

QQI CERTIFIED COURSES

UPSKILLING / PROFESSIONAL COURSES (QQI LEVEL 5 & 6)

CODE	TITLE	WEEKS	DAY	FEE	TIME PM
SOF01	Anatomy & Physiology (QQI Level 5) <i>Email ofinight@lmetb.ie if you are interested in this course</i>	10	Wed	€290	6.00 – 9.30
SOF02	Criminology (QQI Level 5) <i>Email ofinight@lmetb.ie if you are interested in this course</i>	10	Mon	€290	6.00 – 9.30
SOF03	Pastry Skills (QQI Level 5)	10	Mon	€290	6.00 – 9.30
SOF04	Psychology (QQI Level 5) <i>Email ofinight@lmetb.ie if you are interested in this course</i>	10	Wed	€290	6.00 – 9.30
SOF05	Retail Floristry (QQI Level 5)	10	Mon	€290	6.00 – 9.30
SOF06	Social Studies (QQI Level 5) <i>Email ofinight@lmetb.ie if you are interested in this course</i>	10	Mon	€290	6.00 – 9.30
SOF07	Human Resource Management (QQI Level 6)	10	Mon	€335	6.00 – 9.30
SOF08	Supervisory Management (QQI Level 6)	10	Wed	€335	6.00 – 9.30

SPECIAL NEEDS ASSISTING (QQI LEVEL 5 & 6) & RELATED COURSES

CODE	TITLE	WEEKS	DAY	FEE	TIME PM
SOF09	Special Needs Assisting (Mon) (QQI Level 5) <i>Participants must find relevant work experience to complete this module</i>	10	Mon	€290	6.00 – 9.30
SOF10	Special Needs Assisting (Wed) (QQI Level 5) <i>Participants must find relevant work experience to complete this module</i>	10	Wed	€290	6.00 – 9.30
SOF11	Special Needs Assisting (Mon) (QQI Level 6) <i>Participants must find relevant work experience to complete this module (Prior completion of SNA Level 5 and/or industry experience desirable)</i>	10	Mon	€335	6.00 – 9.30
SOF12	Special Needs Assisting (Wed) (QQI Level 6) <i>Participants must find relevant work experience to complete this module (Prior completion of SNA Level 5 and/or industry experience desirable)</i>	10	Wed	€335	6.00 – 9.30
SOF13	Applied Behavioural Analysis (QQI Level 5) <i>Email ofinight@lmetb.ie if you are interested in this course</i>	10	Mon	€290	6.00 – 9.30
SOF14	Occupational Therapy Assistant Practice (QQI Level 5) <i>Email ofinight@lmetb.ie if you are interested in this course</i>	10	Wed	€290	6.00 – 9.30

HEALTHCARE SUPPORT 5M4349 (QQI LEVEL 5)

SOF15	Care of the Older Person (QQI Level 5) <i>Email ofinight@lmetb.ie if you are interested in this course</i>	10	Wed	€290	6.00 – 9.30
SOF16	Care Skills (QQI Level 5) <i>Email ofinight@lmetb.ie if you are interested in this course</i>	10	Mon	€290	6.00 – 9.30
SOF17	Intellectual Disability Studies (QQI Level 5)	10	Mon	€290	6.00 – 9.30
SOF09	Special Needs Assisting (Mon) (QQI Level 5) <i>Participants must find relevant work experience to complete this module</i>	10	Mon	€290	6.00 – 9.30
SOF10	Special Needs Assisting (Wed) (QQI Level 5) <i>Participants must find relevant work experience to complete this module</i>	10	Wed	€290	6.00 – 9.30



Skills to Advance

boost skills - boost business

- Ann Gallagher 086 787 0854
- Linda Ennis 086 067 9510

What is Skills to Advance?

Skills to Advance is an initiative which aims to equip employees with the skills they need to progress in their current role or to adapt to the changing job market

It provides certified, part-time training opportunities for employees to upskill

or reskill, particularly if their skills level is below level 5 on the National Framework of Qualifications and/or if they are:

- Currently working in a lower-skilled job or
- Currently working in a job that is experiencing significant change

SKILLS TO ADVANCE QQI COURSES IN Ó FIAICH INSTITUTE

STA1	QQI Level 5 Anatomy and Physiology	12	Mon	-	6.00 – 9.00
STA2	ITEC Microdermabrasion	12	Mon & Wed	-	6.00 – 9.00
STA3	ITEC Skin Peeling	12	Wed	-	6.00 – 9.00
STA4	QQI Level Skincare, Eye Treatments and Make up	12	Mon	-	6.00 – 9.00
STA5	QQI Level 5 Manicure, Pedicure and Waxing	12	Wed	-	6.00 – 9.00

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Courses

- Professionally Certified (QQI)
- Hobby
- IT
- Skills to Advance

Enrolment Evening

Tuesday 16th January 7-9pm
Courses start week beginning Monday 22nd January

www.ofi.ie/nightclasses
www.louthnightclasses.ie

Email: ofinight@lmetb.ie

Apply Online



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Louth and Meath Education
and Training Board



