

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

OPEN DAY

Institute of Technology Carlow Open Day

Saturday, 11th May 2019 (10am-2pm)

The Open Day will give potential learners an opportunity to visit the campus, avail of a campus tour and meet with lecturers to ask any course questions at this crucial time. The CAO Online Change of Mind Facility will have re-opened at this point, therefore holding this event will be during the period when final decisions are being made. For more information please email Alison Moore on alison.moore@itcarlow.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
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
English Classes	Venue: Carlow Older Person's Forum, Barrack Street, R93 YW10	Ongoing	Thursdays (10am-12pm)	Free		Free English Classes. Beginners, intermediate and advanced levels welcome. Start a conversation with your classmate today
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: Brownhill Art Studio, Brownhill 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.

Fun Fridays	Venue: Community House, Haymarket, Carlow Town Contact Sinead for more information on 087 2264202	Ongoing	Fridays (8-10pm)	Free		Do you have fond memories of playing board games around the kitchen table? Are you looking for an alternative to the pub to spend time with other people and have a cuppa and a chat? This event is open to all adults in Carlow
Barrow Training Courses & Workshops	Venue: Carlow Town Barrow Training Tel: 059 9721416 E:: info@barrowtraining.ie W: 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"> • First Aid Responder – 24th April • Special Needs Assisting (QQI 6) – 26th April • Challenging Behaviour (QQI 5) – 26th April • Safety & Health at Work (QQI 5) – 28th April • Palliative Care (QQI 5) – 1st May • Manual Handling Instructor Training (QQI 6) – 10th May • Care Skills & Care of the Older Person (QQI 5) – 16th May • Manual & People Handling – 16th May • Manual Handling Instructor Refresher Training – 27th May • First Aid Responder Refresher Course – 10th June • Manual & People Handling – 17th June • Training Needs Identification & Design (QQI 6) – 15th Oct • Training Delivery & Evaluation (QQI 6) – 19th Nov
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"> • 6th April - Health & Safety of the Professional Driver • 13th April - Minimising Risks & Managing Emergencies • 20th April - The Professional Truck

						<p>driver</p> <ul style="list-style-type: none"> • 27th April - Control of Vehicle & Eco Driving Techniques • 28th April - Role of the Professional Driver in the Transport Industry
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.
Workshops – Recovery College South East	Venue: Training Room, St. Dymphna’s Hospital, Athy Road, Carlow Tel: 056 7703666 Email: recoverycollegesoutheast@gmail.com	2 nd April 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"> • 2nd April – Understanding and Managing Anxiety (4 week workshop, one half day each week) • 11th April – Music for Mood • 29th May – Recovery Principles & Practice W www.recoverycollegesoutheast.com/
The Wondrous Willow Tree	Venue: St. Mary’s Community House, Haymarket, Carlow Tel: 059 9136232	4 th April 2019	10am-12pm	Free		This free workshop will offer practical tips and techniques for growing and using Willow in your garden. Organised by Carlow County Council
Disability Inclusion Training	Venue: IT Carlow Contact: Teresa O’Meara at sidocarlow@gmail.com Booking – www.eventbrite.ie	6 th April 2019	10am-4pm	€30 (+€2.88 booking fee on Eventbrite)		This is a 6 hour introductory workshop designed to give participants ideas and inspiration to adapt sport and physical activity sessions to make them more accessible and inclusive for children and adults with disabilities.
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	8 th April 2019	7 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.

