

OPEN EVENING

Carlow Institute of Further Education & Training

Open Evening on **6th February**: 6-8pm – All are Welcome

For more information please call 059 9134230/ email: cife.info@kilkennycarlowetb.ie/ Web: www.carlowifet.ie/

JOBS & CAREERS FAIR

INTREO is organising a Jobs & Careers Fair to take place in the Fairgreen Shopping Centre on **Tuesday, 3rd March 2020** from 9.30am-5pm
This is an ideal opportunity for jobseekers to connect with local employers and also find out about the range of services offered by the Department of Employment Affairs and Social Protection (DEASP) Intreo Services. For more information please call (059) 9170170 or email carlow@welfare.ie

INFORMATION MORNING

Carlow Institute of Further Education & Training

Information Morning on Friday, 13th March - 10am-1pm

Interested in finding out about full time Further Education options at Carlow Institute of Further Education & Training starting in September?

There are plenty of courses to choose from. For more information please call 059 9134230.

Course information available at www.carlowifet.ie

VOLUNTEER FAIR

The Carlow Volunteer Centre is organising a Volunteer Fair on Tuesday, **24th March 2020** (10am-2pm) in the Fairgreen Shopping Centre.

25 Voluntary Organisations will be there with lots of opportunities available to anyone who would like to volunteer.

For more information please contact the Volunteer Centre on (059) 9173033/ <http://volunteercarlow.ie>

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.**

- 1 **Caretaker** (Rehab Care) Ref#CES-2135092
- 1 **Support Worker** (St. Fiacc's House) Ref#CES-2135721
- 2 **Support Workers** (Rehab Care) Ref#CES-2138341
- 1 **Pool Attendant** (Graiguecullen Swimming Pool) Ref#CES-2139420

We can offer you: **Top Quality Training & Career Opportunities**
 We can provide: **Many Different Courses to Suit Your Individual Needs.**
 These vacancies can be found on www.jobsireland.ie or call **(059) 9134887** or **085 8584187** for further information.

**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
CPC Training – Truck & Bus Drivers (Continual Professional Development)	Venue: Seven Oaks Hotel Training Provider – CPC.ie Tel: 087 6363003 or 066 7185556 Email: info@cpc.ie Web: www.cpc.ie	Ongoing	1 day per module	€55 per module	Continual Professional Development	Professional truck & bus drivers have to undergo periodic training of one day per year. Upcoming modules schedule: <ul style="list-style-type: none"> • 1st Feb – Health & Safety of the Professional Driver • 9th Feb – Role of the Professional Driver in the Transport Industry • 15th Feb - The Professional Truck Driver • 22nd Feb - Control of Vehicle & Eco Driving Techniques • 1st March - Minimising Risks & Managing Emergencies
Barrow Training Courses & Workshops	Venue: Carlow Town Barrow Training Tel: 059 9721416 E:: info@barrowtraining.ie W: www.barrowtraining.ie	Ongoing	Varies	Varies depending on the course/ workshop – costs available on the Barrow Training website	Varies depending on the course/ workshop – qualification details available on the Barrow Training website	<ul style="list-style-type: none"> • First Aid Response – 10th February & April 21st • Manual & People Handling – 27th February & 23rd April 2020 • First Aid Responder Refresher – 28th February & May 28th • Special Needs Assisting (QQI 6) – 13th March
Microsoft Office Suite	Venue: Enterprise House, O'Brien Road, Carlow	Rolling Intake	10 weeks	Free to eligible applicants		On completion of this course candidates will have the skills,

Core and Expert	KCETB Training Services Contact: Patricia Nolan on 056 – 7813014 or email tsu.recruit@kilkennycarlowebt.ie					knowledge and competency to use the full range of functionality available in all MOS software applications listed in this programme to Microsoft Specialist 2010 or 2013 standard. This part-time online blended training programme is offered through Skills to Advance funding. It is specifically aimed at those in full/part-time employment who wish to enhance their existing vocational skills. Learners will attend the e-learning hub one evening a week and can also log in and study from home
ILM Qualification in Leadership and Management	Venue: Carlow KCETB Training Services Contact: Patricia Nolan on 056 – 7813014 or email tsu.recruit@kilkennycarlowebt.ie	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
Elementary Irish Classes	Venue: Cathedral Parish Centre, College Street For further information please contact Gaelchultur on (01) 484 5220 / 1890 252 900 www.gaelchultur.com	3 rd 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 www.gaelchultur.com/en/assessment.aspx
First Aid Responder (FAR) Course	Venue: Gateway Business Centre, Athy Rd, Carlow	4 th February 2020	3 days (4 th , 11 th & 18 th February)	€195	PHECC Cert valid for 2 years	Modules: Patient Assessment, incident procedure, Cardiac First Response Community, common medical

