



## WWETB Community Education Newsletter Spring 2023

WWETB Community Education supports Waterford and Wexford community based groups through grant funding and tutor hours. Community education aims to promote and support community work as a means of addressing poverty, social exclusion and inequality and ultimately as a means of achieving social change that will contribute to the creation of a more just, sustainable and equal society.

### Sailing into Wellness wins an AONTAS star award!

WWETB Community Education in Waterford City are celebrating the great achievement of **Sailing into Wellness** who won the AONTAS STAR award in the Health and Well-being category. The awards were announced at the national event in Croke Park in Dublin as part as the Adult Learner festival.

Sailing into Wellness is a not for profit social enterprise born out of a passion to utilize the unique setting of the sea to help communities. Their vision is to be a healthy natural solution for communities to look after their physical and mental well-being and to use the sea to inspire change in the groups.

Through MAED and REACH funding several Community Education groups based in Waterford City had the opportunity to avail of a four-day skills training programme and to gain a basic understanding of how to sail a boat along with will be developing a knowledge of terminology, tides, weather and basic safety at sea.

The “liveaboard” element of the programme saw two groups of learners sleep, eat and live on the boat for 3 days which gave a real experience of freedom and self-sufficiency which is an integral part of the experience.

The third element of the programme saw three participants who have indicated a desire to progress their skills obtain certification in a number of areas and it is hoped that they will be full instructors over the next two years.

Well done to everyone involved.



*"Colin Healy, Eoin Barnes and James Lyons from Sailing into Wellness are delighted to receive the Aontas Star award in the Health and Well-Being category".*



*"Eoin Barnes accepts the AONTAS STAR award on behalf of Sailing into Wellness"*



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### Keeping the traditional arts alive.....

Sometimes traditional skills and old local traditions can be overshadowed in the hustle and bustle of life.

Community Education in Waterford City were busy in February making **St Brigid's crosses** with the distinctive design from woven rushes.

The cross is thought to keep evil, fire and hunger from the homes in which it is displayed. It conjures up in the mind the image of quiet, secret places and of rush-border rivers in a serene landscape. St Brigid's cross was also a symbol of our national identity for our national broadcasting station Radio Telefís Éireann (RTE) but was replaced some years ago.

Can you remember in what year?

Many thanks to the Men's Shed Waterford and Garry Cunningham for sharing this traditional skill.

A **Paper Flower** making workshop took place in Bunclody Co Wexford to celebrate Adult Learner Festival Week during March. This is a long-standing tradition among traveller women and the paper flowers were used to barter to support their families.

The workshop was facilitated by Sally Murphy and Celine Cash, a thoroughly enjoyable morning.



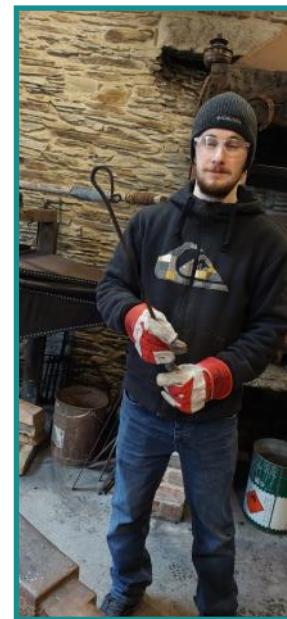


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### Keeping the traditions alive.....

Nolan's Forge Bunclody, Co Wexford Established in 1885. Recently ran an introduction to Forging and Metal work course, with the aim of the course to pass on ancient metalworking skills.





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### Tree of inspiring women

Learner's and staff at the New Ross FETC joined forces to celebrate the recent AONTAS Adult Learner Festival with the launch of the 'Tree of Inspiring Women'. The launch marked International Women's Day on March 8<sup>th</sup>, and learner's and staff gathered to write and talk about the women who most inspire them. Contributions of poetry and creative writing penned and recited by our learners, resulted in a cumulation of diverse narratives to celebrate all the wonderful women in their lives and throughout the world. Learners wrote their inspirational pieces on colourful cardboard leaves and hung them creating this sculptural piece. The tree takes pride of place in the centre, where learners and staff can read and reflect at their leisure.

This community education project brought the cultural community at New Ross FETC together as learners from our Community Education, ESOL, Literacy and VTOS programmes joined to share their stories. This year's theme for International Women's Day was 'Embrace Equity', and the multicultural nature of this collaboration compounded this concept.

Learner's and staff enjoyed a wonderful morning of reflection, song, friendship, tea, and cake, and what a cake. As they say, 'a picture is worth a thousand words'. This culinary delight was created by learners from the VTOS education and training programme.





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### Co Waterford Women's Groups celebrate International Women's Day

Waterford Wexford ETB and Waterford Area Partnership joined forces to host the 3<sup>rd</sup> International Women's Day Networking Event in The Park Hotel, Dungarvan. 170 women attended the event representing 17 Women's Groups from Co Waterford including Ukrainian, Afghan and Syrian groups .

The morning started with music from Indigo Mood, an all-female jazz duo. Aine Whelan, CEF, welcomed all attendees acknowledging the importance of collaboration and networking for Women's Groups in Waterford. Siobhan Hubbard, MC for the event, co-ordinated a seamless morning of poetry, short stories, craft demonstrations, music song and dance all reflecting on and celebrating the lives of the women in attendance.