	local INTREO Office www.fetchcourses.ie					Please note that the start date will be deferred until they reach the minimum number required to fund same. Next course scheduled: 24th June
Safeguarding 1 – Child Welfare & Protection	Venue: IT Carlow, Barrow Centre, Kilkenny Road Contact: Carlow Sports Partnership on 059 9136205/ mjduggan@carlowcoco.ie	8 th April 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.
Think Better... Feel Better.... Act Better	Venue: Carlow Central Library, Tullow Street, Carlow Tel: 085 8181353 carlowmentalhealth@hotmail.com	11 th April 2019	1 evening 6-7pm	Free		How we think affects how we feel, how we react and how we cope with life. This presentation uses a practical healthy thinking approach using applied CBT and positive psychology.
Rescue Emergency Care (REC) Level 3	Venue: Delta Centre, Strawhall Industrial Estate, Carlow Tel: 059 9136205 scorrigan@carlowcoco.ie	13 th April 2019	8.45am-6pm on 13 th & 14 th April	€70 – booking through Eventbrite		This is the current recognised minimum requirement for people working as canoe leader/s mountain leaders etc. and intending to go on more adventures outdoor activities such as mountain biking, rock climbing, DOE/ Gaisce & wild camping expeditions
Cycle Right – Disability Tutor Training	Venue: IT Carlow Contact: Teresa on sidocarlow@gmail.com	13 th April 2019	1 day (10am-4pm)	€15		This course is open to trainers qualified in cycling and other areas, physiotherapists, SNAs, Care workers, parents and guardians. Registration on Eventbrite – www.eventbrite.ie
Ageing with Confidence	Venue: Carlow Central Library, Tullow Street, Carlow Tel: 085 8181353	16 th April 2019	1 evening 6-7pm	Free		Learn how to live a fuller life through education for health, developing life skills, promoting positive mental health and building self-confidence. Best suited for those aged from 55+. carlowmentalhealth@hotmail.com
Lets Talk Addictions and Families	Venue: Carlow Central Library, Tullow Street, Carlow	18 th April 2019	1 evening 6-7pm	Free		This discussion will raise awareness on the impacts addiction has on families and the wider community. We will also

	Tel: 085 8181353 carlowmentalhealth@hotmail.com					be discussing community resources and supports available to families in the local area.
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 <i>Running again: 25th September</i>
Social Media For Business	Venue: Carlow Gateway Business Park, Athy Rd Web: www.cktraining.ie For more information please call Jacqueline on 059 9132152, Carlow Kilkenny Skillnet	24 th April 2019	4 mornings (9.30am-1pm) 24 th of April, 1 st , 8 th , 15 th of May 2019	€99		Facebook for Business - This very practical course looks at how to use Facebook as a promotional tool in the right way. Twitter for Business is perfect for anyone who wants to learn how to use Twitter to promote their business or personal brand. Instagram is the fastest growing social media platform in Ireland. We will show you how to use this to help grow your business. Facebook Ads is much more targeted than you might think. We will show you how businesses can target users with Facebook Ads by location, demographics, age, gender, interests and behaviour
How to Become the Best Version of Yourself	Venue: Carlow Central Library, Tullow Street, Carlow Tel: 085 8181353	24 th April 2019	1 evening 6-7pm	Free		Learning to accept the wonderful person that you are and eliminating the stress and anxiety that comes with trying to be what we think that others and society expects. Email: carlowmentalhealth@hotmail.com

Safety Management	Venue: Carlow Gateway Business Park, Athy Rd Web: www.cktraining.ie For more information please call Jacqueline 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
Special Needs Assisting	Venue: Carlow town For more information please contact Portobello Institute/ Tel: 01 892 0024 www.portobelloinstitute.ie	30 th April – 16 th July 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 Communications and Language Disabilities Work Experience* - * 20 Hours work experience is required
Welding – Basic/ Intermediate/	Venue: Arc Training, Newacre, Athy Road, Carlow	30 th April 2019	6 weeks – 2 evenings per week	Please contact course provider – varies	Testing is done by an independent specialist to ISO	All types & all levels - Manual Metal Arc (MMA)/ Tungsten Inert Gas (TIG) /Metal Inert Gas (MIG)/ Coded Pipe

