



EXCHANGE HOUSE

National Travellers Service

Education Service



**Adult Education
Booklet**

Exchange House Education Services provides many different adult education programmes, from one-to-one literacy to third level support courses. The service operates from a learner directed approach. We provide adult Travellers with a range of educational opportunities and provide progression routes to further education, training and employment.

We are a FETAC Quality Assured centre, delivering FETAC accredited programmes from levels 1 to 6. We recognise that learners come with experience, knowledge and skills which can be developed into formal educational qualifications and progression options. Learning is tailored to suit each individual learner, whether they want to learn to read and write, access third level education or gain employment.

Services for adult learners include

- FÁS Local Training Initiative
 - FÁS Community Employment
 - Adult Basic Education
 - FETAC certified courses, levels 1 to 6
 - Third level support
- European Union Partnership Projects

Cathleen McDonagh
Manager

Phyllis Connors,
Acrylic on Canvas,
2009



I came to the Training Programme for myself, to learn how to read and write.

I would make a lot of difference to me. I could pick something up and read it. I could fill in a form. It would make an awful lot of difference.

I got about four years going to school. I wouldn't even say it was that.

My dream is to be a scholar; that I won't be having to ask people in places like the supermarket what's the name of this and that. That's very embarrassing.

I want to do everything, if I can. I could end up getting a job out of this. You can't get jobs if you can't read and write because they won't give them to you.

Now my children are all grown up. Ten years ago I couldn't go to a training programme. I've reared ten children. I never had anytime to learn how to read and write. I sent all my own children to school. Now its my turn I think.

Margaret Mongan



Mary Collins, Ann Connors, Ellen Collins and Nan Grogan working on FETAC Living in a Diverse Society portfolio. 2010

My name is Margaret Maughan. I am a 27 year old Traveler from Dublin. I have two kids, aged 8 and a half and 7 who is going to primary school.

The reason why I started the LTI group was to up myself in my education as I left school when I was in fifth class and it would be easier for me to help my kids with their homework. I would also like to learn more about sewing and making things with material such as dresses, cushions and the rest.

Margaret Maughan



*Nan Connors, Christening Robe,
FETAC Textiles Certificate, 2009*

I started recently on the CE scheme and I hope to achieve the following....

I would like to become a professional hairdresser. In order to do so and get what I want I need to improve my communication with other people and improve my literacy skills. I know Exchange House will benefit me in the best ways possible.

Majella Maughan

When I first started in Exchange House I knew I wanted to do a Fitness and Health course. I had no idea where to start so Paula, my CE Supervisor helped me to research courses until we found the one I wanted. It was the National Certificate in Exercise, Fitness and Health in Colaiste Ide and accredited by University of Limerick.



I found I was interested to learn about bones, muscle groups and the heart. I did find the academic part of the course and the written exams very difficult but I enjoyed the practical side. When it came to written assignments and projects, I got a lot of support from Exchange Hose staff and tutors, especially Paula, Cathleen McDonagh and Lorna Grimes.

All students on the course get free membership to Leisure Point gym in Finglas. I also carried out my work experience at that gym. I did exercise to music there with Will, an experienced instructor. I had never done these classes before and they were a challenge!

When I did my practical exam, I designed a free movement warm up followed by a six station circuit class which was LME, aerobic and anaerobic. These are the three main types of exercise during a circuit class. I then did a Body Conditioning class which works by toning muscles and reducing body fat.

When I was doing the course I found it so hard I couldn't imagine ever wanting to do another course. Now I have passed my exams and knowing I can access the support in Exchange House, I am looking forward to doing a Personal Trainer course which will progress me even further.

Tony Collins

My name is Margaret Collins. I am a single mother with two kids. My hope of doing this course is to up my education, as when my kids get older and come home from school I can help them with their homework. I would love to learn more about computers down the line as I might get a job as a secretary.

Margaret Collins



My name is Helen Collins. I have three children and live in Finglas. I came on the course to improve my reading and spellings. I hope to learn a lot in my time here. I really want to learn the meaning of words so when I hear them, I will know what it means. I also want to improve my overall education and would love to do my Leaving Cert. If all goes to plan I might end up in a job hopefully I enjoy. I am hoping this course will be just the beginning.

Helen Collins



Lilyanne Powers, Acrylic on Canvas, 2009

My name is Winnie McDonnell. I have six children and six grandchildren. The reason I came to do this course was to improve my reading and writing and to meet other people. I would love one day to be able to pass on what I have learned to others. I would love to build up my skills in the area of computers because now a days everything is computerised.

