

POSTGRADUATE FAIR

Institute of Technology Carlow is holding their Postgraduate Fair on **Wednesday, 27th February** 2019, from 11am-3pm, in the CSB Building. This is an ideal opportunity for graduates to explore all the postgraduate options at the Institute. For more information please contact the Institute on 059 9175000/ www.itcarlow.ie

CAREER ADVICE PUBLIC MEETING

Cllr Fintan Phelan is hosting a career advice meeting on **Thursday, 28th February at 8pm in the Seven Oaks Hotel**. If you are applying for an apprenticeship, filling in your CAO or considering returning to education this event might be of interest to you. The meeting will be addressed by Brian Mooney, Guidance Counsellor and Irish Times Analyst and Mary Hanafin, a former Minister of Education

INFORMATION MORNING

Have you been thinking about training as a Healthcare Assistant?

The BTEI is hosting an Open Information Morning on **Wednesday, 6th March in Teach Bhríde** in Tullow from 10am-1pm. There will be information on courses due to start in Carlow town, Tullow and Rathoe with speakers and information stands from a selection of local healthcare providers and employers. For more information please call BTEI on 059 9139532.

INFORMATION MORNING

Carlow Institute of Further Education & Training

8th March 2019 - 9.30am - 12.30pm in the Woodford Dolmen Hotel

Interested in finding out about full time Further Education options at Carlow Institute of Further Education & Training starting in September? There are plenty of courses to choose from. For more information please call 059 9131187. Course information available at www.carlowifet.ie

IRELAND SKILLS LIVE EXHIBITION

21st - 23rd March 2019 in the RDS

Experience the skills that can shape your future at the Skills event. Join the best and brightest in their skill area as they compete for the National title in Dublin's, RDS. Try your hand at trades and skills with interactive workshops, events and activities taking place throughout the show. Use this opportunity to talk to industry and education experts all at Ireland Skills. For more information – www.irelandskillslive.ie

OPEN EVENING

Carlow College (St. Patrick's)

Information Evening - 9th April from 5-8pm

This is an ideal opportunity to visit Carlow College, meet lecturing staff and find out more about the degrees on offer. The Admissions Team will also be on hand to answer any questions, around SUSI/ fees/ grants and the CAO application process. For more information please contact Brianna Byrne on 059 9153200/ bdoyle@carlowcollege.ie

ACCOUNTING TECHNICIAN TRAINEESHIP

The Accounting Technician Apprenticeship is a new pathway to a career in business, accountancy and finance, where apprentices are mentored through a two-year, work-based learning programme. Apprentices work four days a week with a registered employer and study one day a week with a local college on a two-year employment contract. College tuition is fully funded by SOLAS. Apprentices get paid minimum wage of at least €19,000 per annum by the employer. The programme leads to a Level 6 QQI Advanced Certificate in Accounting, The next intake for the programme is September 2019 and applications will be accepted from April onwards with **opportunities now available in Dublin, Limerick/Clare and Galway**. Further information is available at - <http://accountingtechnicianapprenticeship.ie/>

COMMUNITY EMPLOYMENT OPPORTUNITIES

Are you Eligible for Community Employment Scheme? - We currently have vacancies available on our Scheme at GRAIGUECULLEN KILLESIN PARISH C.L.G. Graiguecullen, Carlow.

- **Swimming Pool: Pool Attendant** - 2 Positions - Job Ref No: CES-2087257
- **Rehab Care: Multitask Care Assistant** -3 Positions - Job Ref No: CES-2088274
- **St. Fiacc's House: Multitask Care Assistant** - 2 Positions - Job Ref No: CES-2087700 & 3 Positions: Ref No: CES-2092747

We can offer you: **Top Quality Training & Career Opportunities**

We can provide: **Many Different Courses to Suit Your Individual Needs.**

For further information about any of the above please do not hesitate to contact: **Ann Louise O'Neill or Catherine Darcy on (059) 9134887 or 085 8584187**

**CHECK
THIS
OUT!!!**

HEALTHY CARLOW EVENTS - MARCH 2019



The poster features a green map of Carlow in the top left corner with a red dot indicating the location. To the right of the map is a circular logo with the letters 'hi' and the text 'Healthy Ireland' below it. Further right is the text 'Healthy Carlow' in a large, bold, black font. Below these elements are three white rectangular boxes containing event details. The first box is titled 'Autism & Physical Activity: Dr Susan Crawford' and lists dates and times for two sessions. The second box is titled 'Small Steps Towards A Healthier Lifestyle with Guest Speakers' and lists various free services and a date. The third box is titled 'Weed - What every parent needs to know: Philip James' and lists speakers and a date. At the bottom of the poster, there is a red banner with contact information and a row of logos for various organizations including LEDE, HSE, Pobal, and Carlow. A small line of text at the very bottom reads 'The Healthy Ireland Fund supported by the Department of Health, the Department of Children and Youth Affairs and the Department of Rural and Community Development.'

FREE | EVENTS

hi
Healthy Ireland

Healthy Carlow

Autism & Physical Activity: Dr Susan Crawford
Dr Crawford, a leading expert in autism leads the way on the benefits of physical activity for autism awareness & programme development.
5th March 7.30p.m. – 9.30p.m. & March 6th 9.30 – 1.30 p.m. Seven Oaks Hotel, Athy Rd, Carlow

Small Steps Towards A Healthier Lifestyle with Guest Speakers
This event is geared toward those who want to take their first step towards becoming a healthier individual. It's about the small steps that can inspire you to challenging your own behaviour.
FREE: Health Checks, Metabolic Testing, Nutrition Packs & Demonstrations, Education Guidance
Free Tasters in Massage, Physiotherapy & much more.....
13th March, Woodford Dolmen Hotel, Carlow 7.30 p.m. – 9.30p.m.

Weed – What every parent needs to know: Philip James
Philip James a psychiatric nurse & specialist in dual diagnosis highlights the impact of marijuana on adolescent mental health, supported by John Leahy: HSE Drug Education Officer, Elaine Rowe: Garda Juvenile Liaison Officer, Angela Keogh: CRYS Community Based Drugs Worker.
26th March, Visual Theatre, Carlow 7.15 p.m. – 9 p.m.

EMAIL: healthycarlow@gmail.com
PHONE: 059-9136220

LEDE HSE pobal Carlow

The Healthy Ireland Fund supported by the Department of Health, the Department of Children and Youth Affairs and the Department of Rural and Community Development.

