

## INFORMATION MORNING

### Carlow Institute of Further Education & Training

**8<sup>th</sup> 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](http://www.carlowifet.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*

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## 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/>

**UPCOMING COURSES - CARLOW TOWN**

| Course name  | Contact Information  | Start date | Duration              | Cost/ fees  | Qualification   | Miscellaneous Information   |
|--|--|------------|-----------------------|---|---|---|
| <b>Conversational English classes (Failte Isteach)</b> | Venue: Jobs Club, The Royal Mews, Dublin Street, Carlow  | Ongoing    | Mondays<br>6-8pm      | Free  |   | Failte Isteach Free Conversational English classes. For more information please call Sandra on 0851218811   |
| <b>Dance Fitness for the over 50s</b>                  | Venue: VISUAL Centre, College Street<br>Tel: 059 9172400   | Ongoing    | Tuesdays<br>3-4pm     | €5 per class<br>(tea & coffee)  |   | Classes include an easy warm-up, stretching and simple dance sequences designed for the over 50s.   |
| <b>Knitting &amp; Crochet Classes</b>                  | Venue: Sacred Heart Hall, Graiguecullen<br>Contact: Edwina on 085 7310553  | Ongoing    | Wednesdays<br>7-9pm   |   |   | Wool is supplied. Hats, scarfs and mitts are donated to the homeless. Just bring a pair of needles or a crochet hook.   |
| <b>Adult Art Classes</b>                               | Venue: Brownhill Art Studio, Brownhill Rd,<br>Tel: Jean on 086 8686783<br><a href="http://www.muralmayhem.com/">www.muralmayhem.com/</a>   | Ongoing    | Thursdays<br>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   |
| <b>Craft Group</b>                                     | Venue: New Oak Community Centre<br>Contact Sharon on 086 4002571   | Ongoing    | Thursdays<br>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.  |
| <b>Barrow Training Courses &amp; Workshops</b>         | Venue: Carlow Town Barrow Training<br>Tel: 059 9721416<br>Email: <a href="mailto:info@barrowtraining.ie">info@barrowtraining.ie</a><br>Web: <a href="http://www.barrowtraining.ie">www.barrowtraining.ie</a> | 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"> <li>• <b>Palliative Care (QQI 5) – 4<sup>th</sup> Feb</b></li> <li>• <b>First Aid Response – 14<sup>th</sup> Feb</b></li> <li>• <b>First Aid Responder Refresher – 4<sup>th</sup> March</b></li> <li>• <b>Manual Handling Instructor (QQI 6) – 8<sup>th</sup> March</b></li> <li>• <b>Food Safety &amp; HACCP (QQI 5) – 20<sup>th</sup> March</b></li> <li>• <b>Special Needs Assisting (QQI 5) – 22<sup>nd</sup> March</b></li> <li>• <b>Manual &amp; People Handling Training – 22<sup>nd</sup> March</b></li> <li>• <b>Special Needs Assisting (QQI 6) – 26<sup>th</sup> April</b></li> </ul> |

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|  |  |                               |  |  |  | <ul style="list-style-type: none"> <li>• <b>Challenging Behaviour</b> (QQI 5) – 26<sup>th</sup> April</li> <li>• <b>Care Skills &amp; Care of the Older Person</b> (QQI 5) – 16<sup>th</sup> May</li> </ul>   |
| <b>CPC Training – Truck &amp; Bus Drivers (Continual Professional Development)</b> | Venue: Seven Oaks Hotel Training Provider – CPC.ie<br>Tel: 087 6363003 or 066 7185556<br>Email: <a href="mailto:info@cpc.ie">info@cpc.ie</a><br>Web: <a href="http://www.cpc.ie">www.cpc.ie</a>      | 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"> <li>• 3<sup>rd</sup> Feb - Health &amp; Safety of the Professional Driver</li> <li>• 9<sup>th</sup> Feb - Minimising Risks &amp; Managing Emergencies</li> <li>• 16<sup>th</sup> Feb - Role of the Professional Driver in the Transport Industry</li> <li>• 23<sup>rd</sup> Feb - The Professional Truck driver</li> <li>• 24<sup>th</sup> Feb - Control of Vehicle &amp; Eco Driving Techniques</li> </ul> |
| <b>Safeguarding 1 – Child Welfare &amp; Protection</b>                             | Venue: IT Carlow, Barrow Centre, Kilkenny Road<br>Contact: Carlow Sports Partnership on 059 9136205/<br><a href="mailto:mjduggan@carlowcoco.ie">mjduggan@carlowcoco.ie</a>                           | 4 <sup>th</sup> 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.<br><b>Running again: 8<sup>th</sup> April 2019</b>  |
| <b>(1) Beginners Irish &amp; (2) Elementary Irish Classes</b>                      | Venue: Cathedral Parish Centre, College Street<br>For further information please contact Gaelchultur on (01) 484 5220 / 1890 252 900<br><a href="http://www.gaelchultur.com">www.gaelchultur.com</a> | 4 <sup>th</sup> 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<br><a href="http://www.gaelchultur.com/en/assessment.a.spx">www.gaelchultur.com/en/assessment.a.spx</a>  |
| <b>Information Technology Traineeship – Software Development in</b>                | Venue: Carlow Town Provider – KCETB Training Services<br>Contact: Helena Comerford   | 4 <sup>th</sup> 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 | The aim of this programme is to produce learners to design, develop and test software components and systems in a workplace environment.<br>Course content: Work Experience,  |

