

## OPEN EVENINGS

### **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, 22<sup>nd</sup> JANUARY 2020 from 5.30pm-8pm**

For more information please contact Mary Bates on [mary.bates@itcarlow.ie](mailto:mary.bates@itcarlow.ie) / [www.itcarlow.ie](http://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
<b>Conversational English classes (Failte Isteach)</b>	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
<b>Dance Fitness for the over 50s</b>	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.
<b>Knitting &amp; Crochet Classes</b>	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.

<b>Getting Through The Day One Stitch At A Time</b>	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.
<b>English Classes</b>	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
<b>Adult Art Classes</b>	Venue: Brownhill Art Studio, Brownhill Rd, Tel: Jean on 086 8686783 <a href="http://www.muralmayhem.com/">www.muralmayhem.com/</a>	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
<b>Craft Group</b>	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.
<b>Fun Fridays</b>	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
<b>CPC Training – Truck &amp; Bus Drivers (Continual Professional Development)</b>	Venue: Seven Oaks Hotel Training Provider – CPC.ie Tel: 087 6363003 or 066 7185556 Email: <a href="mailto:info@cpc.ie">info@cpc.ie</a> Web: <a href="http://www.cpc.ie">www.cpc.ie</a>	Ongoing	1 day per module	€55 per module	Continual Professional Development	Professional truck & bus drivers have to undergo periodic training of one day per year. Upcoming modules schedule: <ul style="list-style-type: none"> <li>• 12<sup>th</sup> Jan - Control of Vehicle &amp; Eco Driving Techniques</li> <li>• 18<sup>th</sup> Jan - The Professional Truck Driver</li> <li>• 26<sup>th</sup> Jan - Minimising Risks &amp; Managing Emergencies</li> </ul>
<b>Microsoft Office Suite Core and Expert</b>	Venue: Enterprise House, O'Brien Road, Carlow KCETB Training Services Contact: Patricia Nolan on 056 – 7813014 or	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

	email <a href="mailto:tsu.recruit@kilkennycarlo.wetb.ie">tsu.recruit@kilkennycarlo.wetb.ie</a>					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
<b>ILM Qualification in Leadership and Management</b>	Venue: Carlow KCETB Training Services Contact: Patricia Nolan on 056 – 7813014 or email <a href="mailto:tsu.recruit@kilkennycarlo.wetb.ie">tsu.recruit@kilkennycarlo.wetb.ie</a>	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
<b>Institute of Technology Carlow - Evening Courses</b>	Venue: IT Carlow, Kilkenny Road, Carlow For further information please contact the Lifelong Learning Centre:- Tel: 0599175280 W: <a href="http://www.itcarlow.ie/III">www.itcarlow.ie/III</a> E: <a href="mailto:III@itcarlow.ie">III@itcarlow.ie</a>	January 2020	One or two evenings per week. Course duration varies between 10-15 weeks)	Price varies please contact course provider or log on to <a href="http://www.itcarlow.ie/">www.itcarlow.ie/</a>	Qualifications vary depending on the course, please contact course provider for further information or log on to <a href="http://www.itcarlow.ie">www.itcarlow.ie</a>	<b><u>Undergraduate Certificate Courses:</u></b> <ul style="list-style-type: none"> <li>• Project Management &amp; Communications</li> <li>• Professional Report Writing</li> <li>• Organisational Psychology</li> <li>• Applied Strategic Management</li> <li>• Meeting the Challenge of Challenging Behaviour</li> <li>• Restorative Practice</li> <li>• Groupwork &amp; Facilitation Skills</li> <li>• Management &amp; Governance for Youth &amp; Community Work</li> <li>• Ageing Studies</li> <li>• Introduction to Criminology &amp; the Irish Justice System</li> </ul>

