

Guide to Classes and Programmes



The Path to your Future

2017
2018





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Welcome to An Cosán. Our mission is to empower through education – we do that by providing people of all ages with pathways to learning, leadership and enterprise.

In September 1986, The Shanty was established as a community-based project for active citizenship and transformational education. We continue to carry that transformational ethos to this day. In 1999, we became An Cosán and moved to our purpose built centre in Jobstown, at the base of the beautiful Dublin Mountains, nestled in a three story building which houses classrooms, a library, IT facilities, Rainbow House early years' service, counselling, Lifestart parenting support and a superb coffee dock. An Cosán runs a number of community early years services, Fledglings, in communities across Dublin. Our Virtual Community College brings our ethos beyond Tallaght West to locations across the country.

We know it's not easy to return to education but doing a course in An Cosán can be life changing. An Cosán is committed to equal access to education and to supporting continual professional development. We provide a range of community education courses from Basic Education to Further and Higher Education at NFQ levels 2 - 8. Join us, meet the team, experience the warmth and welcome that are An Cosán, and find the right course for you.

Our courses aim to support, you to develop your own capacities and experience a sense of empowerment in your life and community. We hope there is something for everyone, whatever your interests or goals. You can attend classes here in An Cosán or through our blended online learning programmes with our Virtual Community College.

There are always new workshops, seminars and courses happening at An Cosán. If you would like us to keep you up to date about what's happening here or receive further information on any of our courses, please leave your contact details with Lily on 01 462 8488 or l.ward@ancosan.com. You can also check our website on www.ancosan.ie and www.facebook.com/AnCosan



Dr. Ann Louise Gilligan

Our co-founder Dr. Ann Louise Gilligan sadly passed away on 16th June 2017.

Ann Louise and her spouse, Katherine Zappone established The Shanty in 1986, providing community education programmes to women living in Tallaght West in their home in Brittas. In 1999 our current centre in Jobstown was built and The Shanty was renamed as An Cosán.

Ann Louise was a dedicated educator, activist and philosopher. She was a visionary who advocated that community education promotes freedom from social inequality and is the route to the eradication of poverty. Ann Louise believed that transformative learning “which requires a curriculum that touches the mind, heart, body and soul, can effectively generate enough individual and community vigour to literally change the world.” *Ann Louise Gilligan and Katherine Zappone, Love and Social Change*

Ann Louise has left us a remarkable legacy, and all of us in An Cosán hope to do her proud by continuing to work to fulfil her dream and vision over the coming months and years.

May She Rest in Peace.

Student Supports

Student Support

An Cosán provides a range of personal and educational supports across all of our programmes including;

- Mentoring
- One to one meetings with student support worker
- Study skills tutorials
- Supervised study
- Career guidance
- IT skill development
- Personal development
- Counselling
- Numeracy and Literacy
- Student Forum
- Students with learning difficulties

Counselling

An Cosán means “the path’... the path to success!

When we walk a path sometimes we stumble. When we stumble, we may need a little help to get back up again. At An Cosán we have a wonderful group of people who help us to do this and get us on the path again – they are our Counsellors and Psychotherapists. They are all fully qualified and accredited with The Irish Association for Counselling and Psychotherapy and have a wealth of experience in all types of Counselling.

First Steps Back to Education

These classes will run weekly from Sept - May unless otherwise stated.
Most courses cost €5 per week.



For further information please contact Lily Ward on
014628488 or email: l.ward@ancosan.com

ESOL- English for Speakers of Other Languages

Beginners course:

Helps build literacy skills in English and increase your confidence in speaking the language.

Intermediate course:

Helps you to improve your verbal and written skills in English.

English Classes

One in four of us have difficulty with Reading, Writing and Spellings.

These small and confidential classes will help you improve these skills.

Choose from either of these English classes:

Beginners
Improvers

Irish Classes

Gaeilge Go Deo

If you want to brush up on your Irish or learn Irish from scratch this is an opportunity to improve your Irish in a warm, supportive and fun environment.

Bíagcaint gaeilge

Bíagfoghlaím gaeilge

Bíagscríobh gaeilge

Maths

Do you want to brush up on your maths skills? This is the course for you!