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| <b>Collaboration with IT Carlow</b>  | Tel: 056 7813014<br>Web: <a href="http://www.kcetbtraining.ie">www.kcetbtraining.ie</a><br>Application through your local INTREO Office   |                               |                           |      | apply to year 2 of the Bachelor of Science Software Development Degree in IT Carlow. | Leadership, Mathematics, Project Management, Relational Database, Object Oriented Programming, Graphical Line Interface Programming, Software Architecture, Networking Fundamentals and Window OS Fundamentals.<br><u>Entry Req:</u> Leaving Certificate (or equivalent) with maths. Mature students on successful completion of entrance exam |
| <b>Personal Impact &amp; Influencing Skills</b>                                | Venue: Carlow Gateway Business Park, Athy Rd<br>Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a><br>Contact: Theresa on 059 9132152, Carlow Kilkenny Skillnet            | 5 <sup>th</sup> 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 your confidence and enhance your potential both personally & professionally.   |
| <b>(1) Lower Intermediate Irish &amp; (2) Upper Intermediate Irish Classes</b> | Venue: New Oak Community Centre<br>For further information please contact Gaelchultur on (01) 484 5220 / 1890 252 900<br><a href="http://www.gaelchultur.com">www.gaelchultur.com</a> | 5 <sup>th</sup> 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 - <a href="http://www.gaelchultur.com/en/assessment.aspx">www.gaelchultur.com/en/assessment.aspx</a>                          |
| <b>Community Baking Group</b>  | Venue: 48 John Sweeney Park, Carlow<br>Contact Mairead on 085 7897279   | 5 <sup>th</sup> 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.   |
| <b>International Women's Group</b>   | Venue: St. Catherine's Community Services, Centre, St. Joseph's Road, Carlow/ Contact: Andrea on 059 9138706<br>Web: <a href="http://www.catherines.ie">www.catherines.ie</a>         | 6 <sup>th</sup> 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  |

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| <b>Workshops – Recovery College South East</b> | Venue: Training Room, St. Dymphna’s Hospital, Athy Road, Carlow<br>Tel: 056 7703666<br>Email: <a href="mailto:recoverycollegesoutheast@gmail.com">recoverycollegesoutheast@gmail.com</a><br>Web: <a href="http://www.recoverycollegesoutheast.com/">www.recoverycollegesoutheast.com/</a>  | 6 <sup>th</sup> February 2019 onwards | Morning or day workshops  | Workshops are free, however there is an enrolment fee of €5 per semester per student  |                                | Courses and Workshops at the Recovery College are for everyone. <ul style="list-style-type: none"> <li>• 6<sup>th</sup> &amp; 7<sup>th</sup> February – WRAP (Wellness Recovery Action Plan)</li> <li>• 11<sup>th</sup> &amp; 12<sup>th</sup> February – Co-production</li> <li>• 21<sup>st</sup> February – Learning Self Compassion and Kindness for Myself</li> <li>• 27<sup>th</sup> February – Recovery Principles &amp; Practice</li> <li>• 6<sup>th</sup> March – Understanding Depression (4 week workshop, one half day each week)</li> <li>• 2<sup>nd</sup> April – Understanding and Managing Anxiety (4 week workshop, one half day each week)</li> <li>• 11<sup>th</sup> April – Music for Mood</li> <li>• 29<sup>th</sup> May – Recovery Principles &amp; Practice</li> </ul> |
| <b>Certificate in Data Protection</b>          | Springboard Administrator<br>IT Carlow, Kilkenny Road<br>Carlow<br>T: 0599175280<br>Web: <a href="http://www.itcarlow.ie">www.itcarlow.ie</a><br>For more information on Springboard Courses please see <a href="http://www.springboardcourses.ie">www.springboardcourses.ie</a><br>Application deadline: 1 <sup>st</sup> February | 6 <sup>th</sup> February 2019         | Part time course – 3 days | Free fees – jobseekers and ‘returners’ to education<br><br>Please check your eligibility - <a href="http://www.springboardcourses.ie/eligibility">www.springboardcourses.ie/eligibility</a> | 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.   |
| <b>Make-Up &amp; Nail Art</b>                  | Venue: St. Catherine’s Community Services, Centre, St. Joseph’s Road, Carlow<br>Web: <a href="http://www.catherines.ie">www.catherines.ie</a>  | 6 <sup>th</sup> 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/ <a href="mailto:andread@catherines.ie">andread@catherines.ie</a>  |

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| <b>Coaching for Performance &amp; Success</b> | Venue: Carlow Gateway Business Park, Athy Rd<br>Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a><br>Contact: Theresa on 059 9132152, Carlow Kilkenny Skillnet   | 6 <sup>th</sup> February 2019  | 6 days – 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup> Feb & 6 <sup>th</sup> & 13 <sup>th</sup> 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.   |
| <b>Time for Me</b>                            | Venue: St. Catherine's Community Services, Centre, St. Joseph's Road, Carlow<br>Andrea on 059 9138706/<br><a href="mailto:andread@catherines.ie">andread@catherines.ie</a>   | 6 <sup>th</sup> 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: <a href="http://www.catherines.ie">www.catherines.ie</a>   |
| <b>Interior Design on a budget</b>            | Venue: St. Catherine's Community Services, Centre, St. Joseph's Road, Tel: Andrea on 059 9138706/<br><a href="mailto:andread@catherines.ie">andread@catherines.ie</a><br>Web: <a href="http://www.catherines.ie">www.catherines.ie</a> | 7 <sup>th</sup> 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.  |
| <b>Yoga &amp; Relaxation</b>                  | Venue: St. Catherine's Community Services, Centre, St. Joseph's Road, Tel: Andrea on 059 9138706/<br><a href="mailto:andread@catherines.ie">andread@catherines.ie</a>  | 8 <sup>th</sup> 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. Web: <a href="http://www.catherines.ie">www.catherines.ie</a>   |
| <b>Start Your Own Business Programme</b>      | Venue: Seven Oaks Hotel, Athy Road, Carlow<br>Tel: 0599129783<br><a href="mailto:enterprise@carlowcoco.ie">enterprise@carlowcoco.ie</a><br><a href="http://www.localenterprise.ie/carlow">www.localenterprise.ie/carlow</a>            | 12 <sup>th</sup> 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 |