						<ul style="list-style-type: none"> <li>• Leadership &amp; Change Management</li> <li>• Mental Health Awareness in Youth Work</li> <li>• Caring for the Developing Child</li> <li>• Health, Wealth &amp; Nutrition</li> <li>• Leading Contemporary &amp; Quality Practice</li> <li>• Building Capacity &amp; Enhancing Leadership in Intercultural Understanding &amp; Diversity</li> <li>• Legal Practice &amp; Procedure</li> <li>• Health, Safety &amp; Environmental Management</li> <li>• Energy Sustainability</li> <li>• Advanced CAD &amp; 3D Modelling</li> <li>• Digital Media</li> <li>• Digital Marketing</li> <li>• Web Design</li> <li>• Entrepreneurship</li> <li>• Python Programming</li> <li>• Introduction to Sport &amp; Exercise Psychology</li> </ul> <p><b>Postgraduate Certificates: -</b></p> <ul style="list-style-type: none"> <li>• Family Support (Theory &amp; Practice)</li> <li>• Educational Psychology</li> <li>• Adult Community Education</li> </ul>
<b>Irish Sign Language</b>	Venue: Carlow Library Tel: 059 9129701/ <a href="mailto:ckinsella@carlowcoco.ie">ckinsella@carlowcoco.ie</a>	14 <sup>th</sup> January 2020	10 Tuesdays 5-6pm	Free		Learn Irish Sign Language at Carlow Library – Beginners Course. Please book a place as numbers are limited.
<b>Workshops – Primary Care &amp; Child Psychology Service</b>	Venue: Shamrock Plaza, Green Lane, Carlow  To register call 076 1082018 and leave a message with the name of the workshop(s) you are	15 <sup>th</sup> January 2020 onwards	Morning workshops – 3 hours (10am-1pm)	Free		<ul style="list-style-type: none"> <li>• <i>Ready, Steady, Relax: Anxiety Management</i> – 15<sup>th</sup> January</li> <li>• <i>Parenting Positively (aimed at parents of children aged 2-12 years)</i> – 16<sup>th</sup> January &amp; 30<sup>th</sup> January (2 session workshops)</li> <li>• <i>Managing Mood Difficulties in</i></li> </ul>

	interested in attending along with your full name and contact details.					<p><i>Children &amp; Adolescents – 22<sup>nd</sup> January</i></p> <ul style="list-style-type: none"> <li>• <i>Managing Strong Emotions – 23<sup>rd</sup> January</i></li> <li>• <i>Supporting Children &amp; Adolescents who have experienced trauma – 5<sup>th</sup> February</i></li> <li>• <i>Understanding &amp; Supporting Children &amp; Young People who Self-Harm – 6<sup>th</sup> February</i></li> <li>• <i>Coping with Chronic Illness – 7<sup>th</sup> February</i></li> <li>• <i>Parenting in the Digital Age – 12<sup>th</sup> February</i></li> <li>• <i>Sleep Hygiene for Children &amp; Teens – 13<sup>th</sup> February</i></li> </ul>
<b>Workshops – Recovery College South East</b>	<p>Venue: Training Room/ Day Centre or Involvement Centre in St. Dymphna's Hospital, Athy Road, Carlow          Tel: 056 7703666          Email: <a href="mailto:recoverycollegesoutheast@gmail.com">recoverycollegesoutheast@gmail.com</a>          Web: <a href="http://www.recoverycollegesoutheast.com/">www.recoverycollegesoutheast.com/</a></p>	15 <sup>th</sup> January 2020 onwards	Morning workshops	Workshops are free, however there is an enrolment fee of €5 per semester per student		<p>Courses and Workshops at the Recovery College are for everyone.</p> <ul style="list-style-type: none"> <li>• 15<sup>th</sup> January – <i>Positive Relationships in Recovery</i></li> <li>• 22<sup>nd</sup> January – <i>Building Self Esteem</i></li> <li>• 24<sup>th</sup> January – <i>WRAP (Wellness Recovery Action Plan) – 5 mornings</i></li> <li>• 29<sup>th</sup> January – <i>Understanding Anxiety</i></li> <li>• 5<sup>th</sup> February – <i>Introduction to Mindfulness</i></li> <li>• 10<sup>th</sup> February – <i>Personal Development – Understanding what blocks us in Life</i></li> <li>• 12<sup>th</sup> February – <i>Understanding Medication</i></li> <li>• 13<sup>th</sup> February – <i>Co-Production Workshop</i></li> <li>• 17<sup>th</sup> February – <i>Living &amp; Eating</i></li> </ul>