I enjoy my classes here at Exchange House very much. I like to learn whenever I get the chance. I am currently studying communications, food and nutrition, maths, beauty, arts and crafts and computers. I will put in the work that is required of me and I hope I will get the rewards. I would like to take this chance to thank all the tutors and my coordinator Caoimhe Kerins.

Winnie McDonnell.



IT Class, 2010

My name is Ellen Maughan. I like to come to this course because I need more education like Maths, Computers and reading long words and knowing what they mean because when my kids start school I can help them to do their homework and read things without asking people what it means. That's what I hope to get at the end of this course.

Ellen Maughan



Art and Design Class, 2010



Martin Green, 2010, Acrylic on Canvas



Maggie Collins, working of FETAC Food

Exchange House National Travellers Service Educational Services, with support from FÁS and CDVEC, provides a range of educational opportunities to adult Travellers. Our learner directed approach has attracted learners from all sections of the Traveller community. There are equal numbers of men and women on our

programmes and an age range from 18 to 64.

Maggie Collins and her grandson John Collins are very different in terms of age and previous formal education. They are working side by side however, to achieve their own personal educational goals. Though their individual starting and finish points are completely different, at Exchange House they can undertake their journey together.

Maggie Collins was born Margaret McDonagh in 1945 in Ardee in County Louth. Maggie was one of 15 children. Her family lived in a tent on the side of the road. Maggie's mother died when she was 9 and her father then bought a barrel top wagon to raise his family in. "He was like a mother and a father to us all, reared us all and got us married", Maggie recalls.

"I had no schooling at all but I was very proud of my Traveller culture, even though there was too much discrimination", Maggie said. Neither Maggie's mother nor father could read or write and Maggie first learned to write her name when her cousin Nellie, who attended school, taught her.

Maggie's first experience of formal education was recent; she attended a training centre in the months before she came to Exchange House at the age of 63.

"Since I came here (Exchange House) I can write and spell my name. It means an awful lot to me".

Maggie's family are so proud of her achievements that her daughter has some of Maggie's handwriting work displayed on her fridge and shows it off to any visitors who come to her house. Maggie works on her

reading and writing with her tutor Margo Kelly.

Since Maggie has come to Exchange House she has achieved a FETAC level 5 Occupational First Aid, Textiles and Food and Nutrition, both at FETAC level 3.

Johnny Collins was born John Collins in the Rotunda hospital in 1991. He is the eldest of three children. Johnny lived in Manchester for a short time before coming back to live in Dublin. He lived in Cappagh Field for a while and has lived in a house in Finglas ever since.

Johnny attended a mainstream integrated school from age 5 to 16, leaving school in 5th year. He achieved his Junior Cert in five subjects at age 15.

When asked what he likes most about attending Exchange House as an adult learner, Johnny said “Working with different people”. There is a strong camaraderie between the male learners and they support and help each other in their learning

When asked about his future, Johnny says “I would like to work as a Youth Worker”.

Johnny is currently taking part in FETAC 4 Communications with his tutor, Helen Mahon to prepare him for a third level course in Youth Work.

Maggie and Johnny have very different experiences of education but their hopes for the future are clear. Maggie is a committed lifelong learner who wants to continue her education to help her family. Johnny wants to pursue academic qualifications to ensure a secure future for himself and his family. As Maggie said “I hope for a good future for Johnny because he is entitled to it”. At Exchange House Education Services we couldn't agree more and will continue to provide access to first and second chance education for all adult Travellers.

Paula Cullen
CE Supervisor



Maggie Collins and John Collins, 2010

About my Education

I am learning a lot about myself
I know the person I am
And I know the person I want to be
I am an outspoken person.

I want to be who I am.

I know I have a lot of changing to do
Self growth in some areas is self knowledge
Is essential before change can take place
We can see just what state of affairs lies before us.
Then we can plan how we would like it to be
And what changes are necessary.

Knowledge about ourselves can be gained by allowing others to see some hidden part of us.
Through painful awareness
Planned life
Family crisis

Certain events which can become crisis
Development changes within a person's life.
The movement from stage of development to another can cause emotional uncertainty and disturbance
Bringing as it does the need for change

These passages include going to school, adolescence marriage, becoming a parent, old age.
All normal and expected life events
But because of their transitional and demanding nature they become times of potential stress

These skills of good human relating involve both self awareness and technique
With neither being sufficient on its own

Here self awareness and a caring attitude
Are decisions to change my life
Is good.

Writing skills
Education is good for my wisdom
Love
Laughter
Is good for my inner being

We should wisely remember that we are our own most important instrument

Ann O'Donnell





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