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| <b>Attract &amp; Retain the Best People to your Business</b>                  | Venue: Carlow Gateway Business Park, Athy Rd<br>Contact: Theresa on 059 9132152, Carlow Kilkenny Skillnet  | 13 <sup>th</sup> February 2019         | 3 days – 13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup> Feb (9.30am-5pm) | €295                      |  | This course will benefit employers and supervisors and anyone who is responsible for recruiting, managing and motivating employees.<br>Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a>  |
| <b>Workshops for Parents</b>  | Venue: Primary Care & Child Psychology Services (HSE) Shamrock Plaza, Green Lane, Carlow<br>Tel: 076 1082018   | 14 <sup>th</sup> February 2019 onwards | 3 hour morning workshops (10am-1pm)  | Free                      |  | <ul style="list-style-type: none"> <li>• 14<sup>th</sup> Feb – Ready, Steady, Relax: Anxiety Management – children &amp; adolescents</li> <li>• 21<sup>st</sup> Feb – Managing Strong Emotions – children &amp; adolescents</li> <li>• 27<sup>th</sup> Feb – Understanding &amp; supporting children &amp; young people who self-harm (<i>this workshop takes place in Kilkenny</i>)</li> </ul> |
| <b>Safeguarding 2 – Club's Children's Officer (CCO) - Sport</b>               | Venue: IT Carlow, Barrow Centre, Kilkenny Road<br>Contact: Carlow Sports Partnership on 059 9136205/<br><a href="mailto:mjduggan@carlowcoco.ie">mjduggan@carlowcoco.ie</a> | 15 <sup>th</sup> 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.  |
| <b>Football Association of Ireland (FAI) – Introduction to Adult Coaching</b> | Venue: IT Carlow<br>Email: <a href="mailto:garry.coady@fai.ie">garry.coady@fai.ie</a><br>Web: <a href="http://www.fai.ie">www.fai.ie</a><br>Booking can be made online     | 15 <sup>th</sup> February 2019         | 15 <sup>th</sup> Feb – 6.30-9.30pm & 16 <sup>th</sup> 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.   |
| <b>Irish Seed Savers Workshop</b>   | Venue: An Gairdin Beo, Dublin Rd, Rathnapish<br>Contact Dee Sewell on 087 6843374/<br><a href="mailto:dee@greensideup.ie">dee@greensideup.ie</a>                           | 16 <sup>th</sup> 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 <sup>th</sup> February.   |
| <b>Time Management &amp; Personal</b>   | Venue: Carlow Gateway Business Park, Athy Rd<br>Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a>  | 19 <sup>th</sup> February 2019         | 1 day (9.30am-5pm)   | €95                       |  | Participants will develop skills in managing time at work, in order to increase personal performance and  |



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| <b>Effectiveness</b>  | Contact: Theresa on 059 9132152, Carlow Kilkenny Skillnet  |  |   |                               |                                   | effectiveness. Be able to identify areas where time could be managed better.<br>Develop action plans for achievement.   |
| <b>Diploma Management Effectiveness &amp; Practice</b>            | Venue: Institute of Techonolgy Carlow<br>Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a><br>For more information please call Theresa on 059 9132152, Carlow Kilkenny Skillnet                  | 20 <sup>th</sup> 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.   |
| <b>Manual Handling Instructor</b>                                 | Venue: Carlow Gateway Business Centre, Athy Rd, Carlow<br>Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a><br>For more information please call Theresa on 059 9132152, Carlow Kilkenny Skillnet | 20 <sup>th</sup> February 2019                   | 5 days – 20 <sup>th</sup> & 27 <sup>th</sup> February & 6 <sup>th</sup> , 13 <sup>th</sup> & 20 <sup>th</sup> 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 that students will gain the confidence and instructional skills to enable them to deliver effective manual handling training to others. |
| <b>Catalyst Programme for Women – Preparation for Work Course</b> | Venue: New Oak Community Services Centre & St. Catherine's Community Services Centre<br>Tel: 059 9138700   | 25 <sup>th</sup> 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)                                 |
| <b>Special Needs Assisting</b>                                    | Venue: Carlow town<br>For more information please contact Portobello   | 26 <sup>th</sup> February – 21 <sup>st</sup> May | Tuesdays (7-10pm)   | €595                          | QQI Level 5 Component Certificate | <u>Course Content:</u><br><ul style="list-style-type: none"> <li>The Role of the Special Needs Assistant</li> </ul>   |



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|   | Institute/ Tel: 01 892 0024<br><a href="http://www.portbelloinstitute.ie">www.portbelloinstitute.ie</a>  | 2019                       |  |  |                             | <ul style="list-style-type: none"> <li>• Equal Opportunities Child Development(Overview)</li> <li>• Theories of Learning and Behaviour</li> <li>• Physical and Intellectual Disabilities</li> <li>• Communications and Language Disabilities</li> </ul> Work Experience* - * 20 Hours work experience is required   |
| <b>Safeguarding 3 – Designated Liaison Person (DLP) - Sport</b> | Venue: IT Carlow, Barrow Centre, Kilkenny Road<br>Contact: Carlow Sports Partnership on 059 9136205  | 4 <sup>th</sup> 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.   |
| <b>Basic Welding – MMA Flat Horizontal</b>                      | Venue: Carlow Town KCETB Training Services<br>Contact: Patricia Nolan on 056 – 7813014 or email <a href="mailto:tsu.recruit@kilkennycarlowetb.ie">tsu.recruit@kilkennycarlowetb.ie</a><br>Application through your local INTREO Office<br><a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a> | 4 <sup>th</sup> 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"> <li>• Manual Metal Arc Welding</li> <li>• Oxy-Acetylene Welding</li> <li>• Preparing For Work</li> <li>• Safepass</li> </ul> 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.<br><b>Next course scheduled: 24<sup>th</sup> June</b> |
| <b>Surf Accounts – Core Training Course</b>                     | Venue: Carlow Gateway Business Centre, Athy Rd, Carlow<br>Contact Theresa on 059 9132152, Carlow Kilkenny Skillnet - <a href="http://www.cktraining.ie">www.cktraining.ie</a>  | 4 <sup>th</sup> March 2019 | 1 day – 9.30am-5pm   | €99  |                             | This course aims to give the participants the skills required to manage accounts easily.<br><u>Content:</u> customers & suppliers, products, invoices, receipts & payments, banking payments and reconciliation, VAT returns & reporting.   |
| <b>Training Delivery &amp; Evaluation</b>                       | Venue: Gateway Business Centre, Athy Road, Carlow<br>Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a><br>For more information please call Theresa on  | 6 <sup>th</sup> March 2019 | 5 days – 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup> March & April 3 <sup>rd</sup> (9.30am- | €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   |