						<p><i>well in Recovery</i></p> <ul style="list-style-type: none"> <li>• 18<sup>th</sup> February – <i>Let's Talk Recovery</i></li> <li>• 18<sup>th</sup> February – <i>Building Self-Esteem</i> (2 mornings)</li> <li>• 24<sup>th</sup> February – <i>Positive Relationships in Recovery</i></li> <li>• 26<sup>th</sup> February – <i>Recovery Principles &amp; Practice</i></li> <li>• 27<sup>th</sup> February – <i>Understanding and Managing Anxiety</i> (4 mornings)</li> <li>• 2<sup>nd</sup> March – <i>Understanding Resilience</i></li> <li>• 4<sup>th</sup> March – <i>Getting a good night's sleep</i></li> <li>• 11<sup>th</sup> March – <i>Learning Self Compassion &amp; Kindness for Myself</i></li> <li>• 1<sup>st</sup> April – <i>Building My Self Confidence</i> (2 mornings)</li> <li>• 23<sup>rd</sup> April WRAP – 2 day workshops (10am-4pm)</li> </ul>
<b>Competency Based Interviewing &amp; Recruiting within the Law</b>	Venue: Gateway Business Centre, Athy Rd, Carlow Contact: Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a>	16 <sup>th</sup> January 2020	1 day (9.30am-5pm)	€99		Participants will look at the best practice in recruitment and selection, concentrating on the interview process. Though group interactions participants will learn how to prepare selection materials and conduct a competency based interview.
<b>Mental Health First Aid</b>	Venue: Gateway Business Centre, Athy Rd, Carlow Contact: Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a>	16 <sup>th</sup> January 2020	2 days – 16 <sup>th</sup> & 23 <sup>rd</sup> 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 crisis.
<b>Chair Yoga</b>	Venue: An Gairdin Beo, Old Dublin Road	16 <sup>th</sup> January 2020	6 Thursdays @ 10.30am	€60 for 6 week block or €12 drop in		For further information please contact Maria on 0876421820/ <a href="http://www.mariabyoga.com">www.mariabyoga.com</a>

<b>Mindfulness &amp; Awareness</b>	Venue: Carlow Cathedral Parish Centre Contact: Jack Byrne on 086 6066087	16 <sup>th</sup> January 2020	5 Thursdays (7.30-9pm)	€50		Learn the principles and practices of mindfulness and the power of awareness. Suitable for beginners and practitioners.
<b>Welding – Basic/ Intermediate/ Advanced Levels (MMA/ TIG/ MIG &amp; Coded Pipe)</b>	Venue: Arc Training, Newacre, Athy Road, Carlow Contact Aine Byrne on 059 9131624/ <a href="mailto:abyrne@thompson.ie">abyrne@thompson.ie</a> Web: <a href="http://www.arctrainingsolutions.com">www.arctrainingsolutions.com</a>	21 <sup>st</sup> January 2020	6 weeks – 2 evenings per week (6-9pm) 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"> <li>• Under Health and Safety, participants on this course must not wear contact lenses</li> <li>• Participants must have good hand/eye co-ordination and good manual dexterity</li> <li>• Participants must bring their own Personal Protective Equipment i.e. overalls, steel toe cap boots, welding shield etc.</li> </ul>
<b>Goal Setting</b>	Venue: Gateway Business Centre, Athy Rd, Carlow Contact: Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a>	21 <sup>st</sup> 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.
<b>Microsoft Excel Introduction</b>	Venue: Gateway Business Centre, Athy Rd, Carlow Contact: Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a>	22 <sup>nd</sup> January 2020	1 day (9.30am-5pm)	€99		This training course is designed to enable the participant develop a good 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.
<b>Actually Reading Ulysses – Everything you ever wanted to</b>	Venue: Carlow College Web: <a href="http://www.carlowcollege.ie">www.carlowcollege.ie</a> Tel: 059 9153200	23 <sup>rd</sup> 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

<b>know</b>						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.
<b>We the People: Introduction to American Government</b>	Venue: Carlow College Tel: 059 9153200	23 <sup>rd</sup> January 2020	8 Thursdays 7-9pm	€125		This course will provide an introduction to the origins and evolution of the American political system. Web: <a href="http://www.carlowcollege.ie">www.carlowcollege.ie</a>
<b>Learning About Oral History</b>	Venue: Carlow College Web: Tel: 059 9153200 Web: <a href="http://www.carlowcollege.ie">www.carlowcollege.ie</a>	23 <sup>rd</sup> 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.
<b>Exploring Spirituality Through Film &amp; Music</b>	Venue: Carlow College Web: Tel: 059 9153200 Web: <a href="http://www.carlowcollege.ie">www.carlowcollege.ie</a>	23 <sup>rd</sup> 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
<b>Vanity, Greed &amp; Deceit – Reflections on the Good Life</b>	Venue: Carlow College Web: Tel: 059 9153200 Web: <a href="http://www.carlowcollege.ie">www.carlowcollege.ie</a>	23 <sup>rd</sup> 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.
<b>Organic Food – What Is It All About</b>	Venue: Carlow College Tel: 059 9153200	23 <sup>rd</sup> 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: <a href="http://www.carlowcollege.ie">www.carlowcollege.ie</a>
<b>Community Willow Day</b>	Venue: St. Mary's Church, Carlow R93 YW77	25 <sup>th</sup> January 2020	1 day (10am-4pm)	Free		Learn to create a living willow structure with Beth Murphy from Willow Wonder. Dress for the weather! This is a free community event.
<b>Healthcare Support</b>	Venue: Carlow Town Provider – KCETB	27 <sup>th</sup> January 2020	Full time over 47	Free - if you are unemployed,	QQI Level 5 Major Award	The aim of this programme is to enable the learner to develop skills to provide