For online booking & course details visit: www.ofi.ie/nightclasses

HOBBY/GENERAL INTEREST COURSES

CODE	TITLE	WEEKS	DAY	FEE	TIME PM
SOF18	Absolute Beginners Writing Course	5	Mon	€70	7.00 – 9.00
SOF19	Advanced Conversational Spanish with Gayane <i>Email ofinight@lmetb.ie if you are interested in this course</i>	8	Wed	€112	7.00 – 9.00
SOF20	Archiving your Story <i>Using audio and visual elements to organise your photos, cassette and video recordings</i>	8	Mon	€112	7.00 – 9.00
SOF21	Art, Drawing & Painting	8	Wed	€112	6.30 – 8.30
SOF22	Baking Wednesdays with Karl	8	Wed	€112	7.00 – 9.00
SOF23	Basic Small Engine Maintenance	5	Mon	€70	7.00 – 9.00
SOF24	Beginners Conversational Spanish with Gayane	8	Mon	€112	7.00 – 9.00
SOF25	Bicycle Maintenance	5	Wed	€70	7.00 – 9.00
SOF26	Computers for Beginners and Improvers	8	Wed	€112	7.00 – 9.00
SOF27	Couch to 5K <i>Email ofinight@lmetb.ie if you are interested in this course</i>	6	Mon	€42	6.00 – 7.00
SOF28	Counselling and Psychotherapy - An Introduction	7	Mon	€98	6.30 – 8.30
SOF29	Data Protection and Health Information <i>The rules that apply to the collection, use, storage and sharing of personal health information and the rights of individuals to control their health information and to access it and correct it</i>	8	Wed	€112	7.00 – 9.00
SOF30	Digital Photography	8	Mon	€112	7.00 – 9.00
SOF31	DIY for Beginners	5	Wed	€70	7.00 – 9.00
SOF32	Essay and Academic Writing	5	Mon	€70	7.00 – 9.00
SOF33	Floor & Wall Tiling	8	Mon	€112	7.00 – 9.00
SOF34	Flowers by Veronica	10	Wed	€150	7.00 – 9.00
SOF35	Growing your Own Organically at Home	8	Wed	€112	7.00 – 9.00
SOF36	Hillwalking and Map Reading <i>Three map reading classes (one hour each) and two Saturday morning walks (four hours each)</i>	5	3 Mon + 2 Sat	€60	7.00 – 8.00
SOF37	Interior Design for Beginners	8	Mon	€112	7.00 – 9.00
SOF38	Introduction to Living Mindfully <i>Email ofinight@lmetb.ie if you are interested in this course</i>	5	Mon	€70	7.00 – 9.00
SOF39	Make up and Self Care Beauty	5	Mon	€70	7.00 – 9.00
SOF40	Managing your taxes <i>An overview of key taxes that you may encounter throughout both their personal and professional lives</i>	5	Mon	€70	6.00 – 8.00
SOF41	Pilates for Beginners <i>This class is offered at a reduced rate as the instructors are student Pilates teachers. Own mat required</i>	8	Wed	€40	7.00 – 8.00
SOF43	Stained Glasswork Advanced <i>(Materials will be extra approx. €100)</i>	10	Mon	€140	7.00 – 9.00
SOF44	Stained Glasswork Beginners and Intermediate <i>(Materials will be extra approx. €100)</i>	10	Wed	€140	7.00 – 9.00
SOF45	Tai Chi: The Art of Movement 1	10	Wed	€70	6.00 – 7.00
SOF46	Tai Chi: The Art of Movement 2	10	Wed	€70	7.15 – 8.15
SOF47	The Nine Angels of the Healing Energy Field <i>Email ofinight@lmetb.ie if you are interested in this course</i>	5	Wed	€70	7.00 – 9.00
SOF48	Upcycling Furniture	5	Wed	€70	7.00 – 9.00
SOF49	Yoga - Hatha Vinyasa for Beginners <i>A slow-paced yoga class for absolute beginners, offered at a reduced rate as the instructors are student yoga teachers. Own mat required</i>	8	Mon	€40	7.00 – 8.15

Social Welfare Recipients and full-time students 20% Discount available. Email ofinight@lmetb.ie for details.

ENROLMENT: Tuesday 16th January 7-9pm
START: Week beginning 22nd January 2024

Enrol online at www.ofi.ie/nightclasses or www.louthnightclasses.ie

Email ofinight@lmetb.ie for first night requirements.

Listing correct at time of printing. Changes may occur. Please check on website or at registration.

Debit/Credit Cards & Cheques Accepted (No Cash Please)
For Full Terms & Conditions visit www.ofi.ie/nightclasses

NEW COURSES

We are always on the lookout for new ideas for courses.

Email ofinight@lmetb.ie with suggestions you would like to see included.

For online booking & course details visit: www.ofi.ie/nightclasses



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