U3A (University of the 3rd Age)

Are you over 55 years? Join this fortnightly group to pursue your interests in a social setting where learning is life-long!

Introduction to Drama

Take a leap! Discover your creativity and build your confidence. Explore what drama means through theatre, games, exercise and improvisation.

Introduction to Psychology

This six week course introduces the learners to basic psychological theories and principles. Gain an insight into the different perspectives psychologists use to explain human behaviour.

Creative Writing

Bring out your own creativity and let that be the power you have for life! All levels welcome.

Gardening

Learn about how to grow your own food in your garden or in containers. All levels welcome.

Art

Would you like to learn how to draw and paint? This 10 week course will introduce you to the basics of drawing and painting.

Photography

This 10 week beginners course will introduce you to the basics on how to take a great photo! You will learn about aspect, light, exposure and much more.

Wellbeing Programmes

These classes will run weekly from Sept - May unless otherwise stated.
Most courses cost €5 per week.



For further information please contact Lily Ward on
014628488 or email: l.ward@ancosan.com

Personal Development

A holistic programme which empowers you to understand and look after your emotional health, increases self-awareness and builds confidence. Identify and set goals to bring about positive changes in your life.

Yoga

Join our weekly lunchtime yoga class. Yoga is a full mind-body work out, combining strengthening and flexibility with relaxation and meditation. All levels and ages (over 18) welcome.

Women and Wellness

Develop the confidence, knowledge and skills to take charge of your own well-being.

Low Impact Exercise Class

This evening class brings together different exercise techniques to give a full body low impact workout. It also introduces you to information about nutrition and relaxation. All ages and levels are welcome

Spirituality

Spirituality is above all a way of life. In this course you will find out what spirituality is for you by ways of mindfulness, meditation, group sharing, connection with yourself and others.

Growing for Health and Wellbeing with GIY

Caitriona Kelly from GIY (Grow It Yourself) will facilitate a programme in February 2018 in which you will experience first-hand the therapeutic benefits of growing your own vegetables and herbs.

Mindfulness

This 8 week programme will introduce you to the practice of mindfulness. Mindfulness is about 'being with ourselves'. It is about being grounded and in the moment.

Positive Health and Wellbeing

Do you want to get healthier and fitter but find it difficult to motivate yourself? This 12 week course will help you to transform your health and wellbeing through learning about diet and nutrition, exercise and self-care.

Health and Wellbeing for Life

This 10 week health literacy course for older people aims to increase your awareness about specific health and wellbeing areas. You will develop skills in managing your health and wellbeing and in communicating with health providers.

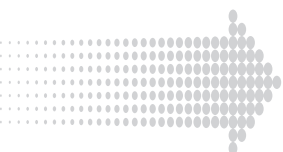


Computers and Technology

An Cosán is committed to providing digital interventions to bridge the digital divide in Tallaght West and nationally.

An Cosán aims to support individuals to develop skills and knowledge to use new technologies to achieve personal and professional outcomes.

These courses range from 6 – 10 weeks and will be delivered from September 2017- May 2018.



For further information contact Sinéad Kelly on 01-4628488 or email s.kelly@ancosan.com

Computers For The Terrified

This course is open to both men and women and runs from Sept - May. Learn all the skills you need to get the most from every day technology. These short courses are for complete beginners and are a fun and relaxed introduction to the Internet, email and more.

Young Women In Technology

This 9 week course introduces women to everyday technology. The programme introduces women to hands-on fun workshops where they will learn how to use basic software, social media, the Internet and eventually designing their own apps!

Computers For Employment

This 6 week course will support individuals looking for a job. The modules covered in this course include identifying your skills, career options, C.V.'s and cover letters, interview skills, social media and technology for employment.

ECDL (European Computer Driving Licence)

Basic ICT skills required

Fee Paying

This course will include 7 of the following modules: Computer Essentials, Online Essentials, Word Processing, Spreadsheets, Using Databases, Presentation, Web Editing, Image Editing, Online Collaboration & IT Security. Course costs include Skills Card and Materials. You can sign up for one module or sign up for the entire programme.



Workshops

Each workshop is 1-3 hours long.