Advanced Levels (MMA/ TIG/ MIG & Coded Pipe)	Contact Aine Byrne on 059 9131624/ abyrne@thompson.ie Web: www.arctrainingsolutions.com		(6-9.pm) Tuesdays & Thursdays	depending on course and if certification is required	9606 - 1 2013 standard. Tests are available at appropriate levels depending on ability. The tutor will advise on the test best for learners at the time.	<ul style="list-style-type: none"> Under Health and Safety, participants on this course must not wear contact lenses Participants must have good hand/eye co-ordination and good manual dexterity Participants must bring their own Personal Protective Equipment i.e. overalls, steel toe cap boots, welding shield etc.
Master Composter Training Programme	Venue: An Gairdin Beo, Dublin Road, Carlow Organised by Carlow County Council E: jobrien@carlowcoco.ie	30 th April 2019	5 Tuesday evenings (7-9.30pm) & 2 Saturdays (dates tbc)	Free		Make a difference in your community, protect your environment, help your Tidy Towns Programme, Have fun and save money. For more information please call Jannette on 059 9136232/
Book-keeping for the Small Business	Venue: Woodford Dolmen Hotel, Kilkenny Road 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.
Speaker School	Venue: Carlow Gateway Business Park, Athy Rd Web: www.cktraining.ie For more information please call 059 9132152, Carlow Kilkenny Skillnet	1 st May 2019	1 day (9.30am-4.30pm)	€150		This course is intended for owners, managers or people who do presentations of any kind, lead teams or pitch contracts. <u>Content:</u> <ul style="list-style-type: none"> Three ways to open a presentation How to overcome nervousness/ fear Key insights from a professional speaker
Workshops – Recovery College South East	Venue: Training Room, St. Dymphna’s Hospital, Athy Road, Carlow Tel: 056 7703666 Email: recoverycollegesoutheast	1 st May 2019 onwards	Morning 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"> 1st May - Learning Self Compassion and Kindness for Myself 7th May – WRAP (Wellness

	@gmail.com Web: www.recoverycollegesoutheast.com/					Recovery Action Plan) – 4 mornings <ul style="list-style-type: none"> • 8th May – Understanding & Managing Anxiety – taster morning • 15th May – Building my Self-Confidence • 22nd May – Getting a Good Night's Sleep • 23rd May – Mindfulness Taster Session
Interior Design Workshop	Venue: The Paint Hub, 5 Enterprise Business Park, O'Brien Road, Carlow (059) 9723020	2 nd May 2019	7-9pm	€32.88 (booking through Eventbrite)		Get up to speed on current trends, colour schemes and find out what colours suit your home and your personality.
Athletics Leader Training	Venue: IT Carlow Contact: Shane Aston on 089 2336739/ shaneaston@athleticsireland.ie	4 th May 2019	1 day from 10am	€30 (booking through Eventbrite)		This training course introduces the fundamentals of athletic movement to children. Aim developing athleticism through games designed to improve agility, balance and co-ordination.
Managing Under Performance Absence & Stress	Venue: Carlow Gateway Business Park, Athy Rd Web: www.cktraining.ie For more information please call 059 9132152, Carlow Kilkenny Skillnet	7 th May 2019	1 day – (9.30am-5pm)	€95		This workshop is designed for HR professionals, supervisors/ line managers and business owners. It will focus on developing skills and confidence to manage under performance, problematic absence and complaints of work related stress
Ageing With Confidence	Venue: Carlow Library For more information please contact the library on 059 9129705/ library@carlowcoco.ie	7 th May 2019	6 Tuesdays (2-4pm)	Free		<u>Topics:</u> self-confidence & ageism, the components of self & physical ageing, psychological aspects of normal ageing, self-knowledge & stresses, the emotional self & resilience in later life.
Autism in Sport Workshop	Venue: IT Carlow (Barrow Centre) Contact: Teresa on 059 9170380/ tomeara@carlowcoco.ie	8 th May 2019	1 evening (6.30pm-9.30pm)	€27.55 (booking through Eventbrite)		This workshop will provide participants with an understanding of autism, focusing on the delivery of sport and looking at practical strategies which will help to include people with autism in sport.