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|   | 059 9132152, Carlow Kilkenny Skillnet  |                             | 5pm)   |   |                              | 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.   |
| <b>Coaching For Performance &amp; Success</b>         | Venue: Carlow Gateway Business Centre, Athy Rd, Carlow<br>Contact Theresa on 059 9132152, Carlow Kilkenny Skillnet - <a href="http://www.cktraining.ie">www.cktraining.ie</a>  | 6 <sup>th</sup> March 2019  | 6 days – 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup> March and 3 <sup>rd</sup> & 10 <sup>th</sup> 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.   |
| <b>First Aid Responder (FAR) Course</b>               | Venue: Seven Oaks Hotel<br>Contact: Irish Red Cross<br>Tel: 1890502502<br>Email: <a href="mailto:courses@redcross.ie">courses@redcross.ie</a><br>Web: <a href="http://www.redcross.ie">www.redcross.ie</a><br><br><i>Next course date: 12<sup>th</sup> June 2019</i> | 13 <sup>th</sup> March 2019 | 3 days (13 <sup>th</sup> -15 <sup>th</sup> March)<br>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 & hyperthermia, information management, communications and the wellbeing of the first aider. |
| <b>Autism in Sport Workshop</b>                       | Venue: IT Carlow, Barrow Centre, Kilkenny Road<br>Contact: Carlow Sports Partnership on 059 9136205/<br><a href="mailto:mjduggan@carlowcoco.ie">mjduggan@carlowcoco.ie</a>   | 13 <sup>th</sup> 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.                          |
| <b>Microsoft Excel –Pivot Tables &amp; Graphs</b>     | Venue: Carlow Gateway Business Park, Athy Rd<br>Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a><br>Contact: Theresa on 059 9132152, Carlow Kilkenny Skillnet   | 13 <sup>th</sup> 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.<br><u>Content</u> – pivot tables, charts data visualisation & dashboards  |
| <b>Career Traineeship in Hospitality – Diploma in</b> | Venue: Carlow Town Provider – KCETB Training Services<br>Contact: Helena   | 19 <sup>th</sup> March 2019 | Full time over 37 weeks (ending 30 <sup>th</sup> )   | Free - if you are unemployed, redundant or no longer in full- | 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.   |

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| <b>Food &amp; Beverage Service</b>               | Comerford<br>Tel: 056 7813014<br>Web: <a href="http://www.kcetbtraining.ie">www.kcetbtraining.ie</a><br>Application through your local INTREO Office   |                             | October 2019)  | time education.  |                                  | <b>Content:</b> menu knowledge & design, customer service, handling payments, food, beverage and product knowledge., food safety,<br><b>Timetable</b> – 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                    |
| <b>Forklift, Safe Pass &amp; Manual Handling</b> | Venue: Carlow Town Provider – KCETB Training Services<br>Contact: Bernie Eccles<br>Tel: 056 7813014<br>Web: <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a><br>Application through your local INTREO Office       | 19 <sup>th</sup> March 2019 | Full time over 3 weeks (ending 6 <sup>th</sup> April 2019)                               | Free - if you are unemployed, redundant or no longer in full-time education. |                                  | <b>Course content:</b> 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. |
| <b>First Aid Response Refresher</b>              | Venue: Seven Oaks Hotel<br>Contact: Irish Red Cross<br>Tel: 1890502502   | 21 <sup>st</sup> March 2019 | 2 days – 21 <sup>st</sup> & 22 <sup>nd</sup> 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: <a href="http://www.redcross.ie">www.redcross.ie</a><br><b>Next course date: 20<sup>th</sup> June 2019</b>  |
| <b>Communicating with Stakeholders</b>           | Venue: Carlow Gateway Business Park, Athy Rd<br>Contact: Theresa on 059 9132152, Carlow Kilkenny Skillnet - <a href="http://www.cktraining.ie">www.cktraining.ie</a>   | 28 <sup>th</sup> 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.  |
| <b>Sport First Aid</b>                           | Venue: IT Carlow, Barrow Centre, Kilkenny Road<br>Contact: Carlow Sports Partnership on 059 9136205/<br><a href="mailto:mjduggan@carlowcoco.ie">mjduggan@carlowcoco.ie</a>   | 1 <sup>st</sup> April 2019  | 1 <sup>st</sup> & 8 <sup>th</sup> April from 6-10pm                                      | €54.23   |                                  | This course is suitable for coaches, instructors, teachers, supervisors, sports assistants, volunteers and all involved in sport. <b>Content:</b> accidents, CPR, strains, sprains, fractures, bleeding, dealing with concussion, asthma & spinal injuries.   |
| <b>Start Your Own Business Programme</b>         | Venue: Enterprise House, O'Brien Road, Carlow<br>Tel: 0599129783<br><a href="mailto:enterprise@carlowcoco.ie">enterprise@carlowcoco.ie</a><br><a href="http://www.localenterprise.ie/carlow">www.localenterprise.ie/carlow</a> | 18 <sup>th</sup> April 2019 | 3 days – 18 <sup>th</sup> , 25 <sup>th</sup> April & 2 <sup>nd</sup> 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.<br><b>Topics</b> – enterprise & self-employment,   |