For further details or information please contact Eilish Langton, Healthy Carlow Co-ordinator at healthycarlow@gmail.com or 059-9136220

UPCOMING COURSES - CARLOW TOWN

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Conversational English classes (Failte Isteach)	Venue: Jobs Club, The Royal Mews, Dublin Street, Carlow	Ongoing	Mondays 6-8pm	Free		Failte Isteach Free Conversational English classes. For more information please call Sandra on 0851218811
Dance Fitness for the over 50s	Venue: VISUAL Centre, College Street Tel: 059 9172400	Ongoing	Tuesdays 3-4pm	€5 per class (tea & coffee)		Classes include an easy warm-up, stretching and simple dance sequences designed for the over 50s.
Knitting & Crochet Classes	Venue: Sacred Heart Hall, Graiguecullen Contact: Edwina on 085 7310553	Ongoing	Wednesdays 7-9pm			Wool is supplied. Hats, scarfs and mitts are donated to the homeless. Just bring a pair of needles or a crochet hook.
Adult Art Classes	Venue: Brownshill Art Studio, Brownshill Rd, Tel: Jean on 086 8686783 www.muralmayhem.com/	Ongoing	Thursdays 7.30-9pm			Beginners & Improvers, if you enjoy painting in a sociable group come along and join in the informal relaxed creative atmosphere. No experience necessary. Places are limited
Craft Group	Venue: New Oak Community Centre Contact Sharon on 086 4002571	Ongoing	Thursdays 8-10pm	No charge but contribution for refreshments very welcome		This group meets up to exchange tips and ideas on how to make crafts. Bring your craft i.e. card making, knitting etc. and relax and meet new friends.
Barrow Training Courses & Workshops	Venue: Carlow Town Barrow Training Tel: 059 9721416 Email: info@barrowtraining.ie Web: www.barrowtraining.ie	Ongoing	Varies	Varies depending on the course/ workshop – costs available on the Barrow Training website	Varies depending on the course/ workshop – qualification details available on the Barrow Training website	<ul style="list-style-type: none"> • Palliative Care (QQI 5) – 4th Feb • First Aid Response – 14th Feb • First Aid Responder Refresher – 4th March • Manual Handling Instructor (QQI 6) – 8th March • Food Safety & HACCP (QQI 5) – 20th March • Special Needs Assisting (QQI 5) – 22nd March • Manual & People Handling Training – 22nd March • Special Needs Assisting (QQI 6) – 26th April • Challenging Behaviour (QQI 5) – 26th April

						<ul style="list-style-type: none"> • Care Skills & Care of the Older Person (QQI 5) – 16th May
CPC Training – Truck & Bus Drivers (Continual Professional Development)	Venue: Seven Oaks Hotel Training Provider – CPC.ie Tel: 087 6363003 or 066 7185556 Email: info@cpc.ie Web: www.cpc.ie	Ongoing	1 day per module	€55 per module	Continual Professional Development	Professional truck & bus drivers have to undergo periodic training of one day per year. Upcoming modules schedule: <ul style="list-style-type: none"> • 3rd Feb - Health & Safety of the Professional Driver • 9th Feb - Minimising Risks & Managing Emergencies • 16th Feb - Role of the Professional Driver in the Transport Industry • 23rd Feb - The Professional Truck driver • 24th Feb - Control of Vehicle & Eco Driving Techniques
Safeguarding 1 – Child Welfare & Protection	Venue: IT Carlow, Barrow Centre, Kilkenny Road Contact: Carlow Sports Partnership on 059 9136205/ mjduggan@carlowcoco.ie	4 th February 2019	1 evening (6.45pm-9.45pm)	€22.20		All coaches, club children's officers and designated liaison persons must first complete this workshop. It aims to educate participants on the implementation of best practice in protecting the welfare of children involved in sport. Running again: 8th April 2019
(1) Beginners Irish & (2) Elementary Irish Classes	Venue: Cathedral Parish Centre, College Street For further information please contact Gaelchultur on (01) 484 5220 / 1890 252 900 www.gaelchultur.com	4 th February 2019	10 Mondays (7-9pm)	€180		During these courses participants will learn how to engage in basic everyday interactions, talk about themselves and their background, the work they do, etc. and will have acquired a basic knowledge of grammar. Test your level www.gaelchultur.com/en/assessment.a.spx
Personal Impact & Influencing Skills	Venue: Carlow Gateway Business Park, Athy Rd Web: www.cktraining.ie Contact: Theresa on 059 9132152, Carlow Kilkenny Skillnet	5 th February 2019	1 day (9.30am-5pm)	€95		Personal impact is about creating self-awareness and strengthening your communication skills to have positive effect on how you interact with others. This course is designed to help build confidence and enhance your potential both personally & professionally.

(1) Lower Intermediate Irish & (2) Upper Intermediate Irish Classes	Venue: New Oak Community Centre For further information please contact Gaelchultur on (01) 484 5220 / 1890 252 900 www.gaelchultur.com	5 th February 2019	10 Tuesdays (7-9pm)	€180		These levels are intended for those who have studied Irish at school, who understand a great deal of Irish but have had few opportunities to use it in recent years. Test your level using the online assessment - www.gaelchultur.com/en/assessment.aspx
Community Baking Group	Venue: 48 John Sweeney Park, Carlow Contact Mairead on 085 7897279	5 th February 2019	5 Tuesdays 10am-12pm			This is an exciting new five week programme for parents and guardians. Come along and meet new people and maybe learn something along the way! Limited number of places available.
International Women's Group	Venue: St. Catherine's Community Services, Centre, St. Joseph's Road, Carlow/ Contact: Andrea on 059 9138706 Web: www.catherines.ie	6 th February 2019	8 Wednesdays 10am-11.30am	Free		This group will be activity based – relaxing arts and crafts, cookery & holistic therapies and will provide a space for participants to improve their English while developing friendships and skills
Workshops – Recovery College South East	Venue: Training Room, St. Dymphna's Hospital, Athy Road, Carlow Tel: 056 7703666 Email: recoverycollegesoutheast@gmail.com Web: www.recoverycollegesoutheast.com/	6 th February 2019 onwards	Morning or day workshops	Workshops are free, however there is an enrolment fee of €5 per semester per student		Workshops at the Recovery College are for everyone. <ul style="list-style-type: none"> • 6th & 7th February – WRAP (Wellness Recovery Action Plan) • 11th & 12th February – Co-production • 21st February – Learning Self Compassion and Kindness for Myself • 27th February – Recovery Principles & Practice • 6th March – Understanding Depression (4 weeks - ½ day) • 2nd April – Understanding and Managing Anxiety (4 week workshop, one half day each week) • 11th April – Music for Mood • 29th May – Recovery Principles & Practice