<b>Traineeship</b>	Training Services Contact: Deirdre Muldowney Tel: 056 7813014 Web: <a href="http://www.kcetbtraining.ie">www.kcetbtraining.ie</a> Application through your local INTREO Office		weeks (ending 18 <sup>th</sup> December 2020) – 2 days classroom learning & 2½ days per week workplace learning	redundant or no longer in full-time education.		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
<b>Women for Change – Self Confidence &amp; Leadership Workshop</b>	Venue: Gáirdin Beo Contact Catherine in the National Women's Council of Ireland on 01 6790100/ <a href="mailto:catherinel@nwci.ie">catherinel@nwci.ie</a>	28 <sup>th</sup> January 2020	10am-1pm	Free		This workshop is for women in representative roles and are on local and regional decision-making structures to take part. The aim is to help participants in their role in the community, meet other women making change, exchange skills and experience.
<b>People Management</b>	Venue: Gateway Business Centre, Athy Rd, Carlow Contact: Jacqueline on 059 9132152, Carlow Kilkenny Skillnet	29 <sup>th</sup> January 2020	3 days – 29 <sup>th</sup> Jan & 5 <sup>th</sup> & 12 <sup>th</sup> 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 - <a href="http://www.cktraining.ie">www.cktraining.ie</a>
<b>Evening Classes in Carlow Institute of Further Education &amp; Training</b>	Venue: CIFET, Kilkenny Road, Carlow Contact: 087 9241056 or email <a href="mailto:cife.adulted@kilkennycarl.owetb.ie">cife.adulted@kilkennycarl.owetb.ie</a>	29 <sup>th</sup> January 2020	8 Wednesdays (7pm-9pm)	Varies depending on the course		<ul style="list-style-type: none"> <li>• One-Pot Wonders (€95)</li> <li>• Drama for Fun (€85)</li> <li>• French for Beginners (€85)</li> <li>• Get in shape for the summer (€45)</li> <li>• Make-up &amp; Nails (€85)</li> <li>• Mindfulness (€85)</li> <li>• My Style (€85)</li> <li>• Yoga for Beginners (€45)</li> </ul> Registration - Online at <a href="http://www.carlowifet.ie">www.carlowifet.ie</a> and in CIFET on January 22 <sup>nd</sup> (5 pm to 8 pm).
<b>Child Development</b>	Venue: Carlow Institute of Further Education &	29 <sup>th</sup> January 2020	12 Wednesdays	€360	QQI Level 6 Minor Award	The aim of this module is to provide the participant with comprehensive

	Training, Kilkenny Road, Carlow Contact: 087 9241056 or email <a href="mailto:cife.adulted@kilkennycarl.owetb.ie">cife.adulted@kilkennycarl.owetb.ie</a>		(6.30pm-9.30pm)			knowledge and understanding of child development for children aged 0-12. Learners must have completed a full QQI level 5 award in childcare, obtain their own work placement & have current Garda Vetting. Registration - online at <a href="http://www.carlowifet.ie">www.carlowifet.ie</a> and in CIFET on January 22 <sup>nd</sup> (5 pm to 8 pm).
<b>Supervisory Management</b>	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow Contact Jacqueline on 059 9132152, CK Training	30 <sup>th</sup> January 2020	5 days – 30 <sup>th</sup> Jan, 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup> 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: <a href="http://www.cktraining.ie">www.cktraining.ie</a>
<b>Special Needs Assisting (QQI Level 5)</b>	Venue: Carlow Town Barrow Training Tel: 059 9721416 E:: <a href="mailto:info@barrowtraining.ie">info@barrowtraining.ie</a> W: <a href="http://www.barrowtraining.ie">www.barrowtraining.ie</a>	31 <sup>st</sup> January 2020	4 Fridays (9.30am-4.30pm)	€325	QQI Level 5 minor award	This course aims to build the learner's knowledge and support skills to enable a much more inclusive service to be offered to children in early years environments with special developments and educational requirements.
<b>Elementary Irish Classes</b>	Venue: Cathedral Parish Centre, College Street For further information please contact Gaelchultur on (01) 484 5220 / 1890 252 900 <a href="http://www.gaelchultur.com">www.gaelchultur.com</a>	3 <sup>rd</sup> February 2020	10 Mondays (7-9pm)	€200		During this course participants will learn how to engage in basic everyday interactions, talk about themselves and their background, the work they do, etc. and will have acquired a basic knowledge of grammar. Test your level <a href="http://www.gaelchultur.com/en/assessment.aspx">www.gaelchultur.com/en/assessment.aspx</a>
<b>First Aid Responder (FAR) Course</b>	Venue: Gateway Business Centre, Athy Rd, Carlow Contact: Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a> <i>Running again 12<sup>th</sup> March 2020</i>	4 <sup>th</sup> February 2020	3 days (4 <sup>th</sup> , 11 <sup>th</sup> & 18 <sup>th</sup> February) 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, burns and electrical injury care, hypothermia & hyperthermia, information management and the wellbeing of the first aider.

