

OPEN EVENINGS

INTERESTED IN FINDING OUT ABOUT PART-TIME COURSES IN THE INSTITUTE OF TECHNOLOGY CARLOW THIS JANUARY?

The IT Carlow is holding an Information Evening - this is an opportunity for you to find out about the wide range of courses running in the Institute this January. It is taking place in the Dargan Centre on **THURSDAY, 12th DECEMBER 2019 from 6pm-8pm**
For more information please visit their website – www.itcarlow.ie or call 059-9175280

INTERESTED IN FINDING OUT ABOUT COURSES IN THE INSTITUTE OF TECHNOLOGY CARLOW STARTING IN SEPTEMBER?

The IT Carlow is holding an Information Evening - this is an opportunity for you to find out about the wide range of courses running in the Institute. It is also a great chance to view the campus facilities. You will have the opportunity to talk to the Academic Staff.
It is taking place in the Dargan Centre on **WEDNESDAY, 22nd JANUARY 2020 from 5.30pm-8pm**
For more information please contact Mary Bates on mary.bates@itcarlow.ie/ www.itcarlow.ie or call 059-9175280

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.**

- **Swimming Pool: Pool Attendant - 2 Positions - 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	First Friday of every month (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"> • Manual & People Handling - 4th December • First Aid Responder Refresher – 4th December • Special Needs Assisting (QQI 5) – 31st January 2020

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"> • 14th Dec – Health & Safety of the Professional Driver • 28th Dec - Role of the Professional Driver in the Transport Industry • 12th Jan - Control of Vehicle & Eco Driving Techniques • 18th Jan - The Professional Truck Driver • 26th Jan - Minimising Risks & Managing Emergencies
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@kilkennycarloweb.ie	Rolling Intake	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@kilkennycarloweb.ie	Rolling Intake	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
Ageing With Confidence	Venue: Carlow Library Tel: 059 9129705/ library@carlowcoco.ie	3 rd December 2019	1 day 10am-4pm	Free		Are you over 55? This ageing with confidence course might be of interest! During this day you will explore growing older, dealing with change, looking after your health, improving self-confidence, mood & resilience
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/	4 th December 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"> • 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)
First Aid Responder (FAR) Course	Venue: Seven Oaks Hotel Contact: Irish Red Cross Tel: 1890502502 Email: courses@redcross.ie Web: www.redcross.ie	11 th December 2019	3 days (11 th -13 th December) 9.30am-4.30pm	€240	PHECC Cert valid for 2 years	<u>Topics:</u> Patient assessment, incident procedure, Cardiac First Response, common medical emergencies, Injury management and shock, care of the unconscious patient, burns and electrical injury care, hypothermia & hyperthermia, information management, communications and the wellbeing of the first aider.
First Aid Responder Refresher	Venue: Seven Oaks Hotel Contact: Irish Red Cross Tel: 1890502502	19 th December 2019	2 days – 19 th & 20 th Dec 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
Institute of Technology Carlow - Evening Courses	Venue: IT Carlow, Kilkenny Road, Carlow For further information please contact the Lifelong Learning Centre:-	January 2020	One or two evenings per week. Course duration	Price varies please contact course provider or log on to www.itcarlow.ie/	Qualifications vary depending on the course, please contact course provider	<u>Undergraduate Certificate Courses:</u> <ul style="list-style-type: none"> • Project Management & Communications • Professional Report Writing • Organisational Psychology

	Tel: 0599175280 W: www.itcarlow.ie/III E: III@itcarlow.ie		varies between 10-15 weeks)		for further information or log on to www.itcarlow.ie	<ul style="list-style-type: none"> • Applied Strategic Management • Meeting the Challenge of Challenging Behaviour • Restorative Practice • Groupwork & Facilitation Skills • Management & Governance for Youth & Community Work • Ageing Studies • Introduction to Criminology & the Irish Justice System • Leadership & Change Management • Mental Health Awareness in Youth Work • Caring for the Developing Child • Health, Wealth & Nutrition • Leading Contemporary & Quality Practice • Building Capacity & Enhancing Leadership in Intercultural Understanding & Diversity • Legal Practice & Procedure • Health, Safety & Environmental Management • Energy Sustainability • Advanced CAD & 3D Modelling • Digital Media • Digital Marketing • Web Design • Entrepreneurship • Python Programming • Introduction to Sport & Exercise Psychology <p>Postgraduate Certificates: -</p> <ul style="list-style-type: none"> • Family Support (Theory & Practice) • Educational Psychology • Adult Community Education
--	---	--	--------------------------------------	--	--	--

