

OPEN DAY

Carlow Institute of Further Education & Training Wednesday, 4th September 2019 - 10am - 1.30pm

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. Their new building is now open.

For more information please call 059 9182250 . Course information available at www.carlowifet.ie

EDUCATION & TRAINING EXPO CARLOW

KCETB Further Education & Training Service Autumn Expo in the Seven Oaks Hotel

Thursday, 5th September 2019 from 10.30am-1pm

Information on a range of **FREE** full and part time education and training options in Carlow. Funding and additional supports may apply including childcare supports and/ or training allowance. Drop in to find out more

COMMUNITY EMPLOYMENT OPPORTUNITIES

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

- **CE Office: Administration Assistant - 1** Position - Job Ref No: CES-2111752
- **Rehab Care: Multitask Care Assistant - 2** Positions - Job Ref No: CES-2100555
- **St. Fiacc's House: Multitask Care Assistant - 1** Positions - Job Ref No: CES-2092747

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

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

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

**CHECK
THIS
OUT!!!**

UPCOMING COURSES - CARLOW TOWN

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Conversational English classes (Failte Isteach)	Venue: Jobs Club, The Royal Mews, Dublin Street, Carlow	Ongoing	Mondays 6-8pm	Free		Failte Isteach Free Conversational English classes. For more information please call Sandra on 0851218811
Dance Fitness for the over 50s	Venue: VISUAL Centre, College Street Tel: 059 9172400	Ongoing	Tuesdays 3-4pm	€5 per class (tea & coffee)		Classes include an easy warm-up, stretching and simple dance sequences designed for the over 50s.
Knitting & Crochet Classes	Venue: Sacred Heart Hall, Graiguecullen Contact: Edwina on 085 7310553	Ongoing	Wednesdays 7-9pm			Wool is supplied. Hats, scarfs and mitts are donated to the homeless. Just bring a pair of needles or a crochet hook.
Getting Through The Day One Stitch At A Time	Venue: Involvement Centre, St. Dymphna's Hospital. Tel: (059) 913 6342	Ongoing	Thursdays (11.30am-12.30pm)	Free		Come along and join the Christmas Crochet Project. All are welcome and materials are provided.
English Classes	Venue: Carlow Older Person's Forum, Barrack Street, R93 YW10	Ongoing	Thursdays (10am-12pm)	Free		Beginners, intermediate and advanced levels welcome. Start a conversation with your classmate today. Contact Dylan Thomas on 0599720733
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 Response - 3rd Sept & 20th Sept • Special Needs Assisting (QQI 5) – 13th September • Special Needs Assisting (QQI 5 & 6) – two modules (13th Sept) • 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"> • 1st Sept - Control of Vehicle & Eco Driving Techniques • 7th Sept - Health & Safety of the Professional Driver • 14th Sept - Role of the Professional Driver in the Transport Industry • 15th Sept - The Professional Truck driver • 21st Sept - Minimising Risks & Managing Emergencies • 28th Sept - Control of Vehicle & Eco Driving Techniques
Part time Further Education opportunities with the Back to Education Initiative (BTEI)	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 without a Leaving Cert	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) • Office Administration (QQI Level 5) • Early Childhood Care & Education (QQI Level 5) • Computer modules - Level 3, 4 & 5

Courses in the VTOS Centre	Venue: VTOS, 1-3 Granby Row, Carlow Tel: 059 9140311 Email; info@vtoscarlow.ie Web: www.vtoscarlow.ie	September 2019	Depending on the course - full time or morning course up to June 2019	Free to eligible participants - course, books and materials are free of charge to VTOS learners.		VTOS is currently enrolling for: <ul style="list-style-type: none"> Return to Learning for Adults (QQI Level 3) Computer & Information Skills (QQI Level 3) Business Administration (QQI Level 5) General Studies (QQI Level 5) Entry Requirements: Applicants must be 21 years or over and in receipt of a qualifying Social Welfare Payment for at least 6 months.
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 inter-culturism
Learning for Everyday Life	Venue: St. Catherine's Community Services Centre For further information or to apply please call Andrea Dalton on 059 9138706 or call into St. Catherine's to complete an application form	September 2019	September – March 2020 Monday – Friday from 9.45am-1pm	Free to eligible applicants – less than leaving certificate level or education or in receipt of a Social Welfare payment	QQI Level 3 Major Award in General Learning	Did you leave school early? Have you always wanted to return to education? Would you like to gain new skills? Are you looking for the first step to enter the workforce? Do you want to get out and meet new people? Would you like to build your confidence & self-esteem? This could be the course for you! <u>Course Content:</u> Communications/ Mathematics/ Computers/ Personal Effectiveness/ Career Preparation & Office Procedures
Springboard Courses – Institute of Technology	Springboard Administrator IT Carlow, Kilkenny Road Carlow T: 0599175288	September 2019	Part time courses	Free fees – jobseekers and 'returners' to education	Various depending on the course	Springboard provides part-time places in Higher Education geared towards areas where there are employment opportunities in the economy.

