



Down Syndrome Ireland

ONLINE COURSES
For adults





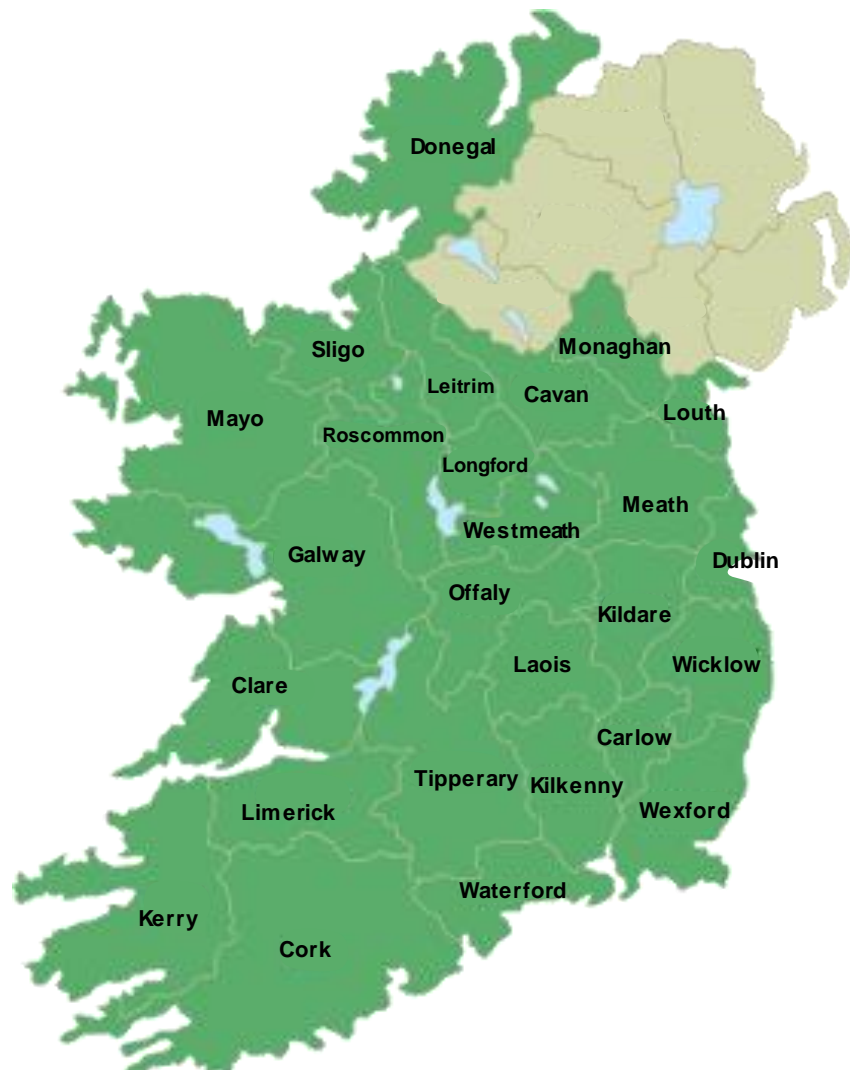
Introduction

Down Syndrome Ireland are delighted to announce new online courses for adult members in 2022. We have an exciting programme of courses in 2022, with the first round beginning in January. There are two course topics to choose from - **Healthy Living and Wellbeing**, and **Music**.

These **8-week courses** begin on **Monday, 24th January**, and run until Friday, 18th March.

Students will be supported by an online teacher and have the opportunity to interact with other adults **via Zoom**.

Our online courses give adults from every branch in Ireland the chance to take part in the programme.





Down Syndrome Ireland – Online Programme

Students will study in small **groups of 8**. Classes will run **twice a week for 8 weeks**. Students will meet online on Monday and Friday mornings, or Monday and Thursday evenings. During the week, students will complete tasks based on the week's module.

During the week, students will have:

- One 45-minute Zoom class at the beginning of week on the module content
- Support of the Online Teacher during the week when needed
- One 45-minute Zoom class at the end of the week on tasks completed during the week, along with a coffee club chat

Students will receive a certificate on completion of your course.



2021 Online Zoom Classes

Down Syndrome Ireland – Online Programme



Healthy Living and Wellbeing

This course is a great way to learn about the importance of healthy eating, positive mental health and exercise. Modules include:

Module 1 Healthy Eating

Module 2 Exercise

Module 3 Personal Hygiene and Wellbeing

Module 4 Food groups and Sugar

Module 5 Fruit, Vegetables and Carbohydrates

Module 6 Dairy and Protein

Module 7 Pizza Demonstration

Module 8 Quiz Recap

Class times and days

Option 1: 10am – 10.45am, Mon & Fri

Option 2: 11am – 11.45pm, Mon & Fri



Down Syndrome Ireland – Online Programme



Music

This course is a great way to discover different genres of music and to share music with each other. Modules include:

Module 1 Music genres

Module 2 Pop music

Module 3 Country music

Module 4 Ireland in the Eurovision

Module 5 Rock 'n' Roll music

Module 6 Musical Theatre

Module 7 80s music

Module 8 Irish music

Class times

Option 1: 11am – 11.45pm, Mon & Fri

Option 2: 6pm - 6.45pm, Mon & Thurs

Feedback from our previous online programme

I really enjoyed the course so far. It is lovely to meet people from other parts of Ireland on Zoom. I would encourage people to take part in this course because they would be working to improve their ability and their Independence (Michelle Whelehan, Co. Meath)

I took part in the online ability course as my parents thought it would be interesting for me as I took a year out of my 3rd level hospitality course due to covid-19. My parents were right I am really enjoying the course . I would advise anyone thinking about taking part to do so as it's very interesting, good fun and very educational (Stephen Doherty, Donegal)

Entry Requirements

All courses are open to students with Down syndrome aged over 18.

There is no minimum literacy requirement to complete the course. However, as you will be working remotely, you may need support to complete some tasks. You will need access to the internet to take part.

Courses are kindly funded by MACE and The Ireland funds, and are free for Down Syndrome Ireland members.

For more information, please contact:

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