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|  |   |   |   |  |                             | market research, who wants to be an entrepreneur? taxation, finance & book-keeping, marketing, sales & sales plans, cash flow projections, legal implications & business plan preparation   |
| <b>Safety Management</b>   | Venue: Carlow Gateway Business Park, Athy Rd<br>Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a><br>For more information please call Theresa on 059 9132152, Carlow Kilkenny Skillnet  | 25 <sup>th</sup> April 2019             | 5 days – 25 <sup>th</sup> April, 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> & 23 <sup>rd</sup> May 2019 | €395   | QQI level 6 component award | This course aims:- <ul style="list-style-type: none"> <li>to enable the learner to appreciate the importance of a good safety culture in the workplace.</li> <li>to understand the role and function of management in providing a safe place to work</li> <li>to understand the nature of risk management in the workplace</li> <li>to develop a wide range of skills to implement a safe place of work.</li> </ul> |
| <b>Office Administration (option to specialise in Finance/ Legal/ Medical)</b> | Venue: Carlow Town Provider – KCETB Training Services<br>Contact: Michele Whelan<br>Tel: 056 7813014<br>Web: <a href="http://www.kcetbtraining.ie">www.kcetbtraining.ie</a><br>Application through your local INTREO Office<br><a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a> | 29 <sup>th</sup> April 2019             | Full time over 41 weeks (ending 7 <sup>th</sup> 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<br>Learners will choose at least one elective module – medical terminology, manual & computerised bookkeeping, manual & computerised payroll, audio transcription and legal practice & procedure                                    |
| <b>Book-keeping for the Small Business</b>                                     | Venue: Carlow – to be confirmed<br>Tel: Local Enterprise Office on 0599129783<br><a href="mailto:enterprise@carlowcoco.ie">enterprise@carlowcoco.ie</a><br><a href="http://www.localenterprise.ie/carlow">www.localenterprise.ie/carlow</a>   | 1 <sup>st</sup> 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.  |
| <b>Special Needs Assisting</b>   | Venue: Carlow town<br>For more information  | 28 <sup>th</sup> May – 13 <sup>th</sup> | Tuesdays (7-10pm)   | €795   | QQI Level 6 Component       | <u>Course Content:</u> <ul style="list-style-type: none"> <li>Understanding Education, Health &amp;</li> </ul>  |

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|  | please contact Portobello Institute/ Tel: 01 892 0024<br><a href="http://www.portobelloinstitute.ie">www.portobelloinstitute.ie</a>  | August 2019    |  |  | Certificate             | <p>Safety, Teaching methodologies, Educational Philosophy &amp; Practice</p> <ul style="list-style-type: none"> <li>• Literacy: identifying the conditions for learning language and how to implement these</li> <li>• Mathematics: learning skills to support the teaching of mathematics &amp; to devise strategies to assess mathematical ability</li> <li>• Observations: methods &amp; techniques for assessing, planning and evaluating.</li> </ul> |
| <b>Moving On Programme for Young Mothers – Employment Skills</b> | Venue: St. Catherine's Community Services, Centre, St. Joseph's Road<br>For more information please contact Bernie Eccles on 056 7813031<br><a href="http://www.catherines.ie">www.catherines.ie</a> | 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.<br><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   |
|--|--|--|--------------------------------|---|--|---|
| <b>Beginner Computer Courses</b>               | Venue: Bagenalstown Family Resource Centre<br>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!   |
| <b>Jobseekers Clinic</b>                       | 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.   |
| <b>Pilates</b>                                 | Venue: Bagenalstown Community Centre   | Ongoing  | Monday nights @ 6pm            |   |  | Suitable for beginners and improvers.<br>Tel: Therese on 087 7731206<br>Web: <a href="http://www.tmpilates.com">www.tmpilates.com</a>   |
| <b>Crochet Classes</b>                         | Venue: Ballinkillen Lorum Community Centre   | Ongoing  | Tuesdays at 7.30pm             |   |  | For more information please contact the centre on 089 2578122   |
| <b>Fit4Mums</b>                                | 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  |
| <b>Tiber Security Solution Courses</b>         | Venue: TSS Training Suite, Bagenalstown<br>For further information please call Tiber Security Solutions on 059 9722279<br><a href="http://www.tibersecuritysolutions.ie">www.tibersecuritysolutions.ie</a> | 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   | <b>Static &amp; Retail Security (QQI Level 4)</b> – 5 <sup>th</sup> February 2019<br><b>Door &amp; Event Security Procedures (QQI Level 4)</b> – 5 <sup>th</sup> February<br><b>Combined – Guarding &amp; Retail Security &amp; Door &amp; Event Security (QQI 4)</b> – 5 <sup>th</sup> February<br><b>Manual Handling</b> – 5 <sup>th</sup> February |
| <b>Barrow Training Courses &amp; Workshops</b> | Venue: Carlow Town Barrow Training<br>Tel: 059 9721416<br>Email: <a href="mailto:info@barrowtraining.ie">info@barrowtraining.ie</a><br>Web:  | Ongoing  | Varies                         | Varies depending on the course/ workshop – costs available on the Barrow Training website | Varies depending on the course/ workshop – check <a href="http://www.barrowtraining.ie">www.barrowtraining.ie</a> for more information | <ul style="list-style-type: none"> <li>• <b>Safety Management (QQI 6)</b> – 13<sup>th</sup> February</li> <li>• <b>Special Needs Assisting (QQI 6)</b> – 28<sup>th</sup> February</li> <li>• <b>Supervisory Management (QQI 6)</b> – 3<sup>rd</sup> October</li> </ul>  |