<b>Lower Intermediate Irish</b>	Venue: New Oak Community Centre For further information please contact Gaelchultur on (01) 484 5220 / 1890 252 900 <a href="http://www.gaelchultur.com">www.gaelchultur.com</a>	4 <sup>th</sup> February 2020	10 Tuesdays (7-9pm)	€200		This level is intended for those who have studied Irish at school, who understand a great deal of Irish but have had few opportunities to use it in recent years. Test your level using the online assessment - <a href="http://www.gaelchultur.com/en/assessment.aspx">www.gaelchultur.com/en/assessment.aspx</a>
<b>Manual Handling Instructor</b>	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a> For more information please call Jacqueline on 059 9132152, Carlow Kilkenny Skillnet	5 <sup>th</sup> February 2020	5 days – 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> February 4 <sup>th</sup> March	€395	QQI level 6 component certificate	This course aims to equip learners with the skills to develop and deliver an effective training programme in manual handling in health/social care contexts. Also, ensuring that students will gain the instructional skills to enable them to deliver effective manual handling training to others.
<b>VDU Assessor</b>	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow Contact: Jacqueline on 059 9132152, Carlow Kilkenny Skillnet	11 <sup>th</sup> 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 and to fulfil their statutory obligations in this regard. Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a> .
<b>Dashboards In Excel</b>	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow Contact: Jacqueline on 059 9132152,	25 <sup>th</sup> 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: <a href="http://www.cktraining.ie">www.cktraining.ie</a>
<b>Speaker School</b>	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow For more information please call Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a>	10 <sup>th</sup> 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.
<b>Diploma in Management Effectiveness</b>	Venue: Institute of Technology Carlow For more information	11 <sup>th</sup> March 2020	1 Wednesday a month	€2,500 (discounted price for Skillnet)	QQI Level 7 Special Purpose Award	This course aims to provide knowledge and skill development in delivering supervisory leadership and

<b>&amp; Practice</b>	please call Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a>		over 18 months (9.30am-5pm)	members of €1,500)		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.
<b>Microsoft Word Advanced</b>	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow For more information please call Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a>	24 <sup>th</sup> 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.
<b>Safety Management</b>	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow For more information please call Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a>	2 <sup>nd</sup> April 2020	5 days – 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> & 30 <sup>th</sup> April 2020	€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 range of skills to implement a safe place to work. <b>Topics</b> – accident causation, safety/ work culture, risk management and training and education.
<b>Microsoft Project Introduction</b>	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow For more information please call Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a>	7 <sup>th</sup> 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.
<b>High Performing Teams</b>	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow For more information please call Jacqueline on 059 9132152, Carlow	9 <sup>th</sup> 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.

	Kilkenny Skillnet Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a>					Understand how you can better motivate others, as an individual and as teams, in a way that enhances overall performances.
<b>Training Delivery &amp; Evaluation</b>	Venue: Gateway Business Centre, Athy Road, Carlow Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a> For more information please call Jacqueline on 059 9132152, Carlow Kilkenny Skillnet	21 <sup>st</sup> 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
<b>Beginner Computer Courses</b>	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!
<b>Jobseekers Clinic</b>	Venue: Bagenalstown Family Resource Centre - to make an appointment or for further information please call 059 9722028	Ongoing				Do you need help with updating your CV, doing up cover letters, job search, applying for jobs online, filling out job application forms, searching for courses and grant entitlements or feel you could benefit from one-to-one advice and practical support.
<b>Pilates</b>	Venue: Bagenalstown Community Centre	Ongoing	Monday nights @ 6pm			Suitable for beginners and improvers. Tel: Therese on 087 7731206 Web: <a href="http://www.tmpilates.com">www.tmpilates.com</a>
<b>Crochet Classes</b>	Venue: Ballinkillen Lorum Community Centre	Ongoing	Tuesdays at 7.30pm			For more information please contact the centre on 089 2578122
<b>Art Classes</b>	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!
<b>Women's Self Defence</b>	Venue: Japanese Marshal Arts Centre, Bagenalstown	Ongoing	Tuesdays at 8pm			For more information please text or call Noel Amond on 086 6097834
<b>Fit4Mums</b>	Venue: Ballinkillen Lorum Community Centre	Ongoing	Wednesdays @ 9.45am or 6.30pm			Class takes place in the gym room every Wednesday. Suitable for all fitness levels. Tel: 089 2578122
<b>50+ Gym</b>	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.
<b>Circuit Training</b>	Venue: Japanese Marshal Arts Centre, Bagenalstown	Ongoing	Thursdays at 8pm			For more information please text or call Noel Amond on 086 6097834