Certificate in Data Protection	Springboard Administrator IT Carlow, Kilkenny Road Carlow T: 0599175280 Web: www.itcarlow.ie For more information on Springboard Courses please see www.springboardcourses.ie Application deadline: 1 st February	6 th February 2019	Part time course – 3 days	Free fees – jobseekers and ‘returners’ to education Please check your eligibility - www.springboardcourses.ie/eligibility	NFQ Level 8 (10 credit module)	This course aims to provide a learning opportunity for compliance and/or other relevant professionals to develop the necessary intellectual capital to ensure that their organisations meet their current and future regulatory responsibilities in relation to data protection. Applicants in employment - courses of NFQ Level 7, 8 or 9, 90% of the course fee is paid by the Education Provider. Participants will be liable for the remaining 10% fee.
Make-Up & Nail Art	Venue: St. Catherine’s Community Services, Centre, St. Joseph’s Road, Carlow Web: www.catherines.ie	6 th February 2019	6 Wednesdays 7-9pm	€60 for the waged/ €30 for the unwaged		Learn to look your best by learning how to look after your skin, apply your make up and do your own nails like a professional. For more information please contact Andrea on 059 9138706/ andread@catherines.ie
Coaching for Performance & Success	Venue: Carlow Gateway Business Park, Athy Rd Web: www.cktraining.ie Contact: Theresa on 059 9132152, Carlow Kilkenny Skillnet	6 th February 2019	6 days – 6 th , 13 th , 20 th & 27 th Feb & 6 th & 13 th March (9.30am-5pm)	€495		This coaching skills programme is designed for supervisors, managers, team leads, caseworkers, mediators and other professionals who have responsibility for developing and improving the team and individual performance.
Time for Me	Venue: St. Catherine’s Community Services, Centre, St. Joseph’s Road, Carlow Andrea on 059 9138706/ andread@catherines.ie	6 th February 2019	6 Wednesdays 7-9pm	€60 for the waged/ €30 for the unwaged		Come to this class and learn about balanced nutritional and basic cooking skills you need to nourish your body. Lots of tips and ideas on how to look after your own well-being and holistic health. Web: www.catherines.ie
Interior Design on a budget	Venue: St. Catherine’s Community Services, Centre, St. Joseph’s Road, Carlow Tel: Andrea on 059 9138706/ andread@catherines.ie Web: www.catherines.ie	7 th February 2019	6 Thursdays 7-9pm	€60 for the waged/ €30 for the unwaged		Topics covered include planning the redecoration of a room, choosing colours, types of finishes, how to dress windows and manipulate space, lighting schemes, choosing furniture, finishing touches and how to choose, frame and arrange art.

Yoga & Relaxation	Venue: St. Catherine's Community Services, Centre, St. Joseph's Road, Tel: Andrea on 059 9138706/ andread@catherines.ie	8 th February 2019	10 Fridays (2.15pm-3.30pm)	€100 for the waged/ €50 for the unwaged		Renew your health and vigour regardless of your age or fitness level. Bring your mind, body and spirit together with a gentle workout that will help reduce the effects of aging and give you more energy.
Start Your Own Business Programme	Venue: Seven Oaks Hotel, Athy Road, Carlow Tel: 0599129783 enterprise@carlowcoco.ie www.localenterprise.ie/carlow	12 th February 2019	10 Tuesday evenings (6.30pm-9.30pm)	€50		This programme will guide you through the various aspects of starting and running a business. It aims to assist in assessing the viability of a business idea. <u>Topics</u> – enterprise & self-employment, market research, who wants to be an entrepreneur? taxation, finance & book-keeping, marketing, sales & sales plans, cash flow projections, legal implications & business plan preparation
Attract & Retain the Best People to your Business	Venue: Carlow Gateway Business Park, Athy Rd Contact: Theresa on 059 9132152, Carlow Kilkenny Skillnet	13 th February 2019	3 days – 13 th , 20 th & 27 th Feb (9.30am-5pm)	€295		This course will benefit employers and supervisors and anyone who is responsible for recruiting, managing and motivating employees. Web: www.cktraining.ie
Workshops for Parents	Venue: Primary Care & Child Psychology Services (HSE) Shamrock Plaza, Green Lane, Carlow Tel: 076 1082018	14 th February 2019 onwards	3 hour morning workshops (10am-1pm)	Free		<ul style="list-style-type: none"> • 14th Feb – Ready, Steady, Relax: Anxiety Management – children & adolescents • 21st Feb – Managing Strong Emotions – children & adolescents • 27th Feb – Understanding & supporting children & young people who self-harm (<i>this workshop takes place in Kilkenny</i>)
Safeguarding 2 – Club's Children's Officer (CCO) - Sport	Venue: IT Carlow, Barrow Centre, Kilkenny Road Contact: Carlow Sports Partnership on 059 9136205/ mjduggan@carlowcoco.ie	15 th February 2019	1 evening (6.45pm-9.45pm)	€22.20		A CCO should be child centred in focus. He/ she is the link between the children and the adults in the club. He/ she is also responsible for the monitoring and reporting to the club's management committee on how club policy impacts on young people.

Football Association of Ireland (FAI) – Introduction to Adult Coaching	Venue: IT Carlow Email: garry.coady@fai.ie Web: www.fai.ie Booking can be made online	15 th February 2019	15 th Feb – 6.30-9.30pm & 16 th Feb – 9.30am-5.30pm	€120		This course is designed to assist coaches working within the adult game in acquiring the specific knowledge for the development of players' game. Participants must be currently coaching in the adult game & have completed child welfare and safeguarding workshop and be Garda Vetted.
Irish Seed Savers Workshop	Venue: An Gairdin Beo, Dublin Rd, Rathnapish Contact Dee Sewell on 087 6843374/ dee@greensideup.ie	16 th February 2019	10am-3pm	€10 including light lunch		This workshop looks at how to grow and save your own top quality vegetable seeds, for the garden, for the farm, for the economy – and for future generations. Booking essential by 14 th February.
Time Management & Personal Effectiveness	Venue: Carlow Gateway Business Park, Athy Rd Web: www.cktraining.ie Contact: Theresa on 059 9132152, Carlow Kilkenny Skillnet	19 th February 2019	1 day (9.30am-5pm)	€95		Participants will develop skills in managing time at work, in order to increase personal performance and effectiveness. Be able to identify areas where time could be managed better. Develop action plans for achievement.
Diploma Management Effectiveness & Practice	Venue: Institute of Techonolgoy Carlow Web: www.cktraining.ie For more information please call Theresa on 059 9132152, Carlow Kilkenny Skillnet	20 th February 2019	1 day a month for 18 months (9.30am-5pm)	€1600	QQI level 7	This course is aimed at people seeking supervisory/team lead roles. It provides a set of modules which allows the learner to explore topics such as personal effectiveness, team leadership and change management. It offers an opportunity to gain accreditation through attendance at class based lectures/ workshops and work based assignments and learning guidance.
Manual Handling Instructor	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow Web: www.cktraining.ie For more information please call Theresa on 059 9132152, Carlow	20 th February 2019	5 days – 20 th & 27 th February & 6 th , 13 th & 20 th March (9.30am-4.30pm)	€395	QQI level 6 component certificate	This course is designed to equip learners with the knowledge and skills necessary to develop and deliver an effective training programme in manual handling in health/social care contexts. There is a large practical element to the course and it is designed to ensure