Carlow	<p>Email: springboard@itcarlow.ie Web: www.itcarlow.ie</p> <p>For more information on Springboard Courses please see www.springboardcourses.ie</p>			<p>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.</p> <p>Level 6 courses are FREE to all participants</p> <p>Please check your eligibility - www.springboardcourses.ie/eligibility</p>		<p>Courses: -</p> <ul style="list-style-type: none"> • Certificate in Purchasing Strategy, Quality Management and Lean Six Sigma • Certificate in Introduction to CAD & 3D Modelling • Certificate in Data Protection • Higher Diploma in Digital Media Design • Higher Diploma in Science in Digital Marketing & Analytics • Higher Diploma in Business in Tourism Marketing • Higher Diploma in Business in Supply Chain Management • Higher Diploma in International Financial Services • Master of Science in Pharmaceutical Regulatory Affairs • Master of Science in Supply Chain Management • Master of Science in Data Science <p>Application - applicants must use the centralised application system via www.springboardcourses.ie. The system is now open.</p>
Early Childhood Care & Education	<p>Venue: Carlow Institute of Further Education & Training, Kilkenny Road Tel: 059 9131187 Website: www.carlowifet.ie Email: CIFE.Info@KilkennyCarlowETB.ie</p>	September / October 2019	Evening course on Tuesday and Wednesday evenings (6pm-9pm)	€300 for single module or €510 for two modules	QQI Level 6 component awards	<p>Four modules running from Sept/ Oct to May 2020:-</p> <ul style="list-style-type: none"> • Child Development • Early Childhood Curriculum • Childhood Social Legal & Health Studies • Personal & Professional Development <p>The modules are delivered by a combination of classroom based and on-line learning.</p>

TIG – Aluminium Welding	Venue: Arc Training, Athy Road, New Acre, Carlow KCETB Training Services Contact: Patricia Nolan on 056 – 7813014 or email tsu.recruit@kilkennycarlowetb.ie .	2 nd September 2019	20 weeks full time	Free - if you are unemployed, redundant or no longer in full-time education.	MMA Vertical Butt, TIG Aluminium Weld & TIG Sch10 Stainless Steel Pipe	Learners must have some recognised/ previous welding experience. Those who have not completed their basic welding course with KCETB will be required to pass an aptitude test. Application through your local INTREO Office or online at www.fetchcourses.ie
Football Association of Ireland (FAI) Training Courses/ Workshops	Venues: Varies depending on the course/ workshop Email: garry.coady@fai.ie Web: www.fai.ie These workshops/ courses can be booked online	3 rd September 2019 onwards	Varies depending on the course (3 hours to 2 days)	Ranging from €25-€120 depending on the course		<ul style="list-style-type: none"> • 3rd September – FAI PDP 1 (New Oak Boys FC, Burrin Road) • 8th September – 7V7 Workshop (New Oak Boys FC, Burrin Road) • 8th September Strength & Conditioning Workshop (New Oak Boys FC, Burrin Road) • 26th October – FAI National D Licence (IT Carlow)
Catalyst Programme for Women – Day Courses	Venue: Venue to be confirmed (Carlow town) Contact: Orlaith/ Sinead on 059 9138700/ 086 8678411 orlaithm@catherines.ie Web: www.catherines.ie	9 th September 2019	6 week one morning per week (10am-12pm)	Free to women, who are not currently working or not in receipt of a job seekers payment		<u>Introductory Hobby Courses</u> <ul style="list-style-type: none"> • 'Time for You' – Personal Development • Make Up & Nail Care • Interior Design • Holistic Health & Healthy Food Made Easy
Microsoft Office Suite Core and Expert	Venue: Enterprise House, O'Brien Road, Carlow KCETB Training Services Contact: Patricia Nolan on 056 – 7813014 or email tsu.recruit@kilkennycarlowetb.ie . <i>Information session due to take place on September 4th</i>	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
Catalyst Programme for Women – Evening Courses	Venue: Venue to be confirmed (Carlow town) Contact: Orlaith/ Sinead on 059 9138700/ 086 8678411 orlaithm@catherines.ie	9 th September 2019	6 week one evening per week (7-9pm)	Free to eligible women as above		<u>Hobby Courses</u> <ul style="list-style-type: none"> • Introduction to Microsoft Word for Beginners • Introduction to Microsoft Excel for Beginners Web: www.catherines.ie
Welding – Basic/ Intermediate/ Advanced Levels (MMA/ TIG/ MIG & Coded Pipe)	Venue: Arc Training, Newacre, Athy Road, Carlow Contact Aine Byrne on 059 9131624/ abyrne@thompson.ie Web: www.arctrainingsolutions.com	10 th September 2019	6 weeks – 2 evenings per week (6-9.pm) Tuesdays & Thursdays	Please contact course provider – varies depending on course and if certification is required	Testing is done by an independent specialist to ISO 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.	All types & all levels - Manual Metal Arc (MMA)/ Tungsten Inert Gas (TIG) /Metal Inert Gas (MIG)/ Coded Pipe <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.
First Aid Responder (FAR) Course	Venue: Gateway Business Centre, Athy Rd, Carlow Contact: Jacqueline on 059 9132152, Carlow Kilkenny Skillnet	10 th September 2019	3 days (12 th , 19 th & 26 th June - 9.30am-5pm)	€195	PHECC Cert valid for 2 years	<u>Modules:</u> Patient Assessment, incident procedure, Cardiac First Response Community, common medical emergencies, Injury management and shock, care of the unconscious patient,