Healthcare Support Traineeship	Venue: Carlow Town Provider – KCETB Training Services Contact: Deirdre Muldowney Tel: 056 7813014 Web: www.kcetbtraining.ie Application through your local INTREO Office	14 th January 2020	Full time over 47 weeks (ending 5 th December 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
Workshops – Primary Care & Child Psychology Service	Venue: Shamrock Plaza, Green Lane, Carlow To register call 076 1082018 and leave a message with the name of the workshop(s) you are interested in attending along with your full name and contact details.	15 th January 2020 onwards	Morning workshops – 3 hours (10am-1pm)	Free		<ul style="list-style-type: none"> • Ready, Steady, Relax: Anxiety Management – 15th January • Parenting Positively (aimed at parents of children aged 2-12 years) – 16th January & 30th January (2 session workshops) • Managing Mood Difficulties in Children & Adolescents – 22nd January • Managing Strong Emotions – 23rd January • Supporting Children & Adolescents who have experienced trauma – 5th February • Understanding & Supporting Children & Young People who Self-Harm – 6th February • Coping with Chronic Illness – 7th February • Parenting in the Digital Age – 12th February • Sleep Hygiene for Children & Teens – 13th February
Competency Based	Venue: Gateway Business Centre, Athy	16 th January 2020	1 day (9.30am-	€99		Participants will look at the best practice in recruitment and selection,

Interviewing & Recruiting within the Law	Rd, Carlow Contact: Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: www.cktraining.ie		5pm)			concentrating on the interview process. Though group interactions participants will learn how to prepare selection materials and conduct a competency based interview.
Mental Health First Aid	Venue: Gateway Business Centre, Athy Rd, Carlow Contact: Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: www.cktraining.ie	16 th January 2020	2 days – 16 th & 23 rd January (9.30am-4.30pmpm)	€295		The MHFA course is 4 modules (depression, anxiety, psychosis & substance misuse) of 3 hours each covered over 2 days. It teaches people how to assist someone who is developing a mental health problem or in a mental crises.
Chair Yoga	Venue: An Gairdin Beo, Old Dublin Road	16 th January 2020	6 Thursdays @ 10.30am	€60 for 6 week block or €12 drop in		For further information please contact Maria on 0876421820/ www.mariabyoga.com
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	21 st January 2020	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.
Goal Setting	Venue: Gateway Business Centre, Athy Rd, Carlow Contact: Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: www.cktraining.ie	21 st January 2020	1 day (9.30am-5pm)	€150		Participants will learn how to highlight and align key goal setting strategies with company vision/ objectives. Topics covered – how to control time, the value of visualisation, getting specific, how to master the discipline of focus and how to use the most powerful goal setting tool of all, your mindset.
Microsoft Excel	Venue: Gateway Business Centre, Athy	22 nd January 2020	1 day (9.30am-	€99		This training course is designed to enable the participant develop a good