Early Years Parenting Programme	Venue: Barnardos, 24 Askea Lawns, Carlow For more information please call 059 9132868	9 th May 2019	7 Thursdays 10am-12.30pm	Free		Focuses on children aged 1-6 years of age. Learn about child centred play and communication, supporting self-esteem, confidence, concentration and learning. Managing tantrums, misbehaviour and problems and building co-operation.
Child Safeguarding (Child Protection Training)	Venue: Woodford Dolmen Hotel, Carlow Contact: Childminding Ireland on 01 2878466/ training@childminding.ie	11 th May 2019	1 day (10am-5pm)	Free		This training is to support childminders. The course will cover Children First (2017), enabling you to recognise child protection and welfare concerns and how to develop effective child protection policies & procedures.
Upcycling & Interior Design Workshop	Venue: The Paint Hub, 5 Enterprise Business Park, O'Brien Road, Carlow (059) 9723020	11 th May 2019	12pm-2pm	€32.88 (booking through Eventbrite)		Gillian Tierney will be joined by paint experts who will go through the range of options that you have when you are looking to re-create your home, paint for panelling, furniture and walls.
Work Smarter With Outlook	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow Contact: Theresa on 059 9132152, Carlow Kilkenny Skillnet Web: www.cktraining.ie	15 th May 2019	1 day – 9.30am-5pm	€95		This course is for anyone who has difficulty managing their time, emails, appointments and tasks and who would like to use Microsoft Outlook as a planning tool. A basic knowledge of Microsoft Outlook prior to the course is assumed
Facilitation Skills	Venue: Carlow Gateway Business Park, Athy Rd Web: www.cktraining.ie For more information please call 059 9132152, Carlow Kilkenny Skillnet	22 nd May 2019	1 day (9.30am-4.30pm)	€95		The aim of this course is to equip learners with the skills needed to guide their meetings/ workshops/ events through to a successful outcome. <u>Content:</u> - assessing facilitation skills, managing nerves, applying structured approach to meetings, better understanding of group dynamics and behaviour and much more.
Special Needs Assisting	Venue: Carlow town For more information please contact Portobello Institute/ Tel: 01 892 0024	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

	www.portobelloinstitute.ie					<ul style="list-style-type: none"> Literacy: identifying the conditions for learning language and how to implement these Mathematics: learning skills to support the teaching of mathematics & to devise strategies to assess mathematical ability Observations: methods & techniques for assessing, planning and evaluating.
First Aid Responder (FAR) Course	Venue: Seven Oaks Hotel Contact: Irish Red Cross Tel: 1890502502 Email: courses@redcross.ie Web: www.redcross.ie	12 th June 2019	3 days (12 th -14 th June) 9.30am-4.30pm	€240	PHECC Cert valid for 2 years	Topics: 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.
First Aid Responder (FAR) Course	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow Contact: Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: www.cktraining.ie	12 th June 2019	3 days (12 th , 19 th & 26 th June - 9.30am-5pm)	€195	PHECC Cert valid for 2 years	Modules Covered: Patient Assessment, incident procedure, Cardiac First Response Community, 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.
First Aid Responder Refresher	Venue: Seven Oaks Hotel Contact: Irish Red Cross Tel: 1890502502	20 th June 2019	2 days – 20 th & 21 st June 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
Part time Further Education opportunities with the Back to Education	Venue: Carlow town BTEI, 1b Meadow Court, Burrin Street, Carlow Tel: 059 9139532 E: bteicarlow@eircom.net	September 2019	Part time courses	Free to eligible participants - for social welfare recipients or medical card holders or those	QQI Level 3 -5	BTEI is currently enrolling for: <ul style="list-style-type: none"> Information & Communications Technology Skills (QQI Level 4) Retail Skills (QQI Level 4) Culinary Skills (QQI Level 4) Healthcare Support (QQI Level 5)