	Web: www.cktraining.ie	<i>(Running again: 13th November 2019)</i>				burns and electrical injury care, hypothermia & hyperthermia, information management and the wellbeing of the first aider.
Workshops – Primary Care & Child Psychology Service	Venue: Shamrock Plaza, Green Lane, Carlow To register call 0761082018 and leave a message	10 th September 2019 onwards	Morning or afternoon workshops – 3 hours unless otherwise stated	Free		<ul style="list-style-type: none"> • Parenting Positively (aimed at parents of children aged 2-12 years) – 10th September • Managing Strong Emotions – 11th September • Ready, Steady, Relax: Anxiety Management – 12th September • Managing Mood Difficulties in Children & Adolescents – 1st October
Social Media for Business	Venue: Gateway Business Centre, Athy Road, Carlow Contact: Contact Jacqueline on 059 9132152, CK Training www.cktraining.ie	11 th September 2019	4 Wednesdays (9.30am-1pm)	€99 for the 4 sessions		<ul style="list-style-type: none"> • Facebook – will look at how individuals use it and how businesses can capitalise on it. • Twitter – will look at 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. This workshop will show you how to use Instagram to help grow your business • Facebook Ads – will show you how to target users by location, demographics, age, gender, interests and behaviours
Wellbeing at Work Workshop	Venue: Gateway Business Centre, Athy Road, Carlow Contact: Contact Jacqueline in CK Training on 059 9132152	11 th September 2019	1 morning (9.30am-1pm)	€95		Workplace wellbeing workshop topics – job security & change, balanced workload, control, working relations, job conditions, resources and communications. Web: www.cktraining.ie

Workshops – Recovery College South East	Venue: Training Rooms, St. Dymphna’s Hospital, Athy Road, Carlow Tel: 056 7703666 Email: recoverycollegesoutheast@gmail.com Web: www.recoverycollegesoutheast.com/	12 th September onwards	Morning or evening 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"> • 12th September – <i>WRAP (Wellness Recovery Action Plan)</i> • 18th September – <i>Let’s Talk Anxiety</i> (4 mornings) • 23rd September – <i>Getting a good night’s sleep</i> • 30th September – <i>Building Resilience</i> (4 evenings) • 8th October – <i>Understanding Alcohol & Drug Use</i> (4 mornings) • 5th November – <i>Me & My Moods</i> (4 morning workshops) • 13th November – <i>Building Self Esteem</i> (2 mornings) • 4th December – <i>Understanding Dementia</i> (morning workshop) • 5th December – <i>Strivin & Thrivin Through Christmas</i> • 9th December – <i>Managing Life Changes</i> (morning workshop) • 12th December – <i>Learning Self-Compassion and Kindness for Myself</i> (morning workshop)
Tai Chi & Wellness Academy Autumn Courses	Venue: Talbot Hotel, Carlow Rosaleen Fadden on 086 0789241/ info@rosaleenfadden.com Web: www.rosaleenfadden.com	Starting week of 12 th Sept 2019	One evening per week over 5 weeks	€60 (5 evening class)		<ul style="list-style-type: none"> • Chi Kung – Thursdays, 12th Sept (7-8pm) • Tai Chi – Thursdays, 12th Sept (8.15-9.15pm) • Tai Chi & Chi Kung – 16th Sept (7-8pm) • Meditation – 16th Sept (8.15pm-9.15pm) • Chi Kung – Thursdays, 31st October (7-8pm) • Tai Chi – 31st Oct (8.15-9.15pm)