Introduction	Rd, Carlow Contact: Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: www.cktraining.ie		5pm)			working knowledge of Excel to include features such as basic functions and formulae, sorting and filtering data, formatting and printing spreadsheets. This course is aimed at users who are new to Excel.
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: 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: www.carlowcollege.ie Tel: 059 9153200	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: www.carlowcollege.ie Tel: 059 9153200	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: www.carlowcollege.ie Tel: 059 9153200	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
People Management	Venue: Gateway Business Centre, Athy Rd, Carlow Contact: Jacqueline on 059 9132152, Carlow Kilkenny Skillnet	29 th January 2020	3 days – 29 th Jan & 5 th & 12 th February (9.30am-5pm)	€395		This course is for anyone who would like to attain core management skills and will look at the role and responsibilities of a manager, and the key management techniques needed to achieve results - www.cktraining.ie
Supervisory Management	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow Contact Jacqueline on 059 9132152, CK Training	30 th January 2020	5 days – 30 th Jan, 6 th , 13 th , 20 th & 27 th February	€395	QQI Level 6 component award	This course 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
First Aid Responder (FAR) Course	Venue: Gateway Business Centre, Athy Rd, Carlow Contact: Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: www.cktraining.ie <i>Running again 12th March 2020</i>	4 th February 2020	3 days (4 th , 11 th & 18 th February) 9.30am-5pm	€195	PHECC Cert valid for 2 years	Modules: 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 and the wellbeing of the first aider.
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	5 th February 2020	5 days – 5 th , 12 th , 19 th , 26 th February 4 th March	€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.
VDU Assessor	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow Contact: Jacqueline on	11 th February 2020	1 day (9.30am-5pm)	€99		This course is designed to enable the course participants to perform risk assessments in the use, ergonomics and management of VDU's in the office

	059 9132152, Carlow Kilkenny Skillnet					and to fulfil their statutory obligations in this regard. Web: www.cktraining.ie .
Dashboards In Excel	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow Contact: Jacqueline on 059 9132152, Carlow Kilkenny Skillnet	25 th February 2020	1 day (9.30am-5pm)	€99		This course is aimed at experienced Excel users who need to create and manipulate complex data and convert it into professional, concise and visual dashboards. Web: www.cktraining.ie
Speaker School	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow For more information please call Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: www.cktraining.ie	10 th March 2020	1 day (9.30am-5pm)	€150		This course is intended for owners, managers or people who do presentations of any kind, lead teams or pitch contracts. Participants will learn some key techniques including how your breathing impacts how you speak, how to take control and where your focus should be.
Diploma in Management Effectiveness & Practice	Venue: Institute of Technology Carlow For more information please call Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: www.cktraining.ie	11 th March 2020	1 Wednesday a month over 18 months (9.30am-5pm)	€2,500 (discounted price for Skillnet members of €1,500)	QQI Level 7 Special Purpose Award	This course aims to provide knowledge and skill development in delivering supervisory leadership and management in a modern commercial environment. Some topics – personal effectiveness, team leadership and change management. Option to progress to a Business Degree and Higher Diploma programmes in the IT.
Microsoft Word Advanced	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow For more information please call Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: www.cktraining.ie	24 th March 2020	1 day (9.30am-5pm)	€99		The objective of this course is to produce high quality reports, templates and forms incorporating more advanced word processing features such as bookmarks, fields and macros. Topics- how to generate and manipulate long reports, documents, templates and online forms that may need to be edited by multiple users.
Safety Management	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow For more information	2 nd April 2020	5 days – 2 nd , 9 th , 16 th , 23 rd & 30 th April	€395		The aim of this course is to gain an understanding of the role and function of management in providing a safe place to work and to develop a wide

	please call Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: www.cktraining.ie		2020			range of skills to implement a safe place to work. <u>Topics</u> – accident causation, safety/ work culture, risk management and training and education.
Microsoft Project Introduction	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow For more information please call Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: www.cktraining.ie	7 th April 2020	1 day (9.30am-5pm)	€99		This course is designed to enable participants to use Microsoft Project effectively for setting up projects, resource management, tracking progress, reporting and communicating to stakeholders. This course is aimed at Project Managers, Team Leaders and those involved in projects.
High Performing Teams	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow For more information please call Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: www.cktraining.ie	9 th April 2020	1 day (9.30am-5pm)	€99		This course will explore the characteristics of a good manager and leader, as well as become more aware of the differences that may exist between your own motivations and those of your team members. Understand how you can better motivate others, as an individual and as teams, in a way that enhances overall performances.
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	21 st April 2020	5 days – (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
Art Classes	Venue: Bagenalstown Family Resource Centre Emer on 059 9722028	Ongoing	Tuesday mornings	€33 for 6 weeks		Have you ever wanted to learn how to paint, then why not join our art classes, where the tutor will show you step by step how to make this happen!
Women's Self Defence	Venue: Japanese Marshal Arts Centre, Bagenalstown	Ongoing	Tuesdays at 8pm			For more information please text or call Noel Amond on 086 6097834
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
50+ Gym	Venue: Patric Fitness Centre, Kilcarrig, Bagenalstown Tel: 089 9592304	Ongoing	Wednesdays @ 11am	€8 entry		This is a class specifically designed for older age groups to get active in an energetic setting.
Circuit Training	Venue: Japanese Marshal Arts Centre, Bagenalstown	Ongoing	Thursdays at 8pm			For more information please text or call Noel Amond on 086 6097834