**BALLON/ RATHOE**

| Course name                         | Contact Information   | Start date                     | Duration   | Cost/ fees   | Qualification           | Miscellaneous Information   |
|-------------------------------------|---|--------------------------------|--|--|-------------------------|---|
| <b>Ballon/ Rathoe Walking Group</b> | Venue: Ballon GFC, Fenagh Rd, Carlow  | Ongoing                        | Thursdays<br>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  |
| <b>Sewing</b>                       | Venue: Ballon Business & Training Services<br>Email: <a href="mailto:info@bbts.ie">info@bbts.ie</a>   | 1 <sup>st</sup> February 2019  | 4 Fridays<br>(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.  |
| <b>Yoga</b>                         | Venue: Rathoe Training Hub  | 7 <sup>th</sup> February 2019  | Thursdays<br>7-8pm   | €50 for six weeks  |                         | For more information please contact the training hub on 059 9148879/<br><a href="mailto:info@rathoecommunitychildcare.com">info@rathoecommunitychildcare.com</a>  |
| <b>Make Up Classes</b>              | Venue: Rathoe Training Hub  | 20 <sup>th</sup> February 2019 | 6<br>Wednesdays<br>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/<br><a href="mailto:info@rathoecommunitychildcare.com">info@rathoecommunitychildcare.com</a>  |
| <b>Pottery Classes</b>              | Venue: Ballon Business & Training Services  | 26 <sup>th</sup> February 2019 | 4 Tuesdays<br>(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  |
| <b>Word Processing</b>              | Venue: Rathoe Training Hub<br>Contact: Fiona Dunne on 059 9179376 or email <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a><br>Course Provider - BTEI         | 20 <sup>th</sup> March 2019    | 10<br>Wednesdays<br>(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.   |
| <b>Horticulture</b>                 | Venue: Ballon Business & Training Centre<br>Tel: 059 9159447<br>Contact: Fiona Dunne on 059 9179376 or email <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a> | September 2019                 | 1 day per week<br>Tuesdays<br>(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.<br><b>Modules:</b> Growing Fruit, Growing Vegetables, Establishing Ornamental Flowering Plants, Plant Identification, |



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|   |   |                |   |  |                         | Care & Maintenance, Safe Horticultural Practice, Plant Propagation, Communications, Work Experience  |
| <b>Health Care Support</b>                  | Venue: Rathoe Training Hub<br><br>Contact: Fiona Dunne on 059 9179376 or email <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a><br><br>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?<br><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.<br>Participants will also have the option of completing Manual & Patient Handling and Occupational First Aid courses |
| <b>Early Childhood Care &amp; Education</b> | Venue: Rathoe Training Hub<br><br>Contact: Fiona Dunne on 059 9179376 or email <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a><br><br>Course Provider - BTEI | September 2019 | 2 evenings per week (6.30-9.30pm) – Tuesdays & Thursdays<br>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?<br><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   |
|--|--|--|----------------------------|--|---------------|---|
| <b>Yoga Classes</b>                                    | Venue: Borris Focus Centre<br>Elaine Costello on 086 8261452   | 28 <sup>th</sup> January 2019  | 6 weeks                    |  |               | <ul style="list-style-type: none"> <li>• Beginners classes 7.30-8.30pm (€60)</li> <li>• Mixed ability class – 8.30-9.45pm (€70)</li> </ul>  |
| <b>Bridge Classes</b>                                  | Venue: Borris Vocational School  | Ongoing  | Tuesdays                   |  |               | Further information available from 087 9274577  |
| <b>Yoga classes</b>                                    | Borris Focus Centre  | Ongoing  | Wednesdays – 7.30pm-8.30pm |  |               | To book your place or for more information please call or text 083 8267871  |
| <b>Borris Focus Centre Mens Group</b>                  | Venue: The Borris Centre, Borris<br>Tel: 083-8267871/<br>Email: <a href="mailto:#borrisfocuscentre12@gmail.com">#borrisfocuscentre12@gmail.com</a> | 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.   |
| <b>Upcoming Courses</b>                                | Venue: The Borris Centre, Borris   | Starting soon  |                            | Classes free but registration is essential                                     |               | Courses due to start:- <ul style="list-style-type: none"> <li>• Basic Computing (for beginners) &amp; Smartphone Usage</li> <li>• Horticulture</li> </ul>   |
| <b>Arts &amp; Crafts</b>                               | Venue: The Borris Centre, Borris<br>Tel: 083-8267871   | 14 <sup>th</sup> February 2019   |                            | Free   |               | Class free but registration is essential  |
| <b>Creative Writing</b>                                | Venue: The Borris Centre, Borris<br>Tel: 083-8267871   | Late February 2019   | 4 classes                  | Free   |               | Classes free but registration is essential  |
| <b>Catalyst Programme for Women – Upcoming Courses</b> | Venue: The Focus Centre, Borris<br>Tel: 059 9138700/<br><a href="mailto:orlaithm@catherines.ie">orlaithm@catherines.ie</a>                         | Week beginning 4 <sup>th</sup> 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"> <li>• Quilling – art form that uses strips of paper to create decorative design</li> <li>• Make-Up &amp; Nail Care</li> <li>• Holistic Health &amp; Healthy Food Made Easy</li> </ul> |
| <b>Foraging Workshop</b>                               | Venue: Killedmond, Borris<br>Blackstairs Eco Trails  | 27 <sup>th</sup> April<br>15 <sup>th</sup> June<br>13 <sup>th</sup> July | ½ day<br>12pm-4pm          | Price €50 - all teas, coffees snacks included                                  |               | This workshop will help you know all about wild safe food. Relaxing time in the wilds looking for wild safe foods   |