Apron Workshop	Fabric & Crafts Shop, Hadden's Car Park Tel: 086 8511593	14 th September 2019	1 day from 10am-4pm	€40		You will use fabric ink, stencils, stamps and screen printing. Bring your own lunch, tea/ coffee and cake provided
First Aid Responder (FAR) Course	Venue: Seven Oaks Hotel Contact: Irish Red Cross Tel: 1890502502 Email: courses@redcross.ie Web: www.redcross.ie	18 th September 2019	3 days (18 th – 20 th September) 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.
Resilience Training	Venue: Gateway Business Centre, Athy Road, Carlow Contact: Contact CK Training on 059 9132152 Web: www.cktraining.ie	19 th September 2019	1 day (9.30am-5pm)	€95		The benefits of resilience training include improved work life balance, improved decision making, improved communication skills, increased focus, clarity and attention span.
Tai Chi Teacher Training	Venue: An Gairdin Beo, Dublin Rd, Carlow Rosaleen Fadden on 086 0789241/ info@rosaleenfadden.com	Starting 21 st September 2019	1 Saturday & Sunday per month (10am-5pm) over 10 months	Contact Course Provider		Students will learn the basic moves of stages 1-3 of the Infinite Tai Chi Form; Butterfly Sweeping; The Golden Sun Series; 6 Health Sounds & Primary Standing like a Tree Chi Kung. Web: www.rosaleenfadden.com
Elementary Irish	Venue: Parish Centre, College Street, Carlow For further information please contact Gaelchultur on (01) 484 5220 / 1890 252 900 www.gaelchultur.com	23 rd September 2019	10 Mondays (7-9pm)	€180		This level is suitable for those who have already attended a beginner's class or who are able to communicate at a basic level. The material covered in the beginners' class is revised and the class then progresses to other topics.
Lower Intermediate Irish	Venue: Parish Centre, College Street, Carlow For further information please contact Gaelchultur on (01) 484 5220 / 1890 252 900 www.gaelchultur.com	24 th September 2019	10 Tuesdays (7-9pm)	€180		This level is intended for those who have studied Irish at school, who understand a great deal of the language but have had few opportunities to use it in recent years. Some basic language is taught but the class then progresses at a faster pace than a lower level class would.

Safeguarding 1 – Child Welfare & Protection	Venue: IT Carlow, Barrow Centre, Kilkenny Road Contact: Carlow Sports Partnership on 059 9136205/ mjduggan@carlowcoco.ie Bookings at www.eventbrite.ie	24 th September 2019	1 evening (6.45pm-9.45pm)	€22.20		All coaches, club children's officers and designated liaison persons must first complete this workshop. It aims to educate participants on the implementation of best practice in protecting the welfare of children involved in sport. Running again: 29th October 2019
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. <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
Special Needs Assisting	Venue: Carlow town For more information please contact Portobello Institute/ Tel: 01 892 0024 www.portobelloinstitute.ie	24 th September 2019	Tuesdays (7-10pm)	€650	QQI Level 6 Component Certificate	<u>Course Content:</u> <ul style="list-style-type: none"> • Understanding Education, Health & Safety, Teaching methodologies, Educational Philosophy & Practice • Literacy: identifying the conditions for learning language and how to implement these • Mathematics: learning skills to support the teaching of mathematics & to devise strategies to assess mathematical ability • Observations: methods & techniques for assessing, planning and evaluating.
Special Needs Assisting	Venue: Carlow town For more information please contact Portobello Institute/ Tel: 01 892 0024	25 th September 2019	Wednesdays (7-9.30pm) due to finish 11 th	€595	QQI Level 5 Component Award	<u>Content:</u> The Role of the SNA, Equal Opportunities, Child Development (Overview), Theories of Learning and Behaviour, Physical and Intellectual