	Kilkenny Skillnet					that students will gain the confidence and instructional skills to enable them to deliver effective manual handling training to others.
Information Technology Traineeship – Software Development in Collaboration with IT Carlow	Venue: Carlow Town Provider – KCETB Training Services Contact: Helena Comerford Tel: 056 7813014 Web: www.kcetbtraining.ie Application through your local INTREO Office	25 th February 2019	Full time due to finish in May 2020 (65 weeks)	Free - if you are unemployed, redundant or no longer in full-time education.	QQI Level 6 Award (6M0691) – on successful completion learners can apply to year 2 of the Bachelor of Science Software Development Degree in IT Carlow.	The aim of this programme is to produce learners to design, develop and test software components and systems in a workplace environment. <u>Course content:</u> Work Experience, Leadership, Mathematics, Project Management, Relational Database, Object Oriented Programming, Graphical Line Interface Programming, Software Architecture, Networking Fundamentals and Window OS Fundamentals. <u>Entry Req:</u> Leaving Certificate (or equivalent) with maths. Mature students on successful completion of entrance exam
Catalyst Programme for Women – Preparation for Work Course	Venue: New Oak Community Services Centre & St. Catherine's Community Services Centre Tel: 059 9138700	25 th February 2019	3 mornings per week for 16 weeks 10am-1pm (excluding school holidays)	Free to eligible participants	QQI accredited modules	<u>Content:</u> fun group activities, QQI accredited modules, manual handling, work placement, support from the adult guidance service, information sessions and links to other services & supports. This course is open to women who are not working and who are not in receipt of job seekers or a work related payment. (enquire as other social welfare payments are allowed)
Special Needs Assisting	Venue: Carlow town For more information please contact Portobello Institute/ Tel: 01 892 0024 www.portobelloinstitute.ie	26 th February – 21 st May 2019	Tuesdays (7-10pm)	€595	QQI Level 5 Component Certificate	<u>Course Content:</u> <ul style="list-style-type: none"> • The Role of the Special Needs Assistant • Equal Opportunities Child Development(Overview) • Theories of Learning and Behaviour • Physical and Intellectual

						Disabilities <ul style="list-style-type: none"> • Communications and Language Disabilities Work Experience* - * 20 Hours work experience is required
Transfer of Business Ownership	Venue: Talbot Hotel, Carlow RSVP: admin@carlowchamber.com	27 th February 2019	6pm-8pm	Free		Thinking of growing your business through acquisition, or perhaps you are keen to exit and realise value in your business, this workshop could be for you!
Great Goal Setting – How to Make 2019 Your Best Year Yet	Venue: Woodford Dolmen Hotel, Carlow Book online at www.carlowchamber.com	28 th February 2019	6-8pm	€15 for chamber members and €30 for non-members		Gerry Duffy is one of Ireland's leading motivational speakers. Famed for completing 32 marathons in 32 countries in 32 days. This speaker is not to be missed! Refreshments at 5.40pm
Always Children First Foundation Training	Venue: Enterprise House, O'Brien Road, Carlow	2 nd March 2019	1 day 9.30am-4.30pm			For more information please contact Connie on 059 9140244 or email connie@carlowccc.ie in the Carlow County Childcare Committee
Silk Painting	Venue: Carlow town Contact Jean on 086 8686783 www.muralmayhem.com	2 nd March 2019	1 day			Silk painting is the art of applying special dye to silk. Paint your own silk scarf in a day. No previous experience necessary. Lunch included.
Safeguarding 3 – Designated Liaison Person (DLP) - Sport	Venue: IT Carlow, Barrow Centre, Kilkenny Road Contact: Carlow Sports Partnership on 059 9136205	4 th March 2019	1 evening (6.45pm-9.45pm)	€22.20		A person appointed to the Designated Liaison Person position in a club must have completed the Child Welfare & Protection Basic Awareness course and this new DLP workshop.
Basic Welding – MMA Flat Horizontal	Venue: Carlow Town KCETB Training Services Contact: Patricia Nolan on 056 – 7813014 or email tsu.recruit@kilkennycarlowetb.ie Application through your local INTREO Office www.fetchcourses.ie	4 th March 2019	6 weeks full time	Free - if you are unemployed, redundant or no longer in full-time education.	MMA Fillet Weld	<u>Modules:</u> <ul style="list-style-type: none"> • Manual Metal Arc Welding • Oxy-Acetylene Welding • Preparing For Work • Safepass KCETB is accepting expressions of interest for this Basic Welding Course. Please note that the start date will be deferred until they reach the minimum

						number required to fund same. Next course scheduled: 24th June
Surf Accounts – Core Training Course	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow Contact Theresa on 059 9132152, Carlow Kilkenny Skillnet - www.cktraining.ie	4 th March 2019	1 day – 9.30am-5pm	€99		This course aims to give the participants the skills required to manage accounts easily. <u>Content:</u> customers & suppliers, products, invoices, receipts & payments, banking payments and reconciliation, VAT returns & reporting.
Training Delivery & Evaluation	Venue: Gateway Business Centre, Athy Road, Carlow Web: www.cktraining.ie For more information please call Theresa on 059 9132152, Carlow Kilkenny Skillnet	6 th March 2019	5 days – 6 th , 13 th , 20 th & 27 th March & April 3 rd (9.30am-5pm)	€395	QQI level 6 component award	Previously Train the Trainer Course. This course is designed to introduce the skills necessary to deliver high quality training. <u>Course content:</u> to assist learners to develop the skills to carry out a training needs analysis, the different ways to conduct a training course, the materials to use and how to be creative and innovative and evaluation methods.
Coaching For Performance & Success	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow Contact Theresa on 059 9132152, Carlow Kilkenny Skillnet - www.cktraining.ie	6 th March 2019	6 days – 6 th , 13 th , 20 th & 27 th March and 3 rd & 10 th April	€595	QQI level 6 component award	This programme is designed for supervisors, managers, team leads, caseworkers, mediators and other professionals who have responsibility for developing and improving the team and individual performance.
Making, Stretching & Priming Canvas	Venue: VISUAL, College Street, Carlow www.visualcarlow.ie Tel: 059 9172400	9 th March 2019	1 day 10am-4.30pm	€50		This workshop will focus on the skills and techniques needed to cut and create a timber frame stretcher; stretch a canvas using corner folding techniques for landscape and portrait profiles, and prime a canvas using various finishes.
First Aid Responder (FAR) Course	Venue: Seven Oaks Hotel Contact: Irish Red Cross Tel: 1890502502 Email: courses@redcross.ie Web: www.redcross.ie	13 th March 2019	3 days (13 th -15 th March) 9.30am-4.30pm	€240	PHECC Cert valid for 2 years	<u>Topics:</u> Patient assessment, incident procedure, Cardiac First Response, common medical emergencies, Injury management and shock, care of the unconscious patient, burns and electrical injury care, hypothermia &