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|                               | Tel: 9773184/ Email: <a href="mailto:blackstairsecotrails@gmail.com">blackstairsecotrails@gmail.com</a>  | 10 <sup>th</sup> & 24 <sup>th</sup><br>August &<br>15 <sup>th</sup><br>September           |                           | in the price   |  | 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 - <a href="http://www.blackstairsecotrails.ie">www.blackstairsecotrails.ie</a> |
| <b>Wild Mushroom Workshop</b> | Venue: Killedmond, Borris<br>Blackstairs Eco Trails<br>Tel: 9773184/ Email: <a href="mailto:blackstairsecotrails@gmail.com">blackstairsecotrails@gmail.com</a> | 21 <sup>st</sup><br>September,<br>5 <sup>th</sup> October<br>& 12 <sup>th</sup><br>October | 1 day<br>10.30am -<br>4pm | Price €95 -<br>price for the day<br>including lunch,<br>tea & coffee and<br>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.<br>Web: <a href="http://www.blackstairsecotrails.ie">www.blackstairsecotrails.ie</a>                                    |

### HACKETSTOWN/ RATHVILLY/ CLONMORE

| Course name                                  | Contact Information  | Start date  | Duration                         | Cost/ fees    | Qualification | Miscellaneous Information   |
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| <b>Country Jiving Classes</b>                | Venue: Clonmore Community Centre   | Mondays   | 7.30pm-<br>9.30pm                | €10 per class |               | Classes will cover jiving, quickstep, foxtrot and lots more. For more information please call Emma on 086 2011244   |
| <b>Knitting &amp; Stitching Group</b>        | Venue: St. John's Hall<br>For more information call 087 6292436  | Tuesdays  | Tuesdays (2-<br>4pm)             |               |               | More knitters are needed to knit simple jumpers for African babies.   |
| <b>Bring Your Own Project Morning</b>        | Venue: Slaney Handcraft Studio,<br>Rathvilly   | Wednesday<br>mornings<br><br>Thursday<br>evenings | 10.30am-<br>12.30pm<br><br>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/<br><a href="mailto:slaneyhandcraft@gmail.com">slaneyhandcraft@gmail.com</a> |
| <b>Classes due to start soon in the CORE</b> | Venue: CORE Centre Hacketstown<br>Facebook page - <a href="http://www.facebook.com/Hacketstown-community-group-">www.facebook.com/Hacketstown-community-group-</a> | 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"> <li>• Creative Design</li> <li>• Sewing</li> <li>• Lace Making</li> </ul>   |

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|                    | <a href="http://195828833801262/">195828833801262/</a> |                                |                |  |  | <ul style="list-style-type: none"> <li>• Up Cycling of Old Jewellery</li> <li>• Creative Writing</li> </ul> |
| <b>Art Classes</b> | Venue: CORE Centre Hacketstown<br>Tel: (059) 647 1319  | 13 <sup>th</sup> February 2019 | Evening course |  |  | CORE Centre is currently taking names for this adult art class.   |

### MYSHALL

| Course name                              | Contact Information   | Start date                 | Duration  | Cost/ fees | Qualification           | Miscellaneous Information   |
|--|---|----------------------------|---|------------|-------------------------|---|
| <b>Tourism Principles &amp; Practice</b> | Venue: Myshall Community Centre<br><br>Tel: Local Enterprise Office on 0599129783 | 7 <sup>th</sup> March 2019 | 11 evenings (7-10pm) & 2 full day bus tours – 30 <sup>th</sup> April & 7 <sup>th</sup> 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: <a href="http://www.localenterprise.ie/carlow">www.localenterprise.ie/carlow</a> |

### TINRYLAND

| Course name                 | Contact Information   | Start date                 | Duration   | Cost/ fees | Qualification           | Miscellaneous Information   |
|-----------------------------|---|----------------------------|--|------------|-------------------------|---|
| <b>Tourism Visitor Care</b> | Venue: Tinryland Community Centre<br><br>Tel: Local Enterprise Office on 0599129783 | 5 <sup>th</sup> March 2019 | 9 evenings (7-10pm) & 2 full day bus tours – 30 <sup>th</sup> April & 7 <sup>th</sup> 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: <a href="http://www.localenterprise.ie/carlow">www.localenterprise.ie/carlow</a> |

**TULLOW- UPCOMING COURSES**

| Course name  | Contact Information  | Start date    | Duration   | Cost/ fees         | Qualification | Miscellaneous Information  |
|--|--|---------------|--|--------------------|---------------|--|
| <b>Conversational English classes (Failte Isteach)</b> | 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  |
| <b>Men's Shed</b>                                      | Venue: Flynn's Old Garage, Church Street, Tullow<br><br>For more information please call Paul on 087 6105170 | Ongoing       | Mondays & Wednesdays 10am-12pm<br>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! |
| <b>Craft Classes – Card Making</b>                     | Venue: Ballyconnell Hall   | Monday nights | 7pm  |                    |               | Everyone is welcome to attend. For more information please call 059 9156108  |
| <b>Walking Group</b>                                   | Venue: Meet at Tullow Car Park   | Tuesdays      | 11am   |                    |               | Open to members and non-members of Tullow Active Retirement, unemployed, employed or retired.  |
| <b>Knitting &amp; Crochet Club</b>                     | 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   |
| <b>Line Dancing plus Tango &amp; Box Waltz</b>         | Venue: Tullow Parish Centre  | Tuesdays      | 11am-12.30pm   |                    |               | For more information please contact Tim Madden on 087 2345012. Beginners welcome.  |
| <b>Mixed Level Hatha Yoga</b>                          | Venue: Teach Bhride<br>Tel: Pam Butler on 086 0891141  | Tuesdays      | 8-9.15pm   | €120 for full term |               | Beginners welcome  |
| <b>Tai-Chi</b>   | Venue: Parish Centre<br>Tel: Jen on 9152776/<br>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!.   |
| <b>Tai- Chi</b>  | Venue: Teach Bhride<br>Tel: Michael on 087 695285  | Thursdays     | 11am   |                    |               | Open to members and non-members of Tullow Active Retirement, unemployed, employed or retired.  |