	www.portobelloinstitute.ie		December			Disabilities, Communications and Language Disabilities, Work Experience (20 hours required)
First Aid Responder Refresher	Venue: Seven Oaks Hotel Contact: Irish Red Cross Tel: 1890502502	26 th September 2019	2 days – 26 th & 27 th Sept 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
Customer Service	Venue: Gateway Business Centre, Athy Road, Carlow Contact: Contact CK Training on 059 9132152 Web: www.cktraining.ie	26 th September 2019	1 day (9.30am-5pm)	€99		During this programme participants will learn the importance of consistently providing customer service excellence and developing their confidence in dealing with customer care situations.
Set Up, Start Up, Scale Up	Venue: to be confirmed For more information please contact Sharon Scanlon in CCDP on 059 9720733/ www.carlowdevelopment.ie	October 2019	5 days in October	Free		This programme is for anyone interested in generating, evaluating, launching & growing a Social Enterprise (Business) from the idea stage right up to creating a sustainable Social Enterprise.
People Management	Venue: Gateway Business Centre, Athy Rd, Carlow Web: www.cktraining.ie For more information contact CK Training on 059 9132152,	1 st October 2019	3 days – 1 st , 8 th & 22 nd October 2019 (9.30am-5pm)	€395	QQI level 6 component certificate	This course is aimed at anyone who would like to attain core management skills and a recognised certificate in managing people. This course looks at the role and responsibilities of a manager, and the key management techniques needed to achieve results.
Manual Handling Instructor	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow Web: www.cktraining.ie For more information please call Jacqueline on 059 9132152, Carlow Kilkenny Skillnet	2 nd October 2019	5 days – 2 nd , 9 th , 16 th , 23 rd , 30 th October 2019 (9.30am-5pm)	€395	QQI level 6 component certificate	This course is designed to equip learners with the skills necessary to develop and deliver an effective training programme in manual handling in health/social care contexts. The course is designed to ensure that students will gain the instructional skills to enable them to deliver effective manual handling training to others.
Office Administration (option to specialise in Finance/ Legal/	Venue: Carlow Town Provider – KCETB Training Services Contact: Michele Whelan Tel: 056 7813014	7 th October 2019	Full time over 41 weeks (ending 17 th July 2020)	Free - if you are unemployed, redundant or no longer in full-time education.	QQI Level 5	<u>Course content:</u> Text production, communications, customer service, word processing, information & administration, spreadsheet methods, work practice. Learners will choose at

Medical)	Web: www.kcetbtraining.ie Application through your local INTREO Office www.fetchcourses.ie					least one elective module – medical terminology, manual & computerised bookkeeping, manual & computerised payroll, audio transcription and legal practice & procedure
Mensana Festival – Workshops by The South East Recovery College	Venue: Involvement Centre, Athy Road, or in the Gairdín Beo Tel: 056 7703666/ 086 1746330 Email: recoverycollegesoutheast@gmail.com Web: www.recoverycollegesoutheast.com/	8 th October 2019	Workshops running from 8 th – 24 th October for the Mensana Festival	Free events		<ul style="list-style-type: none"> 8th October – <i>Food For Mood</i> @ 11am 11th October – <i>Let's Talk Mental Health & Wellbeing for Men</i> @ 7pm 11th & 12th October – <i>Music for Mood</i> 17th & 18th October – <i>WRAP Level 1</i> (2 full days) 23rd October – <i>Recovery Principles and Practice</i> @ 10am 24th October – <i>Good Stress/ Bad Stress</i> @ 11am
Train the Trainer	Venue: Carlow KCETB Training Services Contact: Helena Comerford on 056 – 7813014 or email tsu.recruit@kilkennycarlow.etb.ie	8 th October 2019 and January 2020 provisional dates	10 Tuesdays from 6-9pm & 1 Saturday (10am-4pm) for each 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.
Finance for Non-Financial Managers	Venue: Talbot Hotel, Carlow Contact: Contact Jacqueline on 059 9132152, CK Training Web: www.cktraining.ie	8 th October 2019	1 day (9.30am-5pm)	€99		This course aims to describe the purpose of primary financial statements, classify financial transactions into categories relating to assets, liabilities, income and expenditure and examine KPI metrics relating to their organisation.
Van Delivery Driver – B Licence	Venue: Carlow Town Provider – KCETB Training Services Contact: Bernie Eccles Tel: 056 7813014 Web: www.kcetbtraining.ie	12 th October 2019	Part time over 26 weeks on Saturdays	Free to eligible applications		Applicants must be in full/ part time employment and hold a provisional B licence for a minimum of 3 months prior to the course start date. <u>Content</u> – HACCP, Forklift Driving, Manual Handling, Customer Service,