Initiative (BTEI)				without a Leaving Cert		<ul style="list-style-type: none"> Office Administration (QQI Level 5) Early Childhood Care & Education (QQI Level 5) Computer modules - Level 3, 4 & 5
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
Microsoft Office Suite Core and Expert	Venue: Carlow KCETB Training Services Contact: Patricia Nolan on 056 – 7813014 or email tsu.recruit@kilkennycarloweb.ie	9 th September 2019 provisional date	10 weeks	Free to eligible applicants		On completion of this course candidates will have the skills, knowledge and competency to use the full range of functionality available in all MOS software applications listed in this programme to Microsoft Specialist 2010 or 2013 standard. This part-time online blended training programme is offered through Skills to Advance funding. It is specifically aimed at those in full/part-time employment who wish to enhance their existing vocational skills. Learners will attend the e-learning hub one evening a week and can also log in and study from home

ILM Qualification in Leadership and Management	Venue: Carlow KCETB Training Services Contact: Patricia Nolan on 056 – 7813014 or email tsu.recruit@kilkennycarlowebt.ie .	9 th September 2019 provisional date	12 weeks	Free to eligible applicants	City & Guilds	This programme is made up of a wide range of modules covering core management skills including how to organise and delegate, skills in communication, team leadership, change, innovation and managing people with relationships This online blended training programme is offered through Skills to Advance funding. It is specifically aimed at those in full/part-time employment who wish to enhance their existing skills. Learners will attend the e-learning hub two evenings a week and can also study from home
Start Your Own Business Programme	Venue: Woodford Dolmen Hotel, Kilkenny Road, Tel: 0599129783 enterprise@carlowcoco.ie www.localenterprise.ie/carlow	24 th September 2019	10 Tuesday evenings (6.30-9.30pm)	€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. 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
Train the Trainer	Venue: Carlow KCETB Training Services Contact: Helena Comerford on 056 – 7813014 or email tsu.recruit@kilkennycarlowebt.ie	1 st October 2019 and 2 nd January 2020 provisional dates	10 Thursdays from 6-9pm & 1 Saturday (10am-4pm) for each component module	Free to eligible applicants	QQI level 6 minor awards – 6N3326 & 6N3325	This part-time training programme is offered through the National Training Fund. It is specifically aimed at those in full/part-time employment who wish to enhance their existing vocational skills. Two modules on offer – Training Delivery & Evaluation and Training Needs Identification & Design.
Manual Handling Instructor	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow Web: www.cktraining.ie	2 nd October 2019	5 days – 2 nd , 9 th , 16 th , 23 rd , 30 th October	€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

	For more information please call Jacqueline on 059 9132152, Carlow Kilkenny Skillnet		2019 (9.30am-4.30pm)			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.
Supervisory Management	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow Contact Jacqueline on 059 9132152, CK Training	7 th November 2019	5 days – 7 th , 14 th , 21 st , 28 th Nov & 5 th Dec 2019	€395	QQI Level 6 component award	This module is designed to provide the learner with the knowledge, practical skills and understanding required to operate effectively as a Supervisor or Line Manager. Web: www.cktraining.ie
Training Delivery & Evaluation	Venue: Gateway Business Centre, Athy Road, Carlow Web: www.cktraining.ie For more information please call Jacqueline on 059 9132152, Carlow Kilkenny Skillnet	12 th November 2019	5 days – 12 th , 19 th , 26 th November & 3 rd & 10 th December 2019 (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.