Office Skills Workshops (Beginners)

Email and Accounts	The Internet
Text Production / Keyboarding Skills	Computer Maintenance
Computer Applications	File Management
Communication Skills	Microsoft Word
Microsoft Excel	Microsoft Publisher
Social Media for the Office (LinkedIn, Twitter, Facebook)	Introduction to Online Marketing



Education Workshops (Beginners)

Creating and Sharing Documents	Social Media for Education
Using Technology for Education (research & referencing)	Online Educational Resources

Employment Workshops (Beginners)

What is a Career?	Identify your Skills
C.V.'s and Cover letters	Interview Skills
Surfing the Web for Jobs	Preparation for a New Job
Job Seeking Supports Online	Social Media for Employment

Social Media (Beginners)

Facebook	Twitter	YouTube
Instagram	LinkedIn	Snapchat
Google +	Pinterest	Tumblr

Introductory Technology Workshops

Keeping Kids Safe Online	Online Security	Cyberbullying
Smartphones and Apps	Web Design	App Design
Blogging	Vlogging	Google Apps

An Cosán Tech Army

An Cosán's Tech Army is made up of individuals that are passionate about providing awareness, competence, reliability and physical access to digital technologies. Our aim is to support people to work collectively to take action and bridge the digital divide. We provide access, support and training to individuals from communities across Dublin and nationally. For further information or to get involved in the Tech Army contact Sinéad on s.kelly@ancosan.com

Digital Pathways Programme

The *Digital Pathway's* aim is to develop and deliver a range of IT workshops at a variety of locations, offering accessible education in digital and employability skills, creating new pathways for people and bridging the digital divide. The workshops are delivered depending on interest. Please contact Jennifer Wickham on 014628488 or email j.wickham@ancosan.ie about Digital Pathway Workshops.

Further Education Programmes

These classes will generally run from Sept – May.
Most of these programmes are fee paying.



For further information contact Elaine Vince O'Hara on
014628488 or Email: e.vinceohara@ancosan.com

Computer Literacy

QQI level 3 Minor Award

This course is for individuals that are new to computers, or want to gain confidence in using a computer. In this course you will learn the essential elements of computer hardware and software. You will be able to use common computer applications (Word, Excel, Internet Explorer, Outlook) and be able to demonstrate good work habits in the use and care of the computer and related equipment. This programme will begin in January 2018.

Business and Information Technology

QQI Level 5 Major Award

Learners applying for this course should have a good knowledge of computer skills. Learners on this programme will gain knowledge, skills and understanding in relation to current business practice and the competence required to work successfully in a range of business contexts. A wide range of business skills will be studied, such as communications, marketing practice, business administration, ICT applications, bookkeeping & payroll, customer service, with work experience to combine learning and enhance career development.

Train the Trainer

QQI Level 6 Special Purpose Award

This programme will provide learners with the knowledge and skills to become a competent, innovative and creative educator.

Community Development

Major Award QQI Level 5

This part time course, delivered on a modular basis, is targeted at community activists, workers or volunteers who have an interest in, or experience of, involvement in the community. This programme provides a progression into our B.A. Degree in Leadership and Community Development.

Community Care

Major Award QQI Level 5

This part time programme, delivered on a modular basis, will help you develop personal qualities and knowledge required for employment in social services. This could include working with family and community groups in respite care, residential units or care of the elderly.

Early Childhood Care and Education

Major Award QQI Level 5

This part time programme, delivered on a modular basis, will provide you with the practical skills and theoretical knowledge required to work with young children and their families in an early childhood care and education setting.

We also deliver this major award through the Back to Education Initiative. Entry criteria apply.

Early Childhood Care and Education

Major Award QQI Level 6

This part time programme, delivered on a modular basis, is suitable for individuals who are currently working in early childhood care and education, as the assessment is based on children and management in your workplace. Participants should have completed and received the full QQI Major award in Early Childhood Care and Education at Level 5.

Special Needs Assisting

Minor Award QQI Level 6

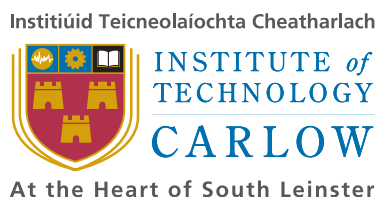
This stand alone module is designed to provide the learners with the skills to work with children with disabilities in early years settings. This module can also be used as part of the Major Award programme.