	Application online at www.fetchcourses.ie					Stock Control, Basic IT & Eco & Defensive driving techniques. Learner drivers will attend theory classes each Saturday and weekly driving lessons will be agreed with each learner (daytime, evening and/or weekends).
Sports First Aid	Venue: IT Carlow, Barrow Centre, Kilkenny Road Contact: Carlow Sports Partnership on 059 9136205	15 th October 2019	2 evenings (6pm-10pm) – 15 th & 22 nd October	€54.23		This course is suitable for coaches, instructors, teachers, supervisors, sports assistants, volunteers and all involved in sport. Booking through www.eventbrite.ie
Special Needs Assisting	Venue: Carlow town For more information please contact Portobello Institute/ Tel: 01 892 0024 www.portobelloinstitute.ie	15 th October 2019	Tuesdays (7-10pm) - due to finish on 21 st January 2020	€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
Canva	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow Contact Jacqueline on 059 9132152, CK Training	16 th October 2019	1 morning 9.30am-1pm	€55		This course is designed to help any business owner, marketer, advertiser or social media expert gain the advantage by using free online software, Canva, to create graphics and images. Web: https://carlowkilkennyskillnet.ie/
Bus Driving – D Licence	Venue: Carlow Town Provider – KCETB Training Services Contact: Bernie Eccles Tel: 056 7813014 Application online at www.fetchcourses.ie	19 th October 2019	Part time over 22 weeks on Saturdays	Free to eligible applications		Applicants must be in full/ part time employment and hold a full, current B licence and a current provisional D Licence. <u>Content</u> – driving lessons & CPC, customer service, Eco and Defensive Driving Techniques, Manual Handling & basic CPR

Healthcare Support Traineeship	Venue: Carlow Town Provider – KCETB Training Services Contact: Mary Ryan Tel: 056 7813014 Web: www.kcetbtraining.ie Application through your local INTREO Office	21 st October 2019	Full time over 47 weeks (ending 11 th September 2020) – 2 days classroom learning & 2½ days per week workplace learning	Free - if you are unemployed, redundant or no longer in full-time education.	QQI Level 5 Major Award	The aim of this programme is to enable the learner to develop skills to provide effective and appropriate healthcare supports to clients in a variety of settings, recognising client's individual needs, assisting with activities of daily living and maintaining a safe and hygienic healthcare environment <u>Content:</u> Care Skills, Care Support, Work Practice, Safety & Health at Work, Care of the Older Person, Team working, Infection Prevention & Control, Patient Handling & First Aid
Safeguarding 3 – Designated Liaison Person (DLP)	Venue: IT Carlow, Barrow Centre, Kilkenny Road Contact: Carlow Sports Partnership on 059 9136205 www.eventbrite.ie	22 nd October 2019	1 evening (6.45pm-9.45pm)	€22.20		A person appointed as the Designated Liaison Person (DLP) in a club must have completed the Child Welfare & Protection Basic Awareness Course and also completed this new DLP 3 hour workshop.
Shopify	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow Contact Jacqueline on 059 9132152, CK Training	23 rd October 2019	1 morning 9.30am-1pm	€55		This course aims to provide the knowledge to build a successful online store using the Shopify platform. It will provide all the necessary tools to build an online business or include an added strand to their existing one. Web: https://carlowkilkennyskillnet.ie/
Google Analytics	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow Contact Jacqueline on 059 9132152, CK Training https://carlowkilkennyskillnet.ie/	30 th October 2019	1 morning 9.30am-1pm	€55		Google Analytics for beginners shows new users how to create an account, implement tracking code and set up data filters. This course will also demonstrate how to analyse basic audience, acquisition, behaviour reports and campaign tracking
HR Compliance	Venue: Gateway Business Centre, Athy Road, Carlow Contact: Contact Jacqueline on 059 9132152, CK Training	5 th November 2019	1 day (9.30am-5pm)	€99		This workshop aims to provide the basic knowledge and skills necessary to build a solid foundation in HR Management. <u>Content</u> – recruiting staff, employment contracts, salary

	Web: www.cktraining.ie					processing, performance management, keeping personnel records and employment rights.
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.
Safeguarding 2 – Children’s Officer Workshop in Child Welfare & Protection	Venue: IT Carlow, Barrow Centre, Kilkenny Road Contact: Carlow Sports Partnership on 059 9136205/ Bookings at www.eventbrite.ie	12 th November 2019	1 evening (6.45pm-9.45pm)	€22.20		This course will help the Club Children’s Officer to carry out the function of their role in the club and support the implementation of best practice in the club.
Actually Reading Ulysses – Everything you ever wanted to know	Venue: Carlow College Web: www.carlowcollege.ie Tel: 059 9153200	23 rd January 2020	10 Thursdays 7-9pm	€125		Ulysses, James Joyce’s open love letter to his partner, Nora Barnacle, is a work that changed literature forever. Regardless of whether you love it or loath it, whether or not you’ve even read it, this novel has influenced your life, such is the impact it has had on writers, and film-makers, around the world since its publication in 1922.
We the People: An Introduction to American Government	Venue: Carlow College Tel: 059 9153200	23 rd January 2020	8 Thursdays 7-9pm	€125		This course will provide an introduction to the origins and evolution of the American political system. Web: www.carlowcollege.ie