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	<ul style="list-style-type: none"> • Special Needs Assisting (QQI 6) – 24th January 2020 • Care Skills & Care of the Older Person (QQI 5) two modules – 30th January 2020 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) – 8 th January 2020 Door & Event Security Procedures (QQI Level 4) – 8 th January 2020 Combined – Guarding & Retail Security & Door & Event Security (QQI 4) – 8 th January 2020 Manual Handling - 8 th January 2020
Pilates	Venue: Wellwood Centre, Bagenalstown Tel: Colette on 087 6312885	8 th January 2020	6 Wednesdays @ 10.30am	€65		Beginners and Improvers Pilates with Stott Certified Instructor. Improve your posture, create greater joint stability, strengthen your core.
Sewing Course	Venue: Orchard Craft Studio, Bagenalstown, R21NA06 Tel: Ally on 083 0380329	9 th January 2020	6 Thursdays (7-9pm)	€135		This is a sewing machine based class. No experience required. Take home all class notes, sewing patterns and finished projects to repeat and reuse. Web: www.orchardcraftstudio.com

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
Festive Creations – Child’s Christmas Stocking	Venue: Ballon Business & Training Centre Tel: 059 9159447 www.ballonbts.com	5 th December 2019	1 evening (6-9pm)	€20		This workshop looks at designing and making a child’s Christmas stocking. Bring your own material to suit your colour scheme and your machine and thread.
Festive Creations – Christmas Table Runner	Venue: Ballon Business & Training Centre Tel: 059 9159447 www.ballonbts.com	12 th December 2019	1 evening (6-9pm)	€20		This workshop looks at designing and making your own table runner and six napkins for your Christmas dinner table. Bring your own material to suit your colour scheme and your machine and thread.
Chair Yoga	Venue: Ballon Business and Training Centre	17 th January 2020	6 Fridays at 10.30am	€60 for 6 week block or €12 drop in		For further information please contact Maria on 0876421820/ www.mariabyoga.com
Cookery Demonstrations	Venue: Ballon Business and Training Centre Tel: 059 9159447 www.ballonbts.com	20 th January 2020	6 Mondays (7-9pm)	€65		Cookery demonstrations with Majella Johnston – One Pot Wonders, Pasta Dishes, Cooking On A Budget and Delicious Desserts
Interior Design	Venue: Ballon Business and Training Centre Tel: 059 9159447 www.ballonbts.com	21 st January 2020	6 Tuesdays (6.30pm-8.30pm)	€65		Give a professional look to your room, learn how to pull your space together and show your own personal style on any budget.
Art Classes	Venue: Ballon Business and Training Centre Tel: 059 9159447	21 st January 2020	6 Tuesdays (10am-12pm)	€65		Don’t forget your easel and painting gear! Web: www.ballonbts.com
Infection Prevention & Control	Venue: Rathoe Contact: Helena Comerford, KCETB Training Services Tel: 056 7813014	21 st January 2020	15 Tuesdays (6-9.30pm)	Free of charge to learners in receipt of social welfare. Those not eligible there is a fee of	QQI Level 5 minor award	The aim of this programme is to offer learners working in healthcare and/ or interested in working in healthcare the opportunity to study modules on a part time basis. This module aims to equip

