

Dear Colleagues,

Happy Thanksgiving celebrations to our American students and colleagues! It won't be long now until we all carve into the turkey and ham, or some of our other favourite Christmas dishes. Brussels sprouts anyone?

Have you seen the new LÁMH postage stamp? It's impressive. More details below. If you have two minutes, and have not already completed our survey, we would be delighted to get your feedback on Continuing Professional Development learning options. Who is ready for a Level 8 upgrade to their qualifications? Our Honours course is scheduled for January, along with another HIQA compliant management course for PICs and similar roles. Please also find the latest wellness advice through the link below, and we are delighted to introduce you to another one of our new Academic Associate Tutors, Clare Carey.

Thank you for reading.

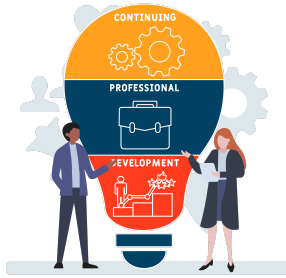
### OTC annual 'Conferring of Awards' ceremony, November 22nd, 2025



The OTC conferred awards on over 200 students this year. Graduates from courses ranging from Level 5 through to Level 8 on the National Framework of Qualifications received QQI awards on November 22nd, 2025. It is one of the most joyous days in the College calendar where students are rewarded for all their hard work and commitment to our sector. Three individuals (pictured above) received 'Student of the Year' awards for their academic achievements - Louise Coll, Mark Fitzgerald and Kayleigh Byrne.

Read more information about the event and the medal winners [HERE](#)

### Wishing to upgrade your qualification to a Level 8 standard? OTC will roll out a one-year Honours degree in January.



The OTC will be offering €500 discounts to past-pupils, members of Social Care Ireland and members of The Wheel, in support of upskilling the sector with our disability/management focussed QQI qualification. The model of delivery is perfect for students who wish to keep working while studying for their Level 8 degree. Students must be employed with a disability service provider.

To see all details regarding our Honours degree click [HERE](#)

### Welcome to the OTC, Clare!

Clare Carey joined the OTC in 2025 as an Academic Associate Tutor after working with the College for many years as a Placement Supervisor.



Clare manages AMP in Ballymun, an after school intervention project that runs under the principles of community and youth work. The project aligns strongly with Clare's values of social justice, equality in marginalised communities and anti-discrimination practices.

Clare has a Masters in Community and Youth Work from Maynooth University and is currently completing a second Masters in Law in TU Dublin, Grangegorman.

[Click here](#) for more info on the Academic Associate Tutor team.

### LÁMH postage stamp launched.

Uniquely, the stamp is created in the shape of a hand, which is a perfect reference to Lámh signing and tells everyone that this way of communicating is used by children and adults in Ireland every day. A bright green background gives a wonderful pop of colour to the stamp. It's going to look great on all the letters being posted to Santa in the coming months!



**Wellness:**  
Our topic this month is asking you to **STOP!**





### STOP ACRONYM STANDS FOR:



**S: Stop.** Whatever you're doing, just pause momentarily.

**T: Take a breath.** Re-connect with your breath. The breath is an anchor to the present moment.

**O: Observe.** Notice what is happening. What is happening inside you, and outside of you? Where has your mind gone? What do you feel? What are you doing?

**P: Proceed.** Continue doing what you were doing. Or don't: Use the information gained during this check-in to change course. Whatever you do, do it mindfully.

*Jon Kabat-Zinn*

### Please take our quick survey which will help support our CPD planning for future CORU-registered practitioners

What is your attitude to CPD? As you know, after registration with CORU, there will be an annual CPD requirement for all. What will that landscape look like? Please click the link below and take our short survey which will inform our efforts in supporting our sector into the future. Please do not ignore this survey as it will paint an invaluable picture of how the OTC can position itself so that you get the most from our education and training options.

Please complete our very short survey [HERE](#).

### CPD options:

#### Upcoming Continuing Professional Development courses

Perfect for PICs! New management microcredential course - the [Certificate in Human Service Manager Skills](#)

I am happy to report that this HIQA compliant course sold out again last month so please don't delay in booking your place for January.

#### Course features:

- Delivered mainly online and totally flexible
- Only two in-person workshops to attend throughout the eleven week course
- Flexible, user-friendly online interface for daily interactions
- Price per participant for this two-module, QQI award is €645. Apply now! All course details can be found [HERE](#)

### The OTC is of the sector, for the sector!



Best wishes,  
Conor  
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PS Please feel free to forward this to an interested colleague.  
Thank you.

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