<b>Barrow Training Courses &amp; Workshops</b>	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"> <li>• <b>Special Needs Assisting (QQI 6)</b> – 24<sup>th</sup> January 2020</li> <li>• <b>Care Skills &amp; Care of the Older Person (QQI 5)</b> two modules – 30<sup>th</sup> January 2020</li> </ul> Web: <a href="http://www.barrowtraining.ie">www.barrowtraining.ie</a>
<b>Tiber Security Solution Courses</b>	Venue: TSS Training Suite, Bagenalstown For further information please call Tiber Security Solutions on 059 9722279 <a href="http://www.tibersecuritysolutions.ie">www.tibersecuritysolutions.ie</a>	Ongoing	Varies depending on the course	Varies depending on the course/ workshop – costs available on the Tiber Security website	Varies depending on the course – information available on the Tiber Security website	<b>Static &amp; Retail Security (QQI Level 4)</b> – 8 <sup>th</sup> January 2020 <b>Door &amp; Event Security Procedures (QQI Level 4)</b> – 8 <sup>th</sup> January 2020 <b>Combined – Guarding &amp; Retail Security &amp; Door &amp; Event Security (QQI 4)</b> – 8 <sup>th</sup> January 2020 <b>Manual Handling</b> - 8 <sup>th</sup> January 2020
<b>Pilates</b>	Venue: Wellwood Centre, Bagenalstown Tel: Colette on 087 6312885	8 <sup>th</sup> 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.
<b>Sewing Course</b>	Venue: Orchard Craft Studio, Bagenalstown, R21NA06 Tel: Ally on 083 0380329	9 <sup>th</sup> 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: <a href="http://www.orchardcraftstudio.com">www.orchardcraftstudio.com</a>
<b>Parenting When Separated</b>	Venue: Bagenalstown Family Resource Centre Contact: 059 9722028	16 <sup>th</sup> January 2020	6 Thursdays (10am-12.30pm)			A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce. Web: <a href="http://www.parentplus.ie">www.parentplus.ie</a>

**BALLON/ RATHOE**

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
<b>Ballon/ Rathoe Walking Group</b>	Venue: Ballon GFC, Fenagh Rd, Carlow	Ongoing	Thursdays 6.45pm	Free		This is an open group. Feel free to join at any time. For further information contact Sharon on 087 6887933/ Louise on 087 0950237
<b>Adult Mosaic Classes</b>	Venue: Craft Shed, Webb's Social Farm, Moorefield, Kilcoole, Rathoe, R93X791 Further information on 085 7534544/ <a href="mailto:teachwebb@gmail.com">teachwebb@gmail.com</a>	14 <sup>th</sup> January 2020	Tuesday mornings 10.30am-12pm	Contact course provider		Participants will have the flexibility to produce their individual projects within their own timeframes. Learners will buy a base kit. This will take them from start to completion of their project. Studio time will be charged at a separate cost per 1.5 hour.
<b>Chair Yoga</b>	Venue: Ballon Business and Training Centre	17 <sup>th</sup> January 2020	6 Fridays at 10.30am	€60 for 6 week block or €12 drop in		For further information please contact Maria on 0876421820/ <a href="http://www.mariabyoga.com">www.mariabyoga.com</a>
<b>Cookery Demonstrations</b>	Venue: Ballon Business and Training Centre Tel: 059 9159447 <a href="http://www.ballonbts.com">www.ballonbts.com</a>	20 <sup>th</sup> January 2020	6 Mondays (7-9pm)	€65		Cookery demonstrations with Majella Johnston – One Pot Wonders, Pasta Dishes, Cooking On A Budget and Delicious Desserts
<b>Interior Design</b>	Venue: Ballon Business and Training Centre Tel: 059 9159447 <a href="http://www.ballonbts.com">www.ballonbts.com</a>	21 <sup>st</sup> 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.
<b>Art Classes</b>	Venue: Ballon Business and Training Centre Tel: 059 9159447	21 <sup>st</sup> January 2020	6 Tuesdays (10am-12pm)	€65		Don't forget your easel and painting gear! Web: <a href="http://www.ballonbts.com">www.ballonbts.com</a>
<b>Machine Sewing Workshop</b>	Venue: Ballon Business and Training Centre Tel: 059 9159447 <a href="http://www.ballonbts.com">www.ballonbts.com</a>	23 <sup>rd</sup> 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!
<b>Manual &amp; Computerised Payroll</b>	Venue: Ballon Business and Training Centre Tel: 059 9159447/	23 <sup>rd</sup> 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



