement/JobBridge programme. Due to the long ramp up times normally incurred in hiring this programme has helped ensure VMware Cork's global advantage.

To further fill the hiring and skillset gap in Cloud Computing, VMware have also partnered with CIT to develop the highly successful Cloud Computing Masters (MSc), Cloud BSc Honours degree and a Cloud graduate diploma. The first candidates are graduating from the part time eighteen month Level 8 and 9 degrees in February 2013. From the Cloud Graduate diploma finishing in December 2012 three candidates have already been hired and a further fifteen candidates are joining VMware for a six month work experience/JobBridge programme in January 2013.

For more information please contact: Gordon O'Reilly, email: goreilly@vmware.com; Tel: 021 4660246 or Niamh Lynes, email: nlynes@vmware.com; Tel: 021 4660920. For jobs available in Cork with VMware please see: <http://jobs.vmware.com/key/vmware-cork-jobs.html>.

GRADUATION

Congratulations to our colleague Oonagh Maher (Guidance Counsellor) who was awarded her Certificate in Coaching by Simon Coveney, Minister for Agriculture, Marine and Food at an awards ceremony hosted by the Cork Chamber of Commerce in the Maryborough Hotel.



Certificate presentation to Oonagh Maher from Minister, Simon Coveney.



Social Media

Information on educational courses, careers, news announcements and relevant events are posted on our Facebook page daily. If you are an educational provider or agency working with individuals who are unemployed and would like information posted on our Facebook page please contact Claire, Information Officer, on 021 490 7149 or email: cnagle@corkvec.ie.

Become a 'FAN' of our Facebook page at www.facebook.com/corkadultguidance.

A Client's Story

On Returning to Education (Sean Murphy)



I am presently employed on a CE Scheme, just starting on my third year as a bus escort and programme assistant with special needs service users in the Brook Day Care Centre in Donnybrook, Douglas. This is where I met my FAS rep, Ger O'Neill for the first time, and for whom I had great admiration from day one. Ger encouraged me to go back to education or in my case start an education as I had left school at 14 without finishing 2nd year and never having sat a state exam.

I reluctantly agreed and in September 2010 I started a Return to Education programme in Coláiste Stiofáin Naofa in Tramore Road one day a week. Here I met Anne Creedon, course co-ordinator and teacher and the class of 5 other students, four of whom were older and one younger. I studied Communications, Food and Nutrition, Personal Effectiveness and Living in a Diverse Society at FETAC Level 3 and Information Technology at Level 4. Anne and her very knowledgeable group of teachers gave us great encouragement and 1-1 sessions in anything they found we were not up to speed on. In May 2011 we finished our programmes and all successfully received our certs from Junior Minister Kathleen Lynch. This programme helped me make great friends with my fellow class mates and all teachers concerned. But most of all it taught me to move on and forget the lesser experiences I had as a child in school. I immediately stepped up to do a FETAC L5 Occupational First Aid course in FAS Bishopstown and received my first Distinction.

I was then put in contact with Cork City Adult Guidance Service in South Mall and Joan McSweeney who has a wealth of information on the right courses to match your skills. Joan made up a first class CV for me and recommended I do a 2 year course in Healthcare Support in the College of Commerce where I have completed my first year and four modules reaching a Distinction in Care Skills, Care Support, Work Experience and a Merit for Care of the Older Person. I am presently studying four new modules in Introduction to Nursing, Communications, Health and Safety in the Workplace and Intellectual Disabilities and will be finished next May proving to myself and to my peers so much in a short space of time.

I would especially like to thank all of the teachers I have met over these past 2 years and especially Margaret Hickey whose help and attention to detail goes beyond all bounds and finally
life and education can start at over 50!

Contact Details



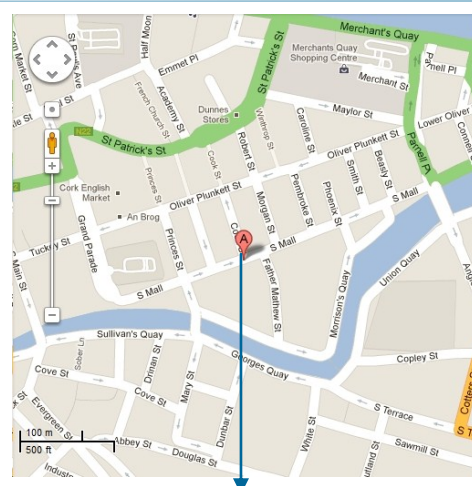
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 [www.facebook.com/
corkadultguidance](https://www.facebook.com/corkadultguidance)

WALK IN TIMES:
Monday & Tuesday 2.30pm - 4.30pm
Wednesday & Thursday 10.00 am – 12.00 noon

Postal Address:
21 Lavitts Quay, Cork



**Information Resource Centre,
22 South Mall (beside Threshold,
opposite AIB)**