	Next course date: 12th June 2019					hyperthermia, information management, communications and the wellbeing of the first aider.
Autism in Sport Workshop	Venue: IT Carlow, Barrow Centre, Kilkenny Road Contact: Carlow Sports Partnership on 059 9136205/ mjduggan@carlowcoco.ie	13 th March 2019	1 evening (6.30pm-9.3pm)	€27.55		This workshop will provide attendees with the understanding of autism focusing on the delivery of sport. It aims to help participants to recognise and understand key areas of difference as well as looking at strategies which will help to include people with autism in sport sessions. Running again: 25th March 2019
Microsoft Excel –Pivot Tables & Graphs	Venue: Carlow Gateway Business Park, Athy Rd Web: www.cktraining.ie Contact: Theresa on 059 9132152, Carlow Kilkenny Skillnet	13 th March 2019	1 day (9.30am-5pm)	€95		This course is aimed at experienced Excel users that want to build on their current knowledge to set up their own pivot tables & charts. <u>Content</u> – pivot tables, charts data visualisation & dashboards
Career Traineeship in Hospitality – Diploma in Food & Beverage Service	Venue: Carlow Town Provider – KCETB Training Services Contact: Helena Comerford Tel: 056 7813014 Web: www.kcetbtraining.ie Application through your local INTREO Office	19 th March 2019	Full time over 37 weeks (ending 30 th October 2019)	Free - if you are unemployed, redundant or no longer in full-time education.	City & Guilds	The aim of this course is to enable the learner develop the skills required to work and become certified as a commis waiter. <u>Content:</u> menu knowledge & design, customer service, handling payments, food, beverage and product knowledge., food safety, <u>Timetable</u> – 16 weeks in the classroom followed by 20 weeks – 3 days per week working with the host employer & 2 days per week in the classroom
Forklift, Safe Pass & Manual Handling	Venue: Carlow Town Provider – KCETB Training Services Contact: Bernie Eccles Tel: 056 7813014 Web: www.fetchcourses.ie Application through your local INTREO Office	19 th March 2019	Full time over 3 weeks (ending 6 th April 2019)	Free - if you are unemployed, redundant or no longer in full-time education.		<u>Course content:</u> Safe Pass, manual handling, introduction to health & safety awareness in the workplace, forklift counterbalance and forklift Reach. As this course is only 3 weeks, trainees in receipt of a Social Welfare payment will remain registered with their local DEASP office for payments.

First Aid Response Refresher	Venue: Seven Oaks Hotel Contact: Irish Red Cross Tel: 1890502502	21 st March 2019	2 days – 21 st & 22 nd March 2019	€170	IRC/PHECC Cert valid for 2 years	If you are currently an Occupational First Aider, you can refresh using this course. Web: www.redcross.ie Next course date: 20th June 2019
Security & Care of Artworks for Facilities & Front of House Staff	Venue: VISUAL, College Street, Carlow www.visualcarlow.ie Tel: 059 9172400	28 th March 2019	1 day 10am-2pm	€60		This workshop has been devised for facilities staff and volunteers working in buildings that exhibit artworks and care for collections. It will cover general care of works, security and incident reports.
Professional Art Handling	Venue: VISUAL, College Street, Carlow www.visualcarlow.ie Tel: 059 9172400	28 th March 2019	3 days 10am-5pm	€280 (meals included)		This 3 day course offers a short course in fine art handling, wrapping, crating, transporting work, method statements and risk management associated with fine art handling.
Communicating with Stakeholders	Venue: Carlow Gateway Business Park, Athy Rd Contact: Theresa on 059 9132152, Carlow Kilkenny Skillnet - www.cktraining.ie	28 th March 2019	1 day (9.30am-5pm)	€95		This programme has been designed to assist senior managers who are responsible for handling communications with a range of stakeholder groups.
Sport First Aid	Venue: IT Carlow, Barrow Centre, Kilkenny Road Contact: Carlow Sports Partnership on 059 9136205/ mjduggan@carlowcoco.ie	1 st April 2019	1 st & 8 th April from 6-10pm	€54.23		This course is suitable for coaches, instructors, teachers, supervisors, sports assistants, volunteers and all involved in sport. <u>Content:</u> accidents, CPR, strains, sprains, fractures, bleeding, dealing with concussion, asthma & spinal injuries.
Start Your Own Business Programme	Venue: Enterprise House, O'Brien Road, Carlow Tel: 0599129783 enterprise@carlowcoco.ie www.localenterprise.ie/carlow	18 th April 2019	3 days – 18 th , 25 th April & 2 nd May (9.30am-4.30pm)	€50		This programme will guide you through the various aspects of starting and running a business. It aims to assist in assessing the viability of a business idea. No prior knowledge is required. <u>Topics</u> – enterprise & self-employment, market research, who wants to be an entrepreneur? taxation, finance & book-keeping, marketing, sales & sales plans, cash flow projections, legal implications & business plan preparation

Safety Management	Venue: Carlow Gateway Business Park, Athy Rd Web: www.cktraining.ie For more information please call Theresa on 059 9132152, Carlow Kilkenny Skillnet	25 th April 2019	5 days – 25 th April, 2 nd , 9 th , 16 th & 23 rd May 2019	€395	QQI level 6 component award	This course aims:- <ul style="list-style-type: none"> to enable the learner to appreciate the importance of a good safety culture in the workplace. to understand the role and function of management in providing a safe place to work to understand the nature of risk management in the workplace to develop a wide range of skills to implement a safe place of work.
Office Administration (option to specialise in Finance/ Legal/ Medical)	Venue: Carlow Town Provider – KCETB Training Services Contact: Michele Whelan Tel: 056 7813014 Web: www.kcetbtraining.ie Application through your local INTREO Office www.fetchcourses.ie	29 th April 2019	Full time over 41 weeks (ending 7 th February 2020)	Free - if you are unemployed, redundant or no longer in full-time education.	QQI Level 5	<u>Course content:</u> Text production, communications, word processing, information & administration, spreadsheet methods, work practice and reception and front office skills Learners will choose at least one elective module – medical terminology, manual & computerised bookkeeping, manual & computerised payroll, audio transcription and legal practice & procedure
Book-keeping for the Small Business	Venue: Carlow – to be confirmed Tel: Local Enterprise Office on 0599129783 enterprise@carlowcoco.ie www.localenterprise.ie/carlow	1 st May 2019	5 Wednesdays evenings (6.30pm-9.30pm)	€30		The objective of this course is to provide the learner with an introduction to book-keeping terms and principles and the knowledge and skill to operate a manual book-keeping system. This will also enable the learner to assist with VAT and PAYE issues for the small business.
Special Needs Assisting	Venue: Carlow town For more information please contact Portobello Institute/ Tel: 01 892 0024 www.portobelloinstitute.ie	28 th May – 13 th August 2019	Tuesdays (7-10pm)	€795	QQI Level 6 Component Certificate	<u>Course Content:</u> <ul style="list-style-type: none"> Understanding Education, Health & Safety, Teaching methodologies, Educational Philosophy & Practice Literacy: identifying the conditions for learning language and how to implement these Mathematics: learning skills to

						<p>support the teaching of mathematics & to devise strategies to assess mathematical ability</p> <ul style="list-style-type: none"> • Observations: methods & techniques for assessing, planning and evaluating.
Bachelor of Arts Applied Early Childhood Education & Care	Venue: IT Carlow Contact: Carlow Kilkenny Skillnet on 059 9132152 or email info@cktraining.ie	September 2019	1 academic year 2 evenings per weeks 7-10pm & approx. 6 Saturdays	€1,200 as this programme is be part funded by Skillnet	NFQ Level 7	This course is an opportunity for those working in the Early Years sector in Co. Carlow to upskill to degree level. <u>Entry Req:</u> Applicants must hold a QQI Level 6 qualification in childcare and have at least 3 years full time practice experience. Application deadline – 4pm Friday, 8th March
Moving On Programme for Young Mothers – Employment Skills	Venue: St. Catherine's Community Services, Centre, St. Joseph's Road For more information please contact Bernie Eccles on 056 7813031 www.catherines.ie	September 2019	Monday-Friday 9.30am-2.30pm (due to finish in June – 43 weeks approx.)	Free to eligible applicants (free childcare facilities onsite to support participants on this programme)	QQI Level 4 major award	The Moving On Programme is a back to education programme for mothers with priority given to those aged between 17 and 35 years of age. <u>Subjects</u> – career planning, English & Communications, Customer Service, Functional Maths, IT Skills, personal effectiveness, work experience, workplace safety, understanding interculturism