	Contact: Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: www.cktraining.ie <i>Running again 12th March 2020</i>		9.30am-5pm			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.
Lower Intermediate Irish	Venue: New Oak Community Centre For further information please contact Gaelchultur on (01) 484 5220 / 1890 252 900 www.gaelchultur.com	4 th 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 - www.gaelchultur.com/en/assessment.a.spx
Cognitive Behavioural Therapy (CBT) Programme	Venue: Cathedral Parish Centre, Carlow	4 th February 2020	6 Tuesdays (7.30pm-9pm)	Free		This Life Skills Group programme aims to show participants practical tips to manage feelings of anxiety, stress and depression. Register on http://bit.ly/LifeSkillsGrp
Afro Brazilian Drumming	Venue: An Gairdin Beo, Carlow	4 th February 2020	7.30pm-9pm	Taster session - €10 & 6 week course - €55		Six-week beginner course – ‘The Rhythms of Afro-Brazilian Carnival!’ Further information available by emailing rhythmriot@gmail.com
Workshops – Recovery College South East	Venue: Training Room/ Day Centre or Involvement Centre in St. Dymphna’s Hospital, Athy Road, Carlow Tel: 056 7703666 Email: recoverycollegesoutheast@gmail.com Web: www.recoverycollegesoutheast.com/	5 th February 2020 onwards	Morning workshops	Workshops are free, however there is an enrolment fee of €5 per semester per student		Courses and Workshops at the Recovery College are for everyone. <ul style="list-style-type: none"> • 5th February – <i>Introduction to Mindfulness</i> • 10th February – <i>Personal Development – Understanding what blocks us in Life</i> • 12th February – <i>Understanding Medication</i> • 17th February – <i>Living & Eating well in Recovery</i> • 18th February – <i>Let’s Talk Recovery</i> • 18th February – <i>Building Self-Esteem (2 mornings)</i>

						<ul style="list-style-type: none"> • 21st February – <i>Co-Production Workshop</i> • 24th February – <i>Positive Relationships in Recovery</i> • 26th February – <i>Recovery Principles & Practice</i> • 27th February – <i>Understanding and Managing Anxiety</i> (4 mornings) • 2nd March – <i>Understanding Resilience</i> • 4th March – <i>Getting a good night's sleep</i> • 11th March – <i>Learning Self Compassion & Kindness for Myself</i> • 1st April – <i>Building My Self Confidence</i> (2 mornings) • 23rd April WRAP – 2 day workshops (10am-4pm)
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.	5 th February 2020 onwards	Morning workshops – 3 hours (10am-1pm)	Free		<ul style="list-style-type: none"> • <i>Ready, Steady, Relax: Anxiety</i> • <i>Supporting Children & Adolescents who have experienced trauma</i> – 5th February • <i>Understanding & Supporting Children & Young People who Self-Harm</i> – 6th February • <i>Coping with Chronic Illness</i> – 7th February • <i>Parenting in the Digital Age</i> – 12th February • <i>Sleep Hygiene for Children & Teens</i> – 13th February
Manual Handling Instructor	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow Web: www.cktraining.ie For more information please call Jacqueline on	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 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

	059 9132152, Carlow Kilkenny Skillnet					deliver effective manual handling training to others.
Yoga & Relaxation	Venue: St. Catherine's Community Services, Centre, St. Joseph's Road, Tel: Andrea on 059 9138706/ andread@catherines.ie	7 th February 2020	10 Fridays (2.15pm-3.30pm)	€100 for the waged/ €50 for the unwaged		Renew your health and vigour regardless of your age or fitness level. Bring your mind, body and spirit together with a gentle workout that will help reduce the effects of aging and give you more energy. Web: www.catherines.ie
Time for Me	Venue: St. Catherine's Community Services, Centre, St. Joseph's Road, Carlow Andrea on 059 9138706/ andread@catherines.ie	7 th February 2020	6 Wednesdays 7-9pm	€60 for the waged/ €30 for the unwaged		Come to this class and learn about balanced nutritional and basic cooking skills you need to nourish your body. Lots of tips and ideas on how to look after your own well-being and holistic health. Web: www.catherines.ie
Smart Phone Classes	Venue: St. Catherine's Community Services Centre Tel: Andrea on 059 9138706	7 th February 2020	5 Fridays (2pm-4pm)	Free		Free Smartphone Classes for anyone who is struggling with their smartphone. Web: www.catherines.ie
Macramé Mandala Wall Hanging	Venue: Carlow Fabric & Crafts Shop, Hadden's Car Park, Carlow Tel: 059 9131995 or drop into the shop	9 th February 2020	1 day workshop	€75 (includes cost of kit required & a light lunch)		How would you like to learn a new craft? – This workshop will focus on designing a macramé mandala wall hanging.
VDU Assessor	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow Contact: Jacqueline on 059 9132152, Carlow Kilkenny Skillnet	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 and to fulfil their statutory obligations in this regard. Web: www.cktraining.ie .
Safeguarding 1 