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| <b>Waltz Jive &amp; Foxtrot Line Dancing</b> | Venue: Tullow Parish Centre  | Thursdays                     | 8-9.30pm  |  |                        | For more information please contact Tim Madden on 087 2345012. Beginners welcome  |
| <b>Yoga</b>                                  | Venue: Teach Bhride<br>Tel: Imelda on 086 1045326  | Fridays                       | 11am  |  |                        | Open to members and non-members of Tullow Active Retirement, unemployed, employed or retired.   |
| <b>Pilates</b>                               | 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   |
| <b>Jewellery Making Class</b>                | Venue: Forward Steps Family Resource Centre  | 4 <sup>th</sup> February 2019 | 6 Mondays   | €5 per session   |                        | For more information please contact the centre on (059) 915 2776  |
| <b>Tennis – Leaders Course</b>               | Venue: Tullow Tennis Club<br><br>For bookings or more information log on to <a href="http://www.tennisireland.ie/clubs/tennis-leaders-course.ie">www.tennisireland.ie/clubs/tennis-leaders-course.ie</a> | 5 <sup>th</sup> February 2019 | 1 evening<br>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. |
| <b>Change Your Habits Change Your Life</b>   | Venue: Tullow Parish Centre<br>Teresa on 083 3568696   | 7 <sup>th</sup> 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.  |
| <b>Introduction to Beekeeping</b>            | Venue: Forward Steps Family Resource Centre<br>Contact Anne on 085 1483057   | 14 <sup>th</sup> March 2019   | 14 <sup>th</sup> & 21 <sup>st</sup> 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).  |
| <b>Health Care Support</b>                   | Venue: Teach Bhride<br>For more information please contact Fiona on 059 9179376 or   | September 2019                | 2 academic years – 2 mornings per week              | Free to eligible participants - for those without Leaving Cert, or | 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  |

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|  | email <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a> |  | 9.30am-12.30pm<br>(Wednesdays & Thursdays) | social welfare recipients or medical card holders |  | Work, Communications & Work Experience<br>Participants will also have the option of doing Occupational First Aid & Manual Handling Courses |
|--|--|--|--|---|--|--|



**ONLINE COURSES**

| <b>Courses</b>  | <b>Course Provider</b>  | <b>Start date</b> | <b>Cost/ fees</b>   | <b>Miscellaneous Information</b>   |
|---|---|-------------------|---|--|
| <ul style="list-style-type: none"> <li>• Programming</li> <li>• Mobile Technology/ Development Platform</li> <li>• Web/ Software Development</li> <li>• Database</li> <li>• Platform Administration</li> <li>• Networking/ PC Maintenance</li> <li>• Project Management</li> <li>• Office Applications</li> </ul>   | <b>SOLAS e-college</b><br><a href="http://www.ecollege.ie">www.ecollege.ie</a>  | 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"> <li>• Jobseekers should apply at their local Intreo Employment Services Office.</li> <li>• Fee paying applicants can apply online.</li> <li>• All SOLAS online courses have a 14 week duration.</li> <li>• However, the learner will continue to have access to the course/materials for a further 10 weeks.</li> </ul> |
| <ul style="list-style-type: none"> <li>• 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</li> <li>• QQI level 3 qualifications e.g. of some subjects – maths, communications, personal and interpersonal skills, computer literacy, digital media, internet skills, career preparation, health &amp; safety awareness, managing personal finances</li> </ul> | <b>National Adult Literacy Agency</b><br><a href="http://www.writeon.ie">www.writeon.ie</a> &<br><a href="http://www.nala.ie">www.nala.ie</a><br>Freephone:<br>1800202065 or free text 'Learn' to 50050 | Continuously      | Free  | <ul style="list-style-type: none"> <li>• This website also allows adults to check their skill level</li> <li>• Qualifications at QQI level 2 &amp; 3</li> </ul>  |

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|--|--|--------------|--|--|
| <ul style="list-style-type: none"> <li>• Food Safety Essentials</li> <li>• Principles of HACCP &amp; Food Safety</li> <li>• Manual Handling</li> <li>• Fire Safety Awareness</li> <li>• Food Allergen Awareness</li> <li>• Serving Alcohol Sensibly</li> <li>• Selling Alcohol Sensibly</li> <li>• Health &amp; Safety Induction</li> <li>• Retail Customer Care Awareness</li> <li>• Early Childhood Care &amp; Education (ECCE) QQI Level 5 &amp; 6 modules</li> </ul> | <p><b>Barrow Training &amp; Consultancy</b><br/> <a href="http://www.barrowtraining.ie">www.barrowtraining.ie</a><br/>           Tel: 059 9721416/<br/> <a href="mailto:info@barrowtraining.ie">info@barrowtraining.ie</a></p> | Continuously | <ul style="list-style-type: none"> <li>• Food Safety Essentials - €60</li> <li>• Principles of HACCP &amp; Food Safety - €90</li> <li>• Manual Handling               <ul style="list-style-type: none"> <li>○ Learner goes to centre - €60</li> <li>○ Barrow Training goes to the learner - €80</li> </ul> </li> <li>• Fire Safety Awareness - €60</li> <li>• Food Allergen Awareness - €35</li> <li>• Serving Alcohol Sensibly - €25</li> <li>• Selling Alcohol Sensibly - €25</li> <li>• Health &amp; Safety Induction - €20</li> <li>• Retail Customer Care Awareness - €25</li> <li>• ECCE modules - €199 per module</li> </ul> |  |
| <ul style="list-style-type: none"> <li>• <b>eLearning with Universal Class</b> – 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.</li> <li>• <b>eLanguage Learning with Mango</b> – this resource teaches real conversations in over 70 foreign languages.</li> </ul>  | <p><b>Carlow Library Services</b> – Carlow Town, Tullow, Bagenalstown &amp; Borris<br/> <a href="http://www.carlowlibraries.ie">www.carlowlibraries.ie</a><br/>           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.*