BAGENALSTOWN/ LEIGHLINBRIDGE (COURSES)

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Beginner Computer Courses	Venue: Bagenalstown Family Resource Centre For more information call 059 9722028	Classes are ongoing & at various times based on demand		Free		Why not take the stress out of shopping, taxing the car, banking or if you would like to stay in touch with friends through Skype, then the friendly computer courses could be for you!
Jobseekers Clinic	Venue: Bagenalstown Family Resource Centre - to make an appointment or for further information please call 059 9722028	Ongoing				Do you need help with updating your CV, doing up cover letters, job search, applying for jobs online, filling out job application forms, searching for courses and grant entitlements or feel you could benefit from one-to-one advice and practical support.
Pilates	Venue: Bagenalstown Community Centre	Ongoing	Monday nights @ 6pm			Suitable for beginners and improvers. Tel: Therese on 087 7731206 Web: www.tmpilates.com
Crochet Classes	Venue: Ballinkillen Lorum Community Centre	Ongoing	Tuesdays at 7.30pm			For more information please contact the centre on 089 2578122
Fit4Mums	Venue: Ballinkillen Lorum Community Centre	Ongoing	Wednesdays @ 9.45am or 6.30pm			Class takes place in the gym room every Wednesday. Suitable for all fitness levels. Tel: 089 2578122
Tiber Security Solution Courses	Venue: TSS Training Suite, Bagenalstown For further information please call Tiber Security Solutions on 059 9722279 www.tibersecuritysolutions.ie	Ongoing	Varies depending on the course	Varies depending on the course/ workshop – costs available on the Tiber Security website	Varies depending on the course – information available on the Tiber Security website	Static & Retail Security (QQI Level 4) – 5 th February 2019 Door & Event Security Procedures (QQI Level 4) – 5 th February Combined – Guarding & Retail Security & Door & Event Security (QQI 4) – 5 th February Manual Handling – 5 th February
Barrow Training Courses & Workshops	Venue: Carlow Town Barrow Training Tel: 059 9721416 Email: info@barrowtraining.ie Web:	Ongoing	Varies	Varies depending on the course/ workshop – costs available on the Barrow Training website	Varies depending on the course/ workshop – check www.barrowtraining.ie for more information	<ul style="list-style-type: none"> • Safety Management (QQI 6) – 13th February • Special Needs Assisting (QQI 6) – 28th February • Supervisory Management (QQI 6) – 3rd October

Apron Workshop	Venue: Class Crafts Carlow, Kilean, Aughabeg Corries, Bagenalstown R21AZ25	9 th March 2019	1 day (10am- 4pm)	€45		You will use fabric ink, stamps and screen printing. Some die cutting fabric using the accuquilt machine. For more information call Tina on 086 8511593
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BALLON/ RATHOE

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Ballon/ Rathoe Walking Group	Venue: Ballon GFC, Fenagh Rd, Carlow	Ongoing	Thursdays 6.45pm	Free		This is an open group. Feel free to join at any time. For further information contact Sharon on 087 6887933/ Louise on 087 0950237
Sewing	Venue: Ballon Business & Training Services Email: info@bbts.ie	1 st February 2019	4 Fridays (9.30am- 12.30pm)	€35		Bring your own sewing machine and learn how to make a garment. Contact the centre on 059 9159447 for more information.
Yoga	Venue: Rathoe Training Hub	7 th February 2019	Thursdays 7-8pm	€50 for six weeks		For more information please contact the training hub on 059 9148879/ info@rathoecommunitychildcare.com
Make Up Classes	Venue: Rathoe Training Hub	20 th February 2019	6 Wednesdays 7-9pm	€60 for six weeks		Make up classes by Kali Beauty is coming back to Rathoe Training Hub. To book please call 059 9148879/ info@rathoecommunitychildcare.com
Kettlebell Exercise	Venue: Rathoe Hall	25 th February 2019	12 Mondays 7-8pm	€40		All fitness levels welcome. For more information please call Liz on 086 1621858
Pottery Classes	Venue: Ballon Business & Training Services	26 th February 2019	4 Tuesdays (7.30- 10.30pm)	€45 includes all materials and tea/ coffee		Pottery classes with Jane Foley. For more information please contact Mary on 086 8165531
Word Processing	Venue: Rathoe Training Hub Contact: Fiona Dunne on 059 9179376 or email fdunne@kcetb.ie Course Provider - BTEI	20 th March 2019	10 Wednesdays (9.30am- 12.30pm)	Free:- to social welfare recipients or medical card holders or those without a Leaving Certificate	QQI Level 3 Minor Award	This is a no pressure course with no exams which will give participants a good basic knowledge of how to use a computer properly.

Horticulture	Venue: Ballon Business & Training Centre Tel: 059 9159447 Contact: Fiona Dunne on 059 9179376 or email fdunne@kcetb.ie	September 2019	1 day per week Tuesdays (10am-1pm & 1.30pm-4.30pm) (two year course)	Free:- to social welfare recipients or medical card holders or those without a Leaving Certificate	QQI Level 4 Major Award	The aim of this two year, part-time programme is to enable the learner to work as a general operative in horticulture, using knowledge, skill and competence to select, establish, grow and maintain a range of plants or to further their education in the horticultural sector. <u>Modules:</u> Growing Fruit, Growing Vegetables, Establishing Ornamental Flowering Plants, Plant Identification, Care & Maintenance, Safe Horticultural Practice, Plant Propagation, Communications, Work Experience
Health Care Support	Venue: Rathoe Training Hub Contact: Fiona Dunne on 059 9179376 or email fdunne@kcetb.ie Course Provider - BTEI	September 2019	2 evenings per week (6.30pm-9.30pm (two year course) – Mondays & Wednesdays	Free:- to social welfare recipients or medical card holders or those without a Leaving Certificate	QQI Level 5 Major Award	Would you like a career as a Health Care Assistant? <u>Modules:</u> Care Support, Care Skills, Safety & Health at Work, Work Experience, Infection Prevention & control, Care of the Older Person, Activities of Living Patient Care & Communications. Participants will also have the option of completing Manual & Patient Handling and Occupational First Aid courses
Early Childhood Care & Education	Venue: Rathoe Training Hub Contact: Fiona Dunne on 059 9179376 or email fdunne@kcetb.ie Course Provider - BTEI	September 2019	2 evenings per week (6.30-9.30pm) – Tuesdays & Thursdays 2 year course	Free:- to social welfare recipients or medical card holders or those without a Leaving Certificate	QQI Level 5 Major Award	Would you like a career in childcare? <u>Modules:</u> Child Development, Child Health & Well Being, Early Care & Education Practice, Work Experience, Early Childhood Education & Play, Team working, Special Needs Assisting & Children with Additional Needs