An Cosán is a QQI Approved Centre for Teaching & Learning.

We are also on the Pobal list of approved Centres for Learner Fund applicants.

Higher Education

An Cosán is currently offering the following third level part-time modular programmes validated by IT Carlow under delegated authority from Quality and Qualifications Ireland QQI (formerly HETAC). These programmes are developed in the context of community adult education and lifelong learning and are intended for mature students.



BA Degree in Leadership and Community Development Level 7

3 YEARS PART-TIME

FEES 2017/2018: €2,200 per year. Payment options are available.

THURSDAYS 10am-5pm plus 6 SATURDAYS PER YEAR

This 3 year part-time degree programme aims to develop an understanding and analysis of theories and practices of leadership and community development. This programme will support the professional development of people who are employed in the field of community development, people who work in the community in a voluntary capacity and people with an interest in leadership and community development. The course will provide a wide range of skills to enable community development workers and volunteers to become effective leaders and practitioners. Year 1 will commence in September 2017.

Entry Requirements:

Applicants should have completed the Leaving Certificate or a QQI Major Award at Level 5 preferably in the area of community development or a related area. Other applicants will be considered on a case-by-case basis in accordance with the Institute of Technology Carlow policy on recognition of prior learning (RPL). Applicants may be required to attend for an interview.

For further information contact Eithne Dunne, Higher Education Coordinator on 01 4628488 or email: e.dunne@ancosan.com

Module Overview		
Year 1	Year 2	Year 3
Learning to Learn at Third Level	Leadership and Organisational Development	Community Development and Technology
Introduction to Community Development	Community Development and Practical Approaches	Research Methods and Practice
Introduction to Community Leadership	Understanding and Managing Conflict in a Community Development Context	Project Cycle Management in the Community and Voluntary Sector
Group Work and Facilitation Skills	Reflective Practice: Knowledge, Skills and Attitudes	Community Education and Transformational Change
Social Analysis	Social Policy	Leadership and Social Change
Introduction to Citizenship and Social Action	Equality and Diversity	Leadership in Practice

Higher Education (continued)

BA Degree in Applied Addiction Studies and Community Development Level 7

3 YEARS PART-TIME

FEES 2017/2018: €2,200 per year. Payment options are available.

THURSDAYS 10am-5pm plus 6 SATURDAYS PER YEAR

This 3 year part-time degree programme will support the professional development of people who are employed in the field of addiction and community development. The purpose of the programme is to build the capacity of community drugs workers and those working and volunteering in the wider community within an addiction context. Year 1 will commence in September 2017.

Entry Requirements:

Applicants should have completed the Leaving Certificate or a QQI Major Award at Level 5 preferably in the area of addiction studies or a related area. Other applicants will be considered on a case-by-case basis in accordance with the Institute of Technology Carlow policy on recognition of prior learning (RPL). Applicants may be required to attend for an interview.

For further information contact Eithne Dunne, Higher Education Coordinator on 01 4628488 or email: e.dunne@ancosan.com

Module Overview		
Year 1	Year 2	Year 3
Learning to Learn at Third Level	Approaches to Treatment and Rehabilitation	Community Development and Technology
Introduction to Community Development	Community Development and Practical Approaches	Research Methods and Practice
The Nature and Context of Addiction	Understanding and Managing Conflict in a Community Development Context	Project Cycle Management in the Community and Voluntary Sector
Group Work and Facilitation Skills	Reflective Practice: Knowledge, Skills and Attitudes	Community Education and Transformational Change
Social Analysis	Social Policy	Drugs and Crime in Global Context
Drug Prevention Education and Awareness	Introduction to Counselling and Motivational Interviewing	Leadership and Community Drugs Work in Practice



Higher Education (continued)

BA (Hons) Degree in Early Childhood Education and Care Level 8

3 YEARS PART-TIME

FEES 2017/2018: €2,290 per year. Payment options are available.