Learning About Oral History	Venue: Carlow College Web: Tel: 059 9153200 Web: www.carlowcollege.ie	23 rd January 2020	8 Thursdays 7-9pm	€125		Oral history has become more popular as people become more interested in social history, and find that oral history can access interesting material from human lives that cannot be found in the written records.
Exploring Spirituality Through Film & Music	Venue: Carlow College Web: Tel: 059 9153200 Web: www.carlowcollege.ie	23 rd January 2020	6 Thursdays 7-9pm	€125		Music and film often prompt us to rethink our social, cultural, political and religious views. Participants will explore the theme of spirituality through musical and filmic works
Vanity, Greed & Deceit – Reflections on the Good Life	Venue: Carlow College Web: Tel: 059 9153200 Web: www.carlowcollege.ie	23 rd January 2020	8 Thursdays 7-9pm	€125		Spanning a range of disciplines such as philosophy, literature and theology this course will explore the ideas of a number of the greatest philosophers, religious thinkers and literary artists who have engaged with questions about the true purpose and nature of human existence
Organic Food – What Is It All About	Venue: Carlow College Tel: 059 9153200	23 rd January 2020	8 Thursdays 7-9pm	€125		This course is for anyone interested in food. Is there really a difference in how it is produced, or is just a good marketing ploy? Web: www.carlowcollege.ie

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
Barrow Training Courses & Workshops	Venue: Carlow Town Barrow Training Tel: 059 9721416	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"> • Food Safety & HACCP (QQI 5) – 6th September • Supervisory Management (QQI 6) – 3rd October Web: www.barrowtraining.ie
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) – 1 st October 2019 Door & Event Security Procedures (QQI Level 4) – 1 st October Combined – Guarding & Retail Security & Door & Event Security (QQI 4) – 1 st October Manual Handling 1 st October

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
Van Delivery Driver – B Licence	Venue: Bagenalstown Provider – KCETB Training Services Contact: Patricia Nolan Tel: 056 7813014 Web: www.kcetbtraining.ie Application online at www.fetchcourses.ie	21 st September 2019	Part time over 26 weeks on Saturdays	Free to eligible applications		Applicants must be in full/ part time employment and hold a provisional B licence for a minimum of 3 months prior to the course start date. <u>Content</u> – HACCP, Forklift Driving, Manual Handling, Customer Service, Stock Control, Basic IT & Eco & Defensive driving techniques. Learner drivers will attend theory classes each Saturday and weekly driving lessons will be agreed with each learner (daytime, evening and/or weekends).
Book-keeping for the Small Business	Venue: Lord Bagenal Hotel, Leighlinbridge Tel: Local Enterprise Office on 0599129783 enterprise@carlowco.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.
Bus Driving – D Licence	Venue: Bagenalstown Provider – KCETB Training Services Contact: Helena Comerford Tel: 056 7813014 Application online at www.fetchcourses.ie	19 th November 2019	Part time over 25 weeks on Saturdays	Free to eligible applications		Applicants must be in full/ part time employment and hold a full, current B licence and a current provisional D Licence. <u>Content</u> – driving lessons & CPC, customer service, Eco and Defensive Driving Techniques, Manual Handling & basic CPR Web: www.kcetbtraining.ie

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
Art Classes in Classical Drawing & Painting Techniques	Venue: Jim Donnelly Art Studio, Leagh, Wexford Rd, Rathoe R93EP64	2 nd September 2019	10 Monday nights (7-10pm)	€185		No previous painting or drawing experience required. Contact Jim on 086 3653431/ jimdonnellyart@gmail.com for more information
Payroll - Manual & Computerised	Venue: Ballon Business & Training Centre Tel: 059 9159447 Web: www.bbts.ie	5 th September 2019	10 Thursdays from 3-6pm	€300 (includes tuition, exam & certification)	QQI Level 5 component award	The purpose of this course is to equip the learner with the knowledge, skills and competence to operate and maintain accurate payroll records using manual and computerised systems, for an organisation, working under general direction and supervision
Book keeping – Manual & Computerised	Venue: Ballon Business & Training Centre Tel: 059 9159447 Web: www.bbts.ie	5 th September 2019	10 Thursdays nights from 7-10pm	€300 (includes tuition, exam & certification)	QQI Level 5 component award	This course aims to provide the learner with both an introduction to manual bookkeeping terms and principles, and the knowledge and skills necessary to operate a computerised accounts system.
Cookery Demonstrations	Venue: Ballon Business & Training Centre	5 th September 2019	6 Thurs days 10am– 12pm	€12 per week		One pot wonders/ pasta recipes/ cooking on a budget Web: www.bbts.ie / Tel: 059 9159447
Chair Yoga	Venue: Ballon Business & Training Centre	6 th September 2019	7 Fridays @ 10.30am	€60 or drop in price of €12		For more information please contact Maria at 087 6421820 - https://www.mariabyoga.com/
Machine Sewing classes	Venue: Ballon Business & Training Centre	10 th September 2019	4 Tuesdays 9.30am – 12.30pm	€60 or €15 per drop in class		Don't forget your sewing machine! Web: www.bbts.ie Tel: 059 9159447
Women in Transitions Workshop	Venue: Creative Training Centre, Ballybeg, Wexford Rd,	14 th September 2019	1 day from 10am-3pm	€75 (materials & lunch included)		This workshop is for women interested in exploring the different changes in their life through creative expression.