BORRIS/ ST. MULLINS

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Yoga Classes	Venue: Borris Focus Centre Elaine Costello on 086 8261452	28 th January 2019	6 weeks			<ul style="list-style-type: none"> • Beginners classes 7.30-8.30pm (€60) • Mixed ability class – 8.30-9.45pm (€70)
Bridge Classes	Venue: Borris Vocational School	Ongoing	Tuesdays			Further information available from 087 9274577
Women's Group	Borris Focus Centre	Ongoing	Wednesday mornings			Bring your craft or hobby or join a new one, plenty of refreshments if you would like to come in just for a chat
Yoga classes	Borris Focus Centre	Ongoing	Wednesdays – 7.30pm-8.30pm			To book your place or for more information please call or text 083 8267871
Borris Focus Centre Men's Group	Venue: The Borris Centre, Borris Tel: 083-8267871/ Email: #borrisfocuscentre12@gmail.com	Ongoing	Thursdays 2-4pm			Drop in for a chat, crack or a cup of coffee. How it develops is up to you. All suggestions greatly appreciated and acted on. Cards/Chess/Scrabble available.
Upcoming Courses	Venue: The Borris Centre, Borris Tel: 083-8267871 The centre is open daily from 10am-4pm	Starting soon		Classes free but registration is essential		Courses due to start:- <ul style="list-style-type: none"> • Basic Computing (for beginners) & Smartphone Usage • Horticulture One-to-one technology support for phone, tablet and laptop users for more information please contact the centre.
Arts & Crafts	Venue: The Borris Centre, Borris Tel: 083-8267871	14 th February 2019	6 Thursdays 10am-12pm	Free		Class free but registration is essential
Creative Writing	Venue: The Borris Centre, Borris	Late February	4 classes	Free		Classes free but registration is essential. Tel: 083-8267871
Catalyst Programme for Women – Upcoming Courses	Venue: The Focus Centre, Borris Tel: 059 9138700/ orlaithm@catherines.ie	Week beginning 4 th March 2019	10am-12pm for 6 weeks	Free to eligible participants – to check eligibility contact Orlaith or Sinead		Hobby Course Options:- <ul style="list-style-type: none"> • Quilling – art form that uses strips of paper to create decorative design • Make-Up & Nail Care

						<ul style="list-style-type: none"> Holistic Health & Healthy Food Made Easy
Foraging Workshop	Venue: Killedmond, Borris Blackstairs Eco Trails Tel: 9773184/ Email: blackstairsecotrails@gmail.com	27 th April 15 th June 13 th July 10 th & 24 th August & 15 th September	½ day 12pm-4pm	Price €50 - all teas, coffees snacks included in the price		This workshop will help you know all about wild safe food. Relaxing time in the wilds looking for wild safe foods including fungi, fruits, nuts and berries. Suitable for all the family. Learn how to make Beech Leaf liqueur, Sorrel Tabbouleh and find wild greens for salads. Turn your hand to making Wild Garlic Pesto and delicious salads from the wild - www.blackstairsecotrails.ie
Wild Mushroom Workshop	Venue: Killedmond, Borris Blackstairs Eco Trails Tel: 9773184/ Email: blackstairsecotrails@gmail.com	21 st September, 5 th October & 12 th October	1 day 10.30am - 4pm	Price €95 - price for the day including lunch, tea & coffee and snacks		Learn all about wild mushrooms in the beautiful woods of the Blackstairs. Qualified experts will show you where mushrooms grow, why they grow there and to distinguish the edible from the inedible. Web: www.blackstairsecotrails.ie

HACKETSTOWN/ RATHVILLY/ CLONMORE

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Country Jiving Classes	Venue: Clonmore Community Centre	Mondays	7.30pm-9.30pm	€10 per class		Classes will cover jiving, quickstep, foxtrot and lots more. For more information please call Emma on 086 2011244
Knitting & Stitching Group	Venue: St. John's Hall For more information call 087 6292436	Tuesdays	Tuesdays (2-4pm)			More knitters are needed to knit simple jumpers for African babies.
Bring Your Own Project Morning	Venue: Slaney Handcraft Studio, Rathvilly	Wednesday mornings Thursday evenings	10.30am-12.30pm 7-9pm	€10 per class		Bring your own project which you are working on, thinking of starting or even just dreaming about! Beginners are also welcome. Own sewing machine required. Tel: Tomomi 0857749774/ slaneyhandcraft@gmail.com
Classes due to start soon in the CORE	Venue: CORE Centre Hacketstown Facebook page - www.facebook.com/Hacketstown-community-group-195828833801262/	Starting soon – please register your interest				Coming Soon – register your interest for the following courses on the CORE Facebook page:- <ul style="list-style-type: none"> • Creative Design • Sewing • Lace Making • Up Cycling of Old Jewellery • Creative Writing
Art Classes	Venue: CORE Centre Hacketstown Tel: (059) 647 1319/ 087 6292436	4 th March 2019	7.30pm-9pm	€12 per class		CORE Centre is currently taking names for this adult art class. 4 week course

MYSHALL

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Tourism Principles & Practice	Venue: Myshall Community Centre Tel: Local Enterprise Office on 0599129783	7 th March 2019	11 evenings (7-10pm) & 2 full day bus tours – 30 th April & 7 th May 2019	Free	QQI Level 5 Minor Award	This course is open to tourism providers and community groups and will be particularly relevant to those in front of house positions in both small and large enterprises. Web: www.localenterprise.ie/carlow

TINRYLAND

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Birdwatch Ireland Meeting	Venue: Tinryland Parish Hall Contact Paul on 086 8968794	15 th February 2019	Meeting at 8pm			Birdwatch Ireland Carlow Branch meeting. Outing on 17 th February – nature walk along the River Barrow tow path starting at the Royal Oak Stores, Bagenalstown at 10am.
Tourism Visitor Care	Venue: Tinryland Community Centre Tel: Local Enterprise Office on 0599129783	5 th March 2019	9 evenings (7-10pm) & 2 full day bus tours – 30 th April & 7 th May 2019	Free	QQI Level 4 Minor Award	This course is open to tourism providers and community groups or those who reside or run a business in County Carlow. This course will provide an overview of the tourism industry and its role in Ireland' social and economic life with an overview of local amenities. Web: www.localenterprise.ie/carlow

TULLOW- UPCOMING COURSES

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Conversational English classes (Failte Isteach)	Venue: Forward Steps Family Resource Centre	Ongoing	Thursday evenings (6-8pm)	Free		Failte Isteach Free Conversational English classes. For more information please call Sandra on 0851218811
Men's Shed	Venue: Flynn's Old Garage, Church Street, Tullow For more information please call Paul on 087 6105170	Ongoing	Mondays & Wednesdays 10am-12pm Tuesdays & Thursdays 7-9pm			We are always open to new members and to visitors. We are from all walks of life and ages. So if you are interested in getting involved or have an idea to try out or to share or if you just want a chat and a cuppa- then our shed is the place to be!
Craft Classes – Card Making	Venue: Ballyconnell Hall	Monday nights	7pm			Everyone is welcome to attend. For more information please call 059 9156108
Walking Group	Venue: Meet at Tullow Car Park	Tuesdays	11am			Open to members and non-members of Tullow Active Retirement, unemployed, employed or retired.