	<a href="http://www.ballonbts.com">www.ballonbts.com</a>					maintain accurate payroll records using manual and computerised systems, for an organisation, working under general direction and supervision
<b>Book keeping – Manual &amp; Computerised</b>	Venue: Ballon Business & Training Centre Tel: 059 9159447 Web: <a href="http://www.ballonbts.com">www.ballonbts.com</a>	7 <sup>th</sup> 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.
<b>Infection Prevention &amp; Control</b>	Venue: Rathoe Contact: Helena Comerford, KCETB Training Services Tel: 056 7813014 Application online – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a> / applicants in receipt of Social Welfare are required to register with their local Intreo/ DEASP Office	10 <sup>th</sup> February 2020	15 Tuesdays (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 modules on a part time basis. This module aims to equip the learner with the skills, knowledge and competence to prevent and control infection with in 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
<b>Teamworking</b>	Venue: Rathoe Contact: Helena Comerford, KCETB Training Services Tel: 056 7813014 Application online – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a> / applicants in receipt of Social Welfare are required to register with their local Intreo/ DEASP Office	12 <sup>th</sup> February 2020	15 Thursdays (6-9.30pm)	Free of charge to learners in receipt of social welfare. Those note 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.

**BORRIS/ ST. MULLINS COURSES**

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
<b>Bridge Classes</b>	Venue: Borris Vocational School	Ongoing	Tuesdays			Further information available from 087 9274577
<b>Lace Making &amp; Women's Group</b>	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
<b>Yoga classes</b>	Borris Focus Centre	Ongoing	Wednesdays – 7.30pm-8.30pm			To book your place or for more information please call or text 083 8267871
<b>Sewing Circle</b>	Borris Focus Centre	Ongoing	Thursday mornings (10-12pm)			For more information contact the centre on 083 8267871/ <a href="mailto:borrisfocuscentre12@gmail.com">borrisfocuscentre12@gmail.com</a>
<b>Mindfulness</b>	Borris Focus Centre	Ongoing	Thursdays (10-12pm)			For more information contact the centre on 083 8267871/ <a href="mailto:borrisfocuscentre12@gmail.com">borrisfocuscentre12@gmail.com</a>
<b>Borris Focus Centre Men's Group</b>	Venue: The Borris Centre, Borris Tel: 083-8267871/ Email: <a href="mailto:borrisfocuscentre12@gmail.com">borrisfocuscentre12@gmail.com</a>	Ongoing	Thursdays 2-4pm			Drop in for a chat, crack or a cup of coffee. How it develops is up to you. All suggestions greatly appreciated and acted on. Cards/Chess/Scrabble available.
<b>Music Group</b>	Borris Focus Centre	Ongoing	Thursday evening (8pm-10pm)			For more information contact the centre on 083 8267871/ <a href="mailto:borrisfocuscentre12@gmail.com">borrisfocuscentre12@gmail.com</a>
<b>One-To-One Technical Support</b>	Borris Focus Centre	Ongoing	Friday mornings @ 11am			For more information contact the centre on 083 8267871/ <a href="mailto:borrisfocuscentre12@gmail.com">borrisfocuscentre12@gmail.com</a>
<b>Basket Making</b>	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
<b>Basic Computer Course</b>	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
<b>Country Jiving Classes</b>	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
<b>Knitting &amp; Stitching Group</b>	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.
<b>Men's Shed</b>	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
<b>Bring Your Own Project Morning</b>	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/ <a href="mailto:slaneyhandcraft@gmail.com">slaneyhandcraft@gmail.com</a>