TUESDAY & THURSDAY EVENINGS 6pm-10pm plus 6 SATURDAYS (10am-5pm) PER YEAR

The aim of this 3 year part-time programme is to provide an academic and professional qualification in Early Childhood Education and Care. The programme will equip students with the knowledge, understanding and competencies required to provide care and education for young children (0-6 years), in a range of early years settings. The general aim is to develop early childhood professionals who have a specific expertise and a specialised knowledge base, to become highly competent to deliver and manage quality services to children and families. All successful applicants will have to complete 500 hours of Supervised Professional Practice as part of this programme. The programme aims to educate students to the level of 'Experienced Practitioner' as defined by the Model Framework (2002).

Entry Requirements:

All applicants will be considered on a case-by-case basis. Carlow IT's Lifelong Learning reserves the right to require applicants to attend for an interview to determine their suitability for the programme. Ideally applicants should currently be employed in an Early Childhood setting.

N.B. Because this programme requires 500 hours placement that will bring students into contact with children and vulnerable adults, IT Carlow is committed to ensuring that only suitable candidates are allowed to undertake these programmes. IT Carlow uses the Garda Central Vetting Unit (GCVU) vetting service to assess the suitability of all applicants. Therefore, offers on this programme are conditional and could subsequently be withdrawn if applicants do not meet the Garda Vetting requirements.

For further information contact Eithne Dunne, Higher Education Coordinator on 01 4628488 or email: e.dunne@ancosan.com

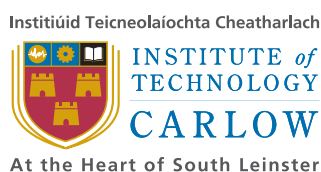
Module Overview		
Year 1	Year 2	Year 3
Introduction to Psychology	The Psychology of Children & Childhood	Leading Contemporary & Quality Practice
Introduction to Sociology & Social Policy	Philosophy in Early Childhood Education	Children with Additional Needs
Early Childhood Education	Child Health & Well-Being	Working with Families & Communities
Caring for the Developing Child	Pedagogy & Curriculum	Legal Issues in Child Education and Care
Communications & Study Skills	Supervised Professional Practice 1	Ethics, Equality and Early Childhood Practice
Professional Development for Early Childhood Education and Care	Children's Literature in Early Childhood	Early Childhood Research Project
Visual Arts in Early Childhood	Outdoor & After School Education & Care	Supervised Professional Practice 2
	Literacy, Numeracy, Science & Technology in Early Childhood Education & Care	



Discover your full potential through online learning

An Cosán Virtual Community College (VCC) is a social Enterprise setup to scale the work of An Cosán. In recognition of the capacity of digital learning for community education, An Cosán are at the forefront of creating a new and innovative virtual learning programme. The development of this new online education programme offers an imaginative, relevant and accessible approach to transformative education. The programme will also enable students to continue their professional development, to build their competence to use technology, and to gain a formally recognised award while deepening knowledge and understanding of theory, policy and practice.

Working in partnership with Carlow IT, we use a blended model of online, live lectures with offline activities, assignments and face to face workshops.



Format – How our blended online programmes work

Each unaccredited and accredited programme begins with an 'Induction Day', or six-hour face-to-face workshop, which introduces students to the course content, the technology, as well as one another. This is followed by weekly live online sessions using a variety of interactive tools. Learners access readings, watch videos, and undertake assignments in their own time and at a pace that suits them. We also offer tutorial sessions in the virtual classroom to help learners with their study skills and assignments.

Cost

Unaccredited Programmes (6 weeks):	€200
Accredited Programmes (10 weeks):	€300
Certificate Programmes (1 year):	€1,800

We are now enrolling for programmes commencing September 2017

If you are interested in finding out more about these courses, or would like to request our course brochure and current academic calendar, please contact info@ancosanvcc.com or visit our website on www.ancosanvcc.com.

6 week blended learning programmes which consists of an initial face to face Induction day followed by 5 weekly live online sessions.
Fee €200

Introduction to Community Development

The Introduction to Community Development programme introduces learners to the core concepts of community development and social action. We will use animation, video, and music to examine key themes such as power and democracy in society, youth visibility, community empowerment, and digital citizenship.