Knitting & Crochet Club	Venue: Forward Steps Family Resource Centre	Tuesdays	Tuesdays 7-9pm			Come have a chat and a cuppa. Everyone is welcome. Further information please call 059 9152776
Line Dancing plus Tango & Box Waltz	Venue: Tullow Parish Centre	Tuesdays	11am-12.30pm			For more information please contact Tim Madden on 087 2345012. Beginners welcome.
Mixed Level Hatha Yoga	Venue: Teach Bhride Tel: Pam Butler on 086 0891141	Tuesdays	8-9.15pm	€120 for full term		Beginners welcome
Tai-Chi	Venue: Parish Centre Tel: Jen on 9152776/ 086 8555294	Wednesdays	10am-12pm			If you would like to increase your strength & vitality, enhance your internal focus & extend your inner radiance then this might be the course for you!.
Tai- Chi	Venue: Teach Bhride Tel: Michael on 087 695285	Thursdays	11am			Open to members and non-members of Tullow Active Retirement, unemployed, employed or retired.
Waltz Jive & Foxtrot Line Dancing	Venue: Tullow Parish Centre	Thursdays	8-9.30pm			For more information please contact Tim Madden on 087 2345012. Beginners welcome
Yoga	Venue: Teach Bhride Tel: Imelda on 086 1045326	Fridays	11am			Open to members and non-members of Tullow Active Retirement, unemployed, employed or retired.
Pilates	Venue: Teach Bhride	Fridays	2 classes (7-8pm or 8-9pm)			For more information please call Jen in the Family Resource Centre on 059 9152776
Jewellery Making Class	Venue: Forward Steps Family Resource Centre	4 th February 2019	6 Mondays	€5 per session		For more information please contact the centre on (059) 915 2776
Tennis – Leaders Course	Venue: Tullow Tennis Club For bookings or more information log on to www.tennisireland.ie/clubs/tennis-leaders-course.ie	5 th February 2019	1 evening 7.30-10.30pm	€10		This course aims to help participants understand how to introduce appropriate programmes or organised play and competition that can be delivered to all participants in clubs, parks and schools regardless of age or ability. It is mainly for parents, students, club officials, teachers, park

						leaders and coaches who want to top up their knowledge.
Change Your Habits Change Your Life	Venue: Tullow Parish Centre Teresa on 083 3568696	7 th February 2019	Thursday evenings @ 7pm	€10 per night		Change Your Habits, Change Your Life is a positive, fun, interactive evening that helps your personal development through chat, affirmations, focusing on intentions, setting goals, health tips with a short meditation at the end.
Introduction to Beekeeping	Venue: Forward Steps Family Resource Centre Contact Anne on 085 1483057	14 th March 2019	14 th & 21 st March at 8.30pm	Free to members of Beekeepers Association & €20 non members		Interested in bees & beekeeping? Try out a new hobby and learn the basics at this beginner's course. Two theory classes and two practical (apiary – members only).
Health Care Support	Venue: Teach Bhríde For more information please contact Fiona on 059 9179376 or email fdunne@kcetb.ie	September 2019	2 academic years – 2 mornings per week 9.30am-12.30pm (Wednesdays & Thursdays)	Free to eligible participants - for those without Leaving Cert, or social welfare recipients or medical card holders	QQI Level 5 Full Award	<u>Modules:</u> - Care Skills, Care Support, Infection Prevention & Control, Activities of Living Patient Care, Care of the Older Person, Safety & Health at Work, Communications & Work Experience Participants will also have the option of doing Occupational First Aid & Manual Handling Courses

ONLINE COURSES

Courses	Course Provider	Start date	Cost/ fees	Miscellaneous Information
<ul style="list-style-type: none"> • Programming • Mobile Technology/ Development Platform • Web/ Software Development • Database • Platform Administration • Networking/ PC Maintenance • Project Management • Office Applications 	SOLAS e-college www.ecollege.ie	Continuously	<p>These courses are available free of charge to unemployed clients (jobseeker's in receipt of Jobseeker's Allowance, Jobseeker's Benefit, Disability Allowance or One Parent Family Allowance and those signing on for credits are eligible for online or blended training).</p> <p>The courses are also open to the general public and the fees can be paid online – fees vary depending on the course.</p>	<ul style="list-style-type: none"> • Jobseekers should apply at their local Intreo Employment Services Office. • Fee paying applicants can apply online. • All SOLAS online courses have a 14 week duration. • However, the learner will continue to have access to the course/materials for a further 10 weeks.
<ul style="list-style-type: none"> • QQI level 2 qualification e.g. of some subjects - writing, listening and speaking, shape and space, data handling, personal decision making, setting learning goals, using technology, computer skills • QQI level 3 qualifications e.g. of some subjects – maths, communications, personal and interpersonal skills, computer literacy, digital media, internet skills, career preparation, health & safety awareness, managing personal finances 	National Adult Literacy Agency www.writeon.ie & www.nala.ie Freephone: 1800202065 or free text 'Learn' to 50050	Continuously	Free	<ul style="list-style-type: none"> • This website also allows adults to check their skill level • Qualifications at QQI level 2 & 3

<ul style="list-style-type: none"> • Food Safety Essentials • Principles of HACCP & Food Safety • Manual Handling • Fire Safety Awareness • Food Allergen Awareness • Serving Alcohol Sensibly • Selling Alcohol Sensibly • Health & Safety Induction • Retail Customer Care Awareness • Early Childhood Care & Education (ECCE) QQI Level 5 & 6 modules 	<p>Barrow Training & Consultancy www.barrowtraining.ie Tel: 059 9721416/ info@barrowtraining.ie</p>	Continuously	<ul style="list-style-type: none"> • Food Safety Essentials - €60 • Principles of HACCP & Food Safety - €90 • Manual Handling <ul style="list-style-type: none"> ○ Learner goes to centre - €60 ○ Barrow Training goes to the learner - €80 • Fire Safety Awareness - €60 • Food Allergen Awareness - €35 • Serving Alcohol Sensibly - €25 • Selling Alcohol Sensibly - €25 • Health & Safety Induction - €20 • Retail Customer Care Awareness - €25 • ECCE modules - €199 per module 	
<ul style="list-style-type: none"> • eLearning with Universal Class – offers 400 educational and leisure courses. All members can enrol in up to 5 courses, with 6 months to complete each. All courses have real instructors with whom you can communicate via email. • eLanguage Learning with Mango – this resource teaches real conversations in over 70 foreign languages. 	<p>Carlow Library Services – Carlow Town, Tullow, Bagenalstown & Borris www.carlowlibraries.ie Tel: (059)9129705</p>	Continuously	Free to library members. Membership at any Carlow library is completely free. Call into your nearest branch for more details.	

Although every effort is made to ensure that the information contained on this information sheet is accurate it is essential readers should check with the appropriate organisation for the latest information. Co. Carlow AEGIS, accepts no responsibility for the accuracy of the information contained (or subsequent changes to courses) in this document or for any actions arising from its use.