	Rathoe R93EP64					No art experience is required. Bookings – denise.a.lyons@gmail.com
Manual Handling	Venue: Rathoe Training Hub Tel: 059 9148879	17 th September 2019	1 morning (10am-1.30pm)	€40		For more information please email info@rathoecommunitychildcare.com
Fire Warden Course	Venue: Rathoe Training Hub Tel: 059 9148879	24 th September 2019	1 morning (10am-1pm)	€40		For more information please email info@rathoecommunitychildcare.com
Yoga with Trina	Venue: Rathoe Training Hub	26 th Sept 2019	6 Thursdays (7-8pm)	€50		Suitable for all levels. Small classes Call 059 9148879 to book
Make Up Class	Venue: Rathoe Training Hub Tel: 059 9148879	2 nd October 2019	1 evening (6.30-9.30pm)	€20		Skin care and make up application lesson.
Relax and Paint	Venue: Ballon Business & Training Centre	17 th October 2019	6 Thursdays 10-12pm	€60 or €12 per drop in class		Web: www.bbts.ie Tel: 059 9159447

BORRIS - UPCOMING COURSES

BORRIS FOCUS CENTRE

Borris Focus Centre is looking for people to register their interest for possible upcoming courses to assess demand. Courses include:-

- First Aid
- Mindfulness
- Basket Making
- Photography
- Interior Design
- Chair Yoga
- Diet & Nutrition
- Computers

To register your interest please call in to the Borris Focus Centre or call or text 083 8267871/ email: borrisfocuscentre12@gmail.com

BORRIS/ ST. MULLINS COURSES

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
Lace Making & 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 Circle	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
One-To-One Technical Support	Borris Focus Centre	Ongoing	Friday mornings @ 11am			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.
Foraging Workshop	Venue: Killedmond, Borris Blackstairs Eco Trails Tel: 9773184/ Email: blackstairsecotrails@gmail.com	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.

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.
Men's Shed	Venue; CORE Centre Hacketstown	Tuesdays	Starting at 2pm	Free		This is an exciting new opportunity for anyone interested in setting up a Men's Shed in Hacketstown. For more information please call the Centre on 085 7859292/ 087 6292436
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"> • Art Classes – 087 6292436 • Computers for Beginners
Computers for Beginners	Venue; CORE Centre Hacketstown	Starting soon	Evening course 7-8.30pm	Free		Make the most of your laptop, tablet or phone. No experience necessary. Further information contact Mary on 087 6292436
Quilt Making Classes - Beginners	Venue: Slaney Handcraft Studio, Rathvilly	10 th September 2019	6 Tuesdays starting at 7pm			For more information please contact Tomomi 0857749774/ slaneyhandcraft@gmail.com

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	Tuesdays	8-9.15pm	€120 for full term		Beginners welcome. Tel: Pam Butler on 086 0891141
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

Over 55's – "Walking Football"	Venue: Murphy Memorial Hall, Tullow	Thursdays	2-3pm			Organised by the FAI and Carlow Local Sports Partnership. This is a great opportunity for men and women to take part in some physical exercise.
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
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 .
'Self-Care & Resilience in Challenging Times'	Venue: Forward Steps Resource Centre, Tullow	10 th September 2019	4 Tuesdays 10am-1pm	€40		This programme is designed for women & facilitated by Maureen Ryan.. For further information please contact the centre on 059 9152776/ 0861895684/ sharonforwardsteps@gmail.com
Football Association of Ireland (FAI) Training Courses/ Workshops	Venues: Parkville United AFC Grounds, Hawkins Lane, Tullow Email: garry.coady@fai.ie Web: www.fai.ie	22 nd September & 12 th October 2019	<ul style="list-style-type: none"> • 1 day • 2 days 	<ul style="list-style-type: none"> • €45 • €75 		<ul style="list-style-type: none"> • 22nd September – Fundamentals of Goalkeeping (Parkville United, Tullow) • 12th October - PDP 2 (Parkville United, Tullow) These workshops/ courses can be booked online

ONLINE COURSES

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

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

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