

Part-Time Courses Spring/Summer 2026 Timetable

Cavan



Adult Education Courses

Website: www.cmetb.ie
E-Mail: CavanAdultEd@cmetb.ie
Phone: 049 436 1881



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Adult Guidance and Information Service

The Adult Guidance and Information Service provides a comprehensive, professional and quality guidance and support service to adults and those over the age of 16, who are not in full time education. We support people in making educational, career and life choices.

The service is **free, confidential and impartial**.

Please call the number or e-mail below to arrange an appointment with the Information Officer and/or Guidance Counsellor.

Alternatively, you can apply through www.fetchcourses.ie to arrange a meeting using the code **500649**.

We can meet you in person, online or by telephone.

For help choosing a course, contact the **Adult Guidance Service** on:

T: 049 4377001

E: cavanguidance@cmetb.ie

W: www.cmetbadultguidance.ie

Drop in Information Service

The Adult Guidance and Information Service provides a drop in service on the days, times and location listed below:

**St Augustine's Hall H12
E8V0**

**Every Wednesday
9.30am - 12.30pm**

**Ballyjamesduff Adult Education
Centre, A82 AX70**

**Every Wednesday
9.30am - 12.30pm**



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Note to all students

Please book your course place:

- on Fetch Courses at www.fetchcourses.ie
or
- by e-mail at CavanAdultEd@cmetb.ie
or
- by phone on 049 436 1881

If you are new to our courses and want to attend a QQI level 5 course:

- we will arrange a meeting for you with our Adult Guidance Service.
- you may have to complete an assessment.



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Unit 5, CMETB Church View Sq., Cavan Town H12 A592

Module	QQI Level	FETCH Ref	Starting	Approx. No of weeks	Time
Infection Prevention and Control	5	525196	Tuesday, 21st April, 2026	7	Every Tuesday, 9.30am - 4pm
Palliative Care	5	525197	Wednesday, 15th April, 2026	13	Every Wednesday, 7pm - 10pm
Career Planning	4	492098	Thursday 26th February, 2026	12	Every Thursday, 9.30am - 1pm
Word Processing (Pathways)	4	522446	Thursday 23rd April, 2026	6	Every Monday & Thursday, 9.30am - 1pm
Reading & Writing	n/a	522416	Tuesday, 10th March, 2026	12	Every Tuesday, 10am - 1pm
Introduction to Spanish	n/a	522421	Friday, 13th March, 2026	6	Every Friday, 9.30am - 11.30pm



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St Augustine's Hall (H12 E8V0)

Module	QQI Level	FETCH Ref	Starting	Approx. No of weeks	Time
Spreadsheet Methods	5	499806	Friday, 15th May, 2026	13	Every Friday, 10am - 1pm
Communications (Pathways)	4	522447	Friday, 27th March, 2026	12	Every Friday & Monday (& Tuesday from 19th May onwards, times may vary) 9.30am - 1pm

Pathways Time Table 2026

Date	Hours	Time	Day
27th March, 2026	3	10am - 1pm	Friday
17th April, 2026	3	10am - 1pm	Friday
24th April, 2026	3	10am - 1pm	Friday
1st May, 2026	3	10am - 1pm	Friday
8th May, 2026	3	10am - 1pm	Friday
15th May, 2026	3	10am - 1pm	Friday
22nd May, 2026	4	10am - 1pm	Friday
29th May, 2026	4	10am - 1pm	Friday
27th April, 2026	2.5	2pm - 4.30pm	Monday
11th May, 2026	2.5	2pm - 4.30pm	Monday
18th May, 2026	2.5	2pm - 4.30pm	Monday
25th May, 2026	2.5	2pm - 4.30pm	Monday
19th May, 2026	5	9.30am - 2.30pm	Tuesday
26th May, 2026	4.5	9.30am - 2pm	Tuesday



St Augustine's Hall (continued . . .)