**TULLOW- UPCOMING COURSES**

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
<b>Conversational English classes (Failte Isteach)</b>	Venue: Forward Steps Family Resource Centre	Ongoing	Thursday evenings (6-8pm)	Free		Failte Isteach Free Conversational English classes. For more information please call Sandra on 0851218811
<b>Men's Shed</b>	Venue: Flynn's Old Garage, Church Street, Tullow  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!
<b>Craft Classes – Card Making</b>	Venue: Ballyconnell Hall	Monday nights	7pm			Everyone is welcome to attend. For more information please call 059 9156108
<b>Walking Group</b>	Venue: Meet at Tullow Car Park	Tuesdays	11am			Open to members and non-members of Tullow Active Retirement, unemployed, employed or retired.
<b>Knitting &amp; Crochet Club</b>	Venue: Forward Steps Family Resource Centre	Tuesdays	Tuesdays 7-9pm			Come have a chat and a cuppa. Everyone is welcome. Further information please call 059 9152776
<b>Line Dancing plus Tango &amp; Box Waltz</b>	Venue: Tullow Parish Centre	Tuesdays	11am-12.30pm			For more information please contact Tim Madden on 087 2345012. Beginners welcome.
<b>Mixed Level Hatha Yoga</b>	Venue: Teach Bhride	Tuesdays	8-9.15pm	€120 for full term		Beginners welcome. Tel: Pam Butler on 086 0891141
<b>Tai-Chi</b>	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!.
<b>Tai- Chi</b>	Venue: Teach Bhride Tel: Michael on 087 695285	Thursdays	11am			Open to members and non-members of Tullow Active Retirement, unemployed, employed or retired.
<b>Waltz Jive &amp; Foxtrot Line Dancing</b>	Venue: Tullow Parish Centre	Thursdays	8-9.30pm			For more information please contact Tim Madden on 087 2345012. Beginners welcome

<b>Over 55's – "Walking Football"</b>	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.
<b>Yoga</b>	Venue: Teach Bhride Tel: Imelda on 086 1045326	Fridays	11am			Open to members and non-members of Tullow Active Retirement, unemployed, employed or retired.
<b>Pilates</b>	Venue: Teach Bhride	Fridays	2 classes (7-8pm or 8-9pm)			For more information please call Jen in the Family Resource Centre on 059 9152776
<b>Residential Writing Weekend</b>	Venue: Teach Bhride For more information please email: <a href="mailto:ckfictionclinic@yahoo.com">ckfictionclinic@yahoo.com</a>	3 <sup>rd</sup> January 2020	Weekend – 3 <sup>rd</sup> to 5 <sup>th</sup> 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
<b>Chair Yoga Tullow</b>	Venue: Tullow Parish & Community Centre	15 <sup>th</sup> January 2020	6 Wednesdays @ 11.30am	€60 for 6 week block or €12 drop in		For further information please contact Maria on 0876421820/ <a href="http://www.mariabyoga.com">www.mariabyoga.com</a>
<b>Preparation for Work (Catalyst Programme for Women)</b>	Venue: Tullow Contact: Orlaith or Sinead in St. Catherine's Community Services Centre on 059 9138700	February 2020 (dates to be confirmed)	16 weeks – 3 mornings per week (10am-1pm)	Free to eligible participants (women who are not working and are not in receipt of job seekers or a work-related payment)		This programme supports women who would like to go back to work or further education and training. <u>Content</u> -personal development and confidence building, QQI accredited modules, manual handling, supported work placement, training, education and work-related information sessions.
<b>Teamworking</b>	Venue: Tullow Contact: Helena Comerford, KCETB Training Services Tel: 056 7813014 Application online – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a> / applicants in receipt of Social Welfare are required to register with their local Intreo/ DEASP Office	10 <sup>th</sup> February 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.

<b>Infection Prevention &amp; Control</b>	Venue: Tullow Contact: Helena Comerford, KCETB Training Services Tel: 056 7813014 Application online – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a> / applicants in receipt of Social Welfare are required to register with their local Intreo/ DEASP Office	11 <sup>th</sup> February 2020	15 Wednesdays (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 modules on a part time basis. This module aims to equip the learner with the skills, knowledge and competence to prevent and control infection with in 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
<b>Cookery Courses – Thrive Café Tullow</b>	Venue: Thrive Café, Market Square, Tullow R93 W3K8 Email: <a href="mailto:thrivecafetullow@gmail.com">thrivecafetullow@gmail.com</a> Website: <a href="http://www.thrivecafe.ie">www.thrivecafe.ie</a>	20 <sup>th</sup> February 2020 onwards	1 day courses (10am-4pm) with the exception of the Eat Healthy course (evening course – 7.30pm-9pm)	Fee varies		20 <sup>th</sup> February – <i>Eat Healthy Be Healthy</i> , 8 week nutrition & cooking programme (€249) 22 <sup>nd</sup> February – <i>Cooking for Hormonal Health</i> (€95) 28 <sup>th</sup> March – <i>Cooking for Fitness</i> – pre & post workout meals & snacks (€95) 25 <sup>th</sup> April – <i>Cooking for Diabetes</i> – (€95) 16 <sup>th</sup> May – <i>Cooking &amp; Nutrition for Toddlers</i> (€95)
<b>An Introduction to Beekeeping</b>	Venue: Teach Bhríde, Tullow Contact Anne on 085 1483057	5 <sup>th</sup> March 2020	5 <sup>th</sup> , 12 <sup>th</sup> & 19 <sup>th</sup> 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**

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

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