	Application online – www.fetchcourses.ie / applicants in receipt of Social Welfare are required to register with their local Intreo/ DEASP Office			€100		the learner with the skills, knowledge and competence to prevent and control infection within the health services area. On successful completion, learners will be offered the opportunity to take further Level 5 modules from the Healthcare Support Major Award
Teamworking	Venue: Rathoe Comerford, KCETB Training Services Tel: 056 7813014 Application online – www.fetchcourses.ie / applicants in receipt of Social Welfare are required to register with their local Intreo/ DEASP Office	23 rd January 2020	15 Thursdays (6-9.30pm)	Free of charge to learners in receipt of social welfare. Those not eligible there is a fee of €100	QQI Level 5 minor award	The aim of this programme is to offer learners working in healthcare and/ or interested in working in healthcare the opportunity to study healthcare modules on a part time basis. This module aims to equip the learner with the relevant skill and knowledge to work as an effective member of a team, operating independently while under general direction and within a range of diverse team-oriented environments.
Machine Sewing Workshop	Venue: Ballon Business and Training Centre Tel: 059 9159447 www.ballonbts.com	23 rd January 2020	4 Thursdays - 9.30am-12pm or Fridays (12.30pm-3.30pm)	€65		All levels catered for. Don't forget to bring your pattern, material and machine!
Manual & Computerised Payroll	Venue: Ballon Business and Training Centre Tel: 059 9159447/ www.ballonbts.com	23 rd January 2020	10 Thursdays (7-10pm)	€300 (includes tuition, exam & certification)	QQI Level 5 minor 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.ballonbts.com	7 th February 2020	10 Friday 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.

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
Mindfulness	Borris Focus Centre	Ongoing	Thursdays (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
Basket Making	Venue: The Borris Centre, Borris	Ongoing	Fridays 10am-12pm			For more information please contact the centre on 083-8267871. The centre is open daily from 10am-4pm
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.

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

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!.
Chair Yoga	Venue: Tullow Parish and Community Hall	Wednesdays	@ 11.30am	€12 drop in or buy 4 classes for €40		For more information please contact Maria at 087 6421820 - https://www.mariabyoga.com/
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
Residential Writing Weekend	Venue: Teach Bhride For more information please email: ckfictionclinic@yahoo.com	3 rd January 2020	Weekend – 3 rd to 5 th January	€400 includes all meals and two nights accommodation		Claire Keegan is hosting this residential writing weekend. Mornings will be spent writing in any genre with lectures and discussions in the afternoons and evenings
Chair Yoga Tullow	Venue: Tullow Parish & Community Centre	15 th January 2020	6 Wednesdays @ 11.30am	€60 for 6 week block or €12 drop in		For further information please contact Maria on 0876421820/ www.mariabyoga.com
Teamworking	Venue: Tullow Contact: Helena Comerford, KCETB Training Services Tel: 056 7813014 Application online – www.fetchcourses.ie / applicants in receipt of Social Welfare are required to register with their local Intreo/ DEASP Office	21 st January 2020	15 Tuesdays (9.30am-1pm)	Free of charge to learners in receipt of social welfare. Those not eligible there is a fee of €100	QQI Level 5 minor award	The aim of this programme is to offer learners working in healthcare and/ or interested in working in healthcare the opportunity to study healthcare modules on a part time basis. This module aims to equip the learner with the relevant skill and knowledge to work as an effective member of a team, operating independently while under general direction and within a range of diverse team-oriented environments.
Infection Prevention & Control	Venue: Tullow Contact: Helena Comerford, KCETB Training Services Tel: 056 7813014	22 nd January 2020	15 Wednesdays (9.30am-1pm)	Free of charge to learners in receipt of social welfare. Those not eligible there is a fee of	QQI Level 5 minor award	The aim of this programme is to offer learners working in healthcare and/ or interested in working in healthcare the opportunity to study modules on a part time basis. This module aims to equip

	Application online – www.fetchcourses.ie / applicants in receipt of Social Welfare are required to register with their local Intreo/ DEASP Office			€100		the learner with the skills, knowledge and competence to prevent and control infection within the health services area. On successful completion of this module, learners will be offered the opportunity to take further Level 5 modules from the Healthcare Support Major Award
An Introduction to Beekeeping	Venue: Teach Bhríde, Tullow Contact Anne on 085 1483057	5 th March 2020	5 th , 12 th & 19 th March at 7.30pm	€50 – includes 1 year membership, insurance & magazine subscription		Interested in bees & beekeeping? Try out a new hobby and learn the basics at this beginner's course. Three theory classes and two practical (apiary – dates TBC).

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.