Introduction to Community Drugs Work

The Introduction to Community Drugs Work programme explores the causes, course, and consequences of drug addiction and how they relate to the individual, the family, the community, and society. We will examine case studies and contemporary response alternatives regarding intervention, treatment, education, and prevention.

Higher Education Programmes

10 week blended learning programmes consist of an initial face to face Induction day followed by 8 weekly live online sessions and a second face to face workshop midway through the programme.

Fee €300

Learning to Learn at Third Level (Special Purpose Award QQI Level 6 |10 ECTS)

The Learning to Learn at Third Level programme is designed to support learners to develop skills and confidence in preparing for education at third level. Students will explore different learning styles, reading and writing techniques, practical assignments, and academic conventions.

Citizenship and Social Action (Special Purpose Award QQI Level 6 |10 ECTS)

The Citizenship and Social Action programme explores democracy, citizenship and social action. Students will analyse Irish and European Union citizenship policy, digital citizenship, as well as grassroots, community strategies for civic participation.

Community Leadership (Special Purpose Award QQI Level 6 |10 ECTS)

The Community Leadership programme explores community leadership in practice, nationally and globally. Learners will examine different understandings of leadership and community development, identify their own leadership skills, and explore how community leaders can use new technologies.

Introduction to Social Enterprise Development (Special Purpose Award QQI Level 6 |10 ECTS)

The Community Development programme explores the theory and practice of community development. Learners will evaluate the community and voluntary sector in Ireland as well as alternative, international approaches to community development.

Group Work and Facilitation Skills (Special Purpose Award QQI Level 6 |10 ECTS)

The Group Work and Facilitation Skills programme will develop learners' understanding of group dynamics, of the principles underpinning facilitation styles and interventions, and of a range of group work techniques. Learners will practice and improve their facilitation and presentation skills as well as their capacity to plan, deliver and evaluate a group.

Social Analysis (Special Purpose Award QQI Level 6 |10 ECTS)

The Social Analysis programme will explore key concepts of sociology, including the concept of power and social change. Learners will examine the relationship between social, economic and political development in Ireland as well as analyse the potential of community activism to effect social change.

Continuous Professional Development

10 week blended learning programmes consist of an initial face to face Induction day followed by 8 weekly live online sessions and a second face to face workshop midway through the programme.

Fee €300

Technology Enhanced Learning (Special Purpose Award QQI Level 7 |10 ECTS)

The Technology Enhanced Learning programme focuses on developing digital skills and competencies to enable learners to use a range of educational technologies. Learners will build digital skills into their own practice as well as investigate Irish and European Union policy for technology enhanced learning at both state and community level.

Transformative Community Education (Special Purpose Award QQI Level 7 |10 ECTS)

The Transformative Community Education programme introduces learners to the theory, policy, and practice of community education. The module supports students to engage in reflective practice and to consider the implications of a social action model of community education in contemporary Ireland.

Certificates

VCC is working in partnership with IT Carlow to develop a blended online Bachelor of Arts in Leadership and Community Development (QQI Level 7) and Bachelor of Arts in Applied Addiction Studies and Community Development (QQI Level 7). The Certificate options below offer progression paths to the Higher Certificate and BA Degree.

Fee: €1,800

Certificate in Leadership and Community Development (Minor Award Level 6 | 60 ECTS)

The Certificate includes the following programmes taken over 1 year:

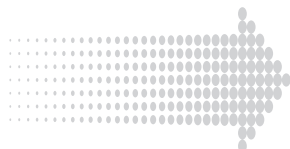
Learning to Learn at Third Level; Introduction to Community Development; Introduction to Community Leadership; Group Work and Facilitation Skills; Social Analysis; Introduction to Citizenship and Social Action.

Certificate in Applied Addiction Studies and Community Development (Minor Award Level 6 | 60 ECTS)

Learning to Learn at Third Level; Introduction to Community Development; The Nature and Context of Addiction; Group Work and Facilitation Skills; Social Analysis; Drug Prevention, Education & Awareness.

Access Programmes

An Cosán have developed a number of access initiatives that will create the path and widen participation in Further or Higher Education for learners from the community. An Cosán is committed to increasing next or higher level participation rates in Dublin 24, our dedicated Access Office in Jobstown has forged links with higher level education institutes across Dublin.