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 May 2019 Door & Event Security Procedures (QQI Level 4) – 5 th May Combined – Guarding & Retail Security & Door & Event Security (QQI 4) – 8 th May Manual Handling – 8 th May
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) – 24th April • Special Needs Assisting (QQI 5) – 24th April • Special Needs Assisting (QQI 6) – 29th May

						<ul style="list-style-type: none"> • Food Safety & HACCP (QQI 5) – 6th September • Supervisory Management (QQI 6) – 3rd October
Back to Basics Card Making Class	Venue: Class Crafts Carlow, Kilean, Aughabeg Corries, Bagenalstown R21AZ25	13 th April 2019	1 day (10am-4pm)	€30		The aim of this course is to make 6 cards and the basic techniques such as matting/ layering, stamping, die cutting, machine embossing & decoupage will be covered. All materials and equipment provided.
Nurture & Self Care – Workshop for Women	Venue: The Wellwood Centre, Wells, Bagenalstown Contact Andrea Norton on 086 3539589	13 th April 2019	1 day (10am-4pm)	€95 includes lunch and snacks		This workshop aims to support women in caring for themselves in a holistic way. Rest your body with gentle restorative yoga & practice, search your mind with the power or aromatherapy and nourish you soul with calming, restful relaxation.
Creativity Retreat	Venue: The Wellwood Centre, Wells, Bagenalstown Contact Andrea Norton on 086 3539589	14 th April 2019	1 day (10am-4pm)	€99 – (includes vegan lunch) booking through Eventbrite		<u>Content:-</u> <ul style="list-style-type: none"> • Meditation and Mindfulness • Colour Psychology & Symbolism • Mindful Painting using Soft Pastels Painting materials will cost approx. €20
Managing Stress & Relaxation	Venue: Leighlinbridge Parish Centre	18 th April 2019	6 Thursdays (8-10pm)			Organised by the Friendship Group but all are welcome. For more information please contact Ann Kelly on 059 9722013
Stress & Anxiety Masterclass	Venue: The Wellwood Centre, Wells, Contact: 087 6085257 (Breathing Solutions)	2 nd May 2019	1 evening (7-9pm)	€22.50 – booking through Eventbrite		A practical and educational workshop that will provide participants with insights, strategies to tackle stress/ anxiety and much more
Living Well with a Long Term Condition	Venue: Bagenalstown Family Resource Centre Organised by the South East HSE Steering Group	3 rd May 2019	6 Fridays (10.30am-12pm)	€20 booking through Eventbrite		<u>Content:</u> Problem solving and decision making, how to set management goals, managing medication, communicating effectively, relaxation and managing stress, healthy eating, weight management and appropriate exercise techniques, Managing pain, fatigue and difficult emotions.

Mind Your Breath Basic Breathing Course	Venue: The Wellwood Centre, Wells, Bagenalstown Contact: 087 6085257 (Breathing Solutions)	7 th May 2019	4 Tuesdays evening (6.15-7.15pm)	Contact provider		This course will break your bad breathing habits and teach you how to form good ones, benefitting your physical, mental and emotional health.
Breath work For Beginners	Venue: The Wellwood Centre, Wells, Bagenalstown Contact: 087 6085257 (Breathing Solutions)	7 th May 2019	4 Tuesdays evening (7.15pm – 8.15pm)	Contact provider		This class is an introduction to breath work (breathing exercises) that gives your lungs a gentle workout and relieves stress. It's perfect to relax after a long day at work or for those who can't do more vigorous exercise.
Information & Communications Technology Skills (ICTS)	Venue: Bagenalstown Family Resource Centre Contact BTEI on 059 9139532 E: bteicarlow@eircom.net	September 2019	Part time	Free to eligible participants - for social welfare recipients or medical card holders or those without a Leaving Cert	QQI Level 4 Major Award	This is a one year part time programme aimed at providing skills in a broad range of ICT. <u>Programme Structure:</u> Computer Applications, IT Skills, Web Design, Work Processing, Communications, Work Experience, Customer Service & Mathematics
Book-keeping for the Small Business	Venue: Lord Bagenal Hotel, Leighlinbridge Tel: Local Enterprise Office on 0599129783 enterprise@carlowcco.ie www.localenterprise.ie/carlow	30 th October 2019	5 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.