Module	QQI Level	FETCH Ref	Starting	Approx. No of weeks	Time
Spreadsheet Methods	3	522414	Thursday, 16th April, 2026	12	Every Thursday, 10am - 1pm
Word Processing	3	522418	Monday, 13th April, 2026	12	Every Monday, 10am - 1pm
Climate Justice	3	522422	Tuesday 4th March, 2026	12	Every Tuesday, 1.30pm - 4.30pm
Pastry, Baking & Desserts	3	522449	Tuesday 10th March, 2026	12	Every Tuesday & Thursday, 2.30pm - 5.30pm
Introduction to Computers	n/a	522419	Monday, 13th April, 2026	12	Every Monday, 1.30pm - 4pm
Introduction to Quilting	n/a	523451	Tuesday, 24th March, 2026	9	Every Tuesday, 10am - 1pm
Flower Arranging	n/a	523452	Tuesday, 2nd June, 2026	5	Every Tuesday, 10am - 1pm
Introduction to Painting	n/a	525329	Tuesday, 2nd June, 2026	5	Every Tuesday, 1.30pm - 4.30pm
Driver Theory	n/a	522415	Monday 2nd March, 2026	6	Monday, 1.30pm - 4pm
Introduction to Barista	n/a	499325	Friday, 1st May, 2026	1 day	Friday, 9.30am - 1.30pm
Introduction to Barista	n/a	499326	Thursday, 2nd July, 2026	1 day	Thursday, 9.30am - 1pm
Getting the most from your Air Fryer	n/a	526019	Tuesday, 3rd March, 2026	1 day	Tuesday, 2.30pm - 5.30pm
Manual Handling	n/a	499328	Friday, 3rd July, 2026	1 day	Friday, 10am - 1pm



Cavan (TBC)

Module	QQI Level	FETCH Ref	Starting	Approx. No of weeks	Time
Food Safety & HACCP	HACCP 1 & 2	499323	Monday, 11th May, 2026	3	Every Monday, 9.30am - 1.30pm
Crafts	n/a	525316	Thursday, 7th May, 2026	9	Every Thursday, 1.30pm - 4.30pm
Train your Brain	n/a	523450	Thursday, 7th May, 2026	9	Every Thursday, 10am - 1pm

On-line

Module	QQI Level	FETCH Ref	Starting	Approx. No of weeks	Time
Maths for Trades	n/a	522420	Monday, 16th March, 2026	6	Every Monday, 7pm - 9pm



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Virginia

Module	QQI Level	FETCH Ref	Starting	Approx. No of weeks	Time
Spreadsheet Methods	3	498501	Thursday, 16th April, 2026	12	Every Thursday, 2pm - 4.30pm
Using Technology with Smartphones	2	498433	Thursday, 16th April, 2026	12	Every Thursday, 2pm - 4.30pm

The Hub, Cootehill

Module	QQI Level	FETCH Ref	Starting	Approx. No of weeks	Time
Psychology	5	525200	Monday, 20th April, 2026	13	Every Monday, 7pm - 10pm
Care Skills	5	525219	Wednesday, 25th February, 2026	13	Every Wednesday, 9.30am - 3pm
Sewing	3	498504	Friday, 17th April, 2026	9	Every Friday, 10am - 1pm
Internet & E-mail	3	498503	Thursday, 23rd April, 2026	14	Every Thursday, 2.30pm - 5pm
Using Technology with Smartphones	2	525232	Thursday, 16th April, 2026	7	Every Thursday, 5.30pm - 10pm
Reading & Writing Support	non accredited	498397	Thursday, 23rd April, 2026	14	Every Thursday, 2.30pm - 5pm



Church Street Ballyconnell H14 R573

Module	QQI Level	FETCH Ref	Starting	Approx. No of weeks	Time
Teamworking	5	525223	Wednesday, 15th April, 2026	13	Every Wednesday, 7pm - 10pm
General Office Skills	4	522448	Wednesday, 22nd April, 2026	12	Every Wednesday & Friday, 10am - 1pm
Word Processing	3	522417	Wednesday, 15th April, 2026	12	Every Wednesday, 10am - 1pm

Fair Green Community Garden, Tullymongan, Cavan

Module	QQI Level	FETCH Ref	Starting	Approx. No of weeks	Time
Introduction to Growing Vegetables	n/a	522439	Monday, 9th March, 2026	6	Every Monday, 2pm - 5pm



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Ballyjamesduff A82 AX70

Module	QQI Level	FETCH Ref	Starting	Approx. No of weeks	Time
Care of the Older Person	5	525199	Thursday, 16th April, 2026	13	Every Thursday, 7pm - 10pm
Establishing Trees & Shrubs	4	498513	Thursday, 12th March, 2026	9	Every Thursday, 9.30am - 1.30pm
Growing Fruit	4	498522	Thursday, 21st May, 2026	9	Every Thursday, 9.30am - 1.30pm
Planting & Potting by Hand	3	498480	Wednesday, 11th March, 2026	9	Every Wednesday, 9.30am - 1.30pm
Container Gardening	3	525164	Wednesday, 20th May, 2026	9	Every Wednesday, 9.30am - 1.30pm
Culinary Operations	3	498493	Tuesday, 14th April, 2026	11	Every Tuesday, 9.30am - 1pm
Food Choice & Health	2	498438	Tuesday, 14th April, 2026	11	Every Tuesday, 9.30am - 1pm
Computer Skills with Smartphones	2	525227	Monday, 13th April, 2026	13	Every Monday, 10am - 1pm



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Ballyjamesduff continued . . .

Module	QQI Level	FETCH Ref	Starting	Approx. No of weeks	Time
Beginner Watercolour Painting	non accredited	525160	Tuesday, 14th April, 2026	6	Every Tuesday, 1.30pm - 3.30pm
Intermediate Watercolour Painting	non accredited	525159	Tuesday, 14th April, 2026	6	Every Tuesday, 10.30am - 12.30pm
Wood Carving	non accredited	498552	Wednesday, 15th April, 2026	7	Every Wednesday, 1pm - 3pm
Presentation Skills Learn to create effective presentations and develop skills required for effective communication	non accredited	525222	Friday, 8th May, 2026	4	Every Friday, 10am - 1pm
Healthy Family Air Fryer Recipes	non accredited	498551	Thursday, 7th May, 2026	4	Every Thursday, 9.30am - 1.30pm



Bailieborough

Module	QQI Level	FETCH Ref	Starting	Approx. No of weeks	Time
Customer Service	4	498514	Friday, 17th April, 2026	12	Every Friday, 10am - 1pm
Microsoft Word	4	498550	Monday, 13th April, 2026	12	Every Monday, 9.30am - 12.30pm
Microsoft Word	3	525188	Monday, 13th April, 2026	12	Every Monday, 1.30pm - 4.30pm
Health Related Fitness	2	525162	Wednesday, 15th April, 2026	15	Every Wednesday, 2pm - 4.15pm
Relaxation Techniques	2	498423	Wednesday, 15th April, 2026	15	Every Wednesday, 10.15am - 12.30pm
Using Technology with Smart Phones	2	498431	Monday 13th April, 2026	12	Every Monday, 6pm - 8.30pm
Introduction to Growing & Using Herbs	non accredited	525152	Tuesday, 24th February, 2026	6	Every Tuesday, 10.30am - 12.30pm
Beginner Guitar (bring your own guitar)	non accredited	525153	Tuesday, 24th February, 2026	6	Every Tuesday, 1.30pm - 3.30pm
Irish Sign Language	non accredited	498409	Tuesday, 14th April, 2026	7	Every Tuesday, 10.30am - 12.30pm



Learner Support Service

Is reading, writing or basic maths holding you back?

- We have one-to-one help for people who are not ready to join a class.
- This help is for people who need assistance with basic reading, writing or maths.
- We can help you build your confidence as well as your skills.
- For support to identify your interests and advise you on courses going forward, we will help you link in with our Guidance Service.

For information on one-to one help contact:

- **Cavan:**
Deirdre O'Callaghan - deirdreocallaghan@cmetb.ie - 087 3802141
- **Monaghan:**
Sinead Cahill - sineadcahill@cmetb.ie - 087 1985715
- **Ballyjamesduff:**
Caroline McDermott - carolinemcdermott@cmetb.ie - 087 405 3618

We run one to one sessions in many locations across both counties



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Skills For Work Courses

Fully funded courses for part-time or full-time workers, farmers, self-employed, sole traders etc.

Employer Based Training - Upskilling employees to include Workplace Language Support courses, Communications Level 2 - 4 courses and Business English Level 4, computers etc.

Courses are **free** to the employee and employer. They are offered **at the workplace** where possible, or in a nearby CMETB Adult Education Centre.

They can be **accredited or non-accredited** and can lead to a qualification up to QQI Level 4 on the National Framework of Qualifications.

Enquiries for the below courses or to make a booking **contact Noelette Dolan** on:

E-mail: noeletedolan@cmetb.ie

Telephone: 087 9293531.

Module	QQI Level	Venue	Starting	Approx No of weeks	Time
Information Technology Skills	4	St. Patricks Hall, Arva, H12 P308	Wednesday, 15th April, 2026	12	Every Wednesday, 7pm - 10pm
Computer Literacy	3	Civic Centre, Belturbet	Tuesday, 14th April, 2026	12	Every Tuesday, 7pm - 10pm
Internet & E-mail	3	St. Mogue's College, Bawnboy, H14 VW13	Wednesday, 15th April, 2026	12	Every Wednesday, 7pm - 10pm
Internet & E-mail	3	St. Patricks Hall, Glangevlin, N41 Y661	Monday, 13th April, 2026	12	Every Monday, 7pm - 10pm
Introduction to Computers Office 365	n/a	Stradone Community Centre, H12 X6P4	Wednesday, 15th April, 2026	12	Every Wednesday 7pm - 9.30pm



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ESOL (English for Speakers of Other Languages)

Free Classes/Various Locations Registration and Assessment

For all ESOL Queries contact:

Contact: Patricia Martin
E-mail: patriciamartin@cmetb.ie
Phone: 0871500899

Venue	Day	Date	Time
<u>March 2026 Schedule</u>			
Le Cheile Centre, Cootehill A16 HY50	Monday	2nd March, 2026	1pm - 2pm
St Augustine's Hall, Cavan Town H12 E8V0	Wednesday	4th March, 2026	2pm - 3pm
Ballyjamesduff Adult Education Centre A82AX70	Friday	6th March, 2026	1pm - 2pm
Ballyjamesduff Adult Education Centre A82AX70	Tuesday	10th March, 2026	1pm - 2pm
St Augustine's Hall, Cavan Town H12 E8V0	Friday	13th March, 2026	1pm - 2pm
St Augustine's Hall, Cavan Town H12 E8V0	Wednesday	18th March, 2026	5.30pm - 6.30pm
St Augustine's Hall, Cavan Town H12 E8V0	Wednesday	25th March, 2026	2pm - 3pm
St Augustine's Hall, Cavan Town H12 E8V0	Thursday	26th March, 2026	12.30pm - 1.30pm
St Augustine's Hall, Cavan Town H12 E8V0	Monday	30th March, 2026	1pm - 2pm



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Venue	Day	Date	Time
<u>April 2026 Schedule</u>			
Market House, Blacklion F91 PKV1	Tuesday	14th April, 2026	12.30pm - 1.30pm
Ballyjamesduff Adult Education Centre A82AX70	Tuesday	14th April, 2026	1pm - 2pm
St Augustine's Hall, Cavan Town H12 E8V0	Thursday	16th April, 2026	5.30pm - 6.30pm
Ballyjamesduff Adult Education Centre A82AX70	Friday	17th April, 2026	1pm - 2pm
St Augustine's Hall, Cavan Town H12 E8V0	Monday	20th April, 2026	1pm - 2pm
Market House, Ballyconnell H14 R573	Friday	24th April, 2026	12.30pm - 1.30pm
St Augustine's Hall, Cavan Town H12 E8V0	Wednesday	29th April, 2026	2pm - 3pm
<u>May 2026 Schedule</u>			
St Augustine's Hall, Cavan Town H12 E8V0	Thursday	7th May, 2026	5.30pm - 6.30pm
Ballyjamesduff Adult Education Centre A82AX70	Friday	8th May, 2026	1pm - 2pm
St Augustine's Hall, Cavan Town H12 E8V0	Monday	11th May, 2026	1pm - 2pm
St Augustine's Hall, Cavan Town H12 E8V0	Wednesday	13th May, 2026	5.30pm - 6.30pm
St Augustine's Hall, Cavan Town H12 E8V0	Wednesday	20th May, 2026	2pm - 3pm
St Augustine's Hall, Cavan Town H12 E8V0	Thursday	21st May, 2026	12.30pm - 1.30pm



***For further information please contact
us on:***

CavanAdultEd@cmetb.ie

049 4361881



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