For further information or to get involved in any of the above please contact Wayne Martin on 0876606069 or email w.martin@ancosan.com

Science Summer Camp

An Cosán have teamed up with UCD to deliver their first summer school in state of the art facilities at University College Dublin's Belfield campus for primary school children. The week long summer school will see 6th class students from Tallaght West attending daily inquiry based workshops on science, technology, engineering and maths (STEM).

College Awareness Week

We will be providing events and workshops as part of 2017 College Awareness Week from 20th – 26th November. Keep an eye out for our early years workshops where preschool children dream about what they will do in college and lots more!

D.24 Higher Education for All

Accessing and starting college can sometimes be challenging for students and families. A group of local parents of Leaving Cert students have come together this year and completed a training programme jointly run by UCD Access and Lifelong Learning and An Cosán. The group are now providing support and information to other parents around accessing Higher Education including grants, entry routes and points. They are actively looking for new parents to join.

Scholarships

An Cosán provides a number of scholarship and bursaries to community members attending our Further Education and Higher Education programmes. Scholarships can open a door to a student, making it possible to participate in a course that might otherwise have been out of reach. If you would like to sponsor a learner or fund a scholarship programme please contact c.kerins@ancosan.com

Monthly Access Events

On a monthly basis An Cosán host events for learners of Tallaght West such as inspirational talks to students, university campus tours, educational workshops, shadowing and much more.

An Cosán's Early Years Education Centres

Rainbow House and Fledglings



An Cosán's early years education centres – Rainbow House and Fledglings - offer programmes for children ranging in age from 3 months to 12 years, integrating the best practice of early childhood education with high quality care provision. The centres adopt a holistic approach that focuses on all areas of child development, providing a safe secure, loving environment to nurture confidence, independence and self-esteem. Each child is helped to reach his/her full potential and is encouraged and supported to develop at his/her own pace.

Our Early Years Educators form good relationships with children, parents and staff in order to help each child grow and develop into a valued member of the community.

High Scope is the curriculum adopted in our centres. It is a quality approach to early childhood care and education, shaped and developed by research and practice over a long period. It identifies and builds on children's strengths, interests and abilities.



Rainbow House

Rainbow House offers high quality early years education and care to families in Tallaght West to enable them to avail of education and training. It also provides childcare for children with special needs who have been referred from Tusla, The Child and Family Agency, and an after school programme for 26 children from the local community ranging in age from 4 – 12 years.

**For further information contact Anne Genockey at 014628488
or Email: anne.genockey@ancosan.com**



Fledglings Early Years Education & Care

Fledglings was established in 2008 in response to the critical lack of high quality early years places in Tallaght West. The Fledglings initiative was born as part of An Cosán's not-for-profit enterprise to meet this community need. Fledglings now have eight high quality early years education and care services for children 0 – 5 across Dublin, in Tallaght West, Cabra, Whitehall and Dublin city.

**For further information contact Sharon Bermingham on 01 462 8488
or Email: reception@ancosan.com**

Lifestart Growing Child Programme

Educating Parents, Developing Children



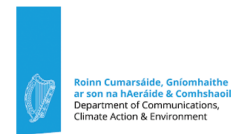
The Lifestart Growing Child Programme is designed to support and educate parents on how their children will learn and develop in the early years (0-3 years). A respectful, well informed Family Visitor will come to your home once a month, for the first 3 years of your child's life. The Family Visitor will provide evidence based information on understanding child development, together with toys/arts and crafts/ books to encourage your child's development and will discuss any concerns you may have.

There are many benefits to doing the Lifestart programme including increased confidence as a parent, better relationships between parent and child, more confident children with better self esteem and improved school readiness.

For further information contact
Bernie Coleman 01 462 8488
Email: b.coleman@ancosan.com

An Cosán
funding by

gratefully acknowledges the support and
the following state and corporate bodies



An Cosán | Kiltalown Village Centre | Jobstown | Tallaght | Dublin 24

† 01 462 8488 e info@ancosan.com

www.ancosan.ie

Follow us on twitter.com/ancosan www.facebook.com/AnCosan