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
Hair Techniques at Home	Venue: Rathoe Training Hub Tel: 059 9148879/ info@rathoecommunitychildcare.com	3 rd April 2019	6 Wednesdays (7-9pm)	€60		Get the most out of your hair. Learn new techniques on: blow drying, curls, up-styles and product use.
Fire Warden Course	Venue: Rathoe Training Hub Tel: 059 9148879/	8 th April 2019	1 evening (6-9pm)	€40		
Manual Handling	Venue: Rathoe Training Hub Tel: 059 9148879/	10 th April 2019	1 evening (6.30-9pm)	€40		
Relax & Paint	Venue: Ballon Business & Training Centre Tel: 059 9159447	25 th April 2019	6 Thursdays (10am-12pm)	€40		This course is for those just starting out in oil or watercolour, or anyone who would like to get back to basics. Learn all the techniques by the end of the course you will be producing your own masterpiece!
First Aid Responder Course	Venue: Ballon Business & Training Centre Tel: 059 9159447	26 th April 2019	3 days- 26 th & 30 th April and 7 th May (10am-4pm)	€250	PHECC Certificate	<u>Modules Covered:</u> Patient Assessment, incident procedure, Cardiac First Response Community, 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.
Information Technology Skills	Venue: Ballon Business & Training Centre Tel: 059 9159447	29 th April 2019	6 Mondays (10am-12pm)	€50		Learn basic computer application skills such as Microsoft Word, Outlook and Spreadsheets

Digital Photography – Beginners Course	Venue: Ballon Business & Training Centre Tel: 059 9159447	5 th June 2019	2 evenings – 5 th & 6 th June (7-9.30pm)	€60		Content: how your camera works, know the various buttons, basic lighting, composition and posing techniques. Email: (info@bbts.ie)
Horticulture (QQI Level 4)	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
Horticulture (QQI Level 5)	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 (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 5 Major Award	<u>Modules:</u> Plant Identification & Use, Plant Science, Social Science & Growing Media, Plant Protection, Fruit & Vegetable Production, Plant Propagation, Communications, Work Practice. <u>Entry Req:</u> To be eligible for this course you will need to have completed a QQI level 4 in horticulture or have an equivalent qualification.
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? Modules: 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
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BORRIS/ ST. MULLINS

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Bridge Classes	Venue: Borris Vocational School	Ongoing	Tuesdays			Further information available from 087 9274577
Women's Group	Borris Focus Centre	Ongoing	Wednesday mornings (10-12pm)			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
Sewing Group	Borris Focus Centre	Ongoing	Thursday mornings (10-12pm)			For more information contact the centre on 083 8267871/ borrisfocuscentre12@gmail.com
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.
Music Group	Borris Focus Centre	Ongoing	Thursday evening (8pm-10pm)			For more information contact the centre on 083 8267871/ borrisfocuscentre12@gmail.com
Basic Computer Course	Venue: The Borris Centre, Borris Tel: 083-8267871 The centre is open daily from 10am-4pm	Starting soon		Classes free but registration is essential		Basic Computing (for beginners) & Smartphone Usage due to start soon. One-to-one technology support for phone, tablet and laptop users for more information please contact the centre.

Catalyst Programme for Women – Upcoming Courses	Venue: The Focus Centre, Borris Tel: 059 9138700/ orlaithm@catherines.ie	April 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 • Holistic Health & Healthy Food Made Easy
Horticulture	Venue: The Borris Centre, Borris	18 th April 2019	6 Thursdays (10am-12pm)	€5 registration fee for utilities		Contact the centre on 083 8267871 or borrisfocuscentre12@gmail.com for further details or to register
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"> • Interior Designs – 24th April (7-9pm) • Art Classes • Computers for Beginners
Catalyst Programme for Women – Upcoming Courses	Venue: CORE Centre Hacketstown Tel: 059 9138700/ orlaithm@catherines.ie	April 2019 – dates to be confirmed	1 morning a week over 6 weeks (10am-12pm)	Free to eligible participants – to check eligibility contact Orlaith or Sinead		Upcoming hobby courses:- <ul style="list-style-type: none"> • Holistic Health • Quilling - art form that uses strips of paper to create decorative design
Art & Craft Classes	Venue: CORE Centre Hacketstown Call Mary on 087 6292436	4 th April 2019	6 Thursdays (10am-12pm)	Free		Are you interested in knitting, crochet or chicken scratch craft, this class could be for you. No experience necessary. Just come have fun, relax and learn something new
Patchwork Beginners Classes	Venue: Slaney Handcraft Studio, Rathvilly	23 rd April 2019	6 Tuesdays (7-9pm)	Contact course provider		Complete beginners in sewing and patchwork making are welcome. Tel: Tomomi 0857749774/ slaneyhandcraft@gmail.com

KILBRIDE/ CLONEGAL

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Painting Masterclass for Beginners & Improvers	Venue: Altamont Gardens Tel: 086 8244652/ www.crowley-long.com	11 th May 2019	1 day (11am-4pm)	€75 – includes morning coffee, buffet lunch		Participants will have the opportunity to paint their chosen subject, with helpful guidance on subject composition and painting techniques. Places limited to 12 so booking is required.

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
Community Mosaic Course	Venue: Forward Steps Family Resource Centre	2 nd April 2019	6 Tuesdays (10am-12pm)			You can book your place or get more information on 059 9152776. A booking deposit of €30 is required.
Digital Computer Skills	Venue: Forward Steps Family Resource Centre	2 nd April 2019	5 Tuesdays (2-4pm)	Free		For more information please contact Sharon on 059 9152776
Personal Development Talks	Venue: Teach Bhride Tullow Contact: Teach Bhride on 059 9152465 or Ivan at kennedy.ivan@gmail.com	3 rd April 2019	3 Wed (7-9pm)	€5 per talk		This series of talks started on March 13 th . The aim of these workshops is to increase your awareness, enhance your wisdom and reach your potential. <u>Topics</u> – personality, assertiveness, relationships, boundaries, wellbeing and behaviour.
Change Your Habits – Change Your Life	Venue: Tullow Parish Centre Contact: Teresa Byrne on 083 3568696	4 th April 2019	4 th & 11 th April 10.30am	€10 per morning		This course aims to help personal development through chat, affirmations, journaling, setting goals and relaxation techniques.

Beginners Kayak Classes	Venue: Tullow	8 th April 2019	6 week course	€150 (includes lessons, test and membership for the year)	Level 2 Certificate	Text Stuart on 0879184389 if you are interested in finding out more about these classes
Yoga	Venue: Teach Bhride Connie on 083 4415635	20 th April 2019	4 Saturdays 9am-10.15am			Yoga for flexibility and strength.
Start Your Own Business Programme	Venue: Mount Wolseley Hotel, Tullow Tel: 0599129783 enterprise@carlowcoc.o.ie	30 th April 2019	10 Tuesday nights (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. Web: www.localenterprise.ie/carlow
Health Care Support	Venue: Teach Bhride 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
Office Administration	Venue: St. Anne's College of Further Education, Tullow Contact: Marion O'Brien & Geraldine O'Toole on 059 9151473	September 2019	1 academic year full time (Sept – May)		QQI Level 5 Major Award	<u>Modules</u> - Text Production/Audio-Typewriting/ Word Processing (Levels 5 & 6)/ Work Experience/ Communications/ French or German/ Computer Applications (Database, Spreadsheet, Desktop Publishing)/ Manual and Computerised Accounts/ Office & Administration and Text Entry Web: www.tullowcommunityschool.ie .

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>	<p>Continuously</p>	<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>	<p>Continuously</p>	<p>Free to library members. Membership at any Carlow library is completely free. Call into your nearest branch for more details.</p>	

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.