

St. Luke's Home Education Centre provides professional training for those working in Care of the Older Adult. As a QQI Centre we also provide courses for those working in other areas e.g. Management & Health & Safety. We are now delighted to offer courses relevant to those working in Primary, Secondary and Childcare Settings. The Education Centre is located in Mahon Cork and has on-site parking and catering facilities. Our course brochure and location can be found at www.stlukeshome.ie/education-centre

Manual Handling for SNA's - facilitated by Chartered Physiotherapist

1st July (9.30am – 12.30pm or 1.30pm – 4.30pm)

Areas to be covered will include:

- Office Administration Manual Handling
- Lifts (ground, table, shelf)
- Walking with Children
- Transfers - wheelchairs and toilet
- Stairs
- Falls

Paediatric First Aid (including CPR & Defibrillator)

2nd or 9th July (9.30am – 4.00pm)

This course will provide the necessary skills for Paediatric First Aid in the School setting and areas covered will include: Scene Safety, Fractures and Soft Tissue Injuries, Burns, Medical Emergency, Head Injuries, Use of CPR & Defibrillator accredited by The Irish Heart Foundation

QQI - Level 5 Occupational First Aid (3 Day)

24th September, 1st & 8th October or 3rd, 10th & 17th October

On completion of this course participants will be able to provide necessary first aid assistance within the workplace, deal with emergency medical situations and implement essential lifesaving skills.

Mindfulness Meditation – 7 Week Evening Course

Commencing 17th September (7.00pm – 9.30pm) This short seven week course will provide you with the basics needed to begin living your life more in the here and now. Some of the topics that will be covered include:

- The theory of Meditation – what it is and what it is not!
- Learning to relax in the here and now
- Different meditations for different mind states
- Meditation and its role in helping with stress, anxiety and depression
- The practice of mindfulness in our daily lives

Wellness - Self Care in today's busy times

3rd October (9.30am - 4.00pm)

This course will help participants to explore a high level of well-being and the difference it can make to one's life and to explain the 5 elements that are known to contribute to wellbeing and, most importantly, how to take action to grow fulfilment. We will also explore how to ensure that we keep taking this action in the long-term.

Addressing Loss – Over 5 Thursday Evenings

Commencing 1st October (7.30pm – 9.30pm)

A five week evening course covering both theoretical and experiential aspects of loss as experienced through the life cycle.

**Courses can be tailor made and delivered off-site as required
Contact us on 021 4536551 / claire.coakley@stlukeshome.ie or Check
out www.stlukeshome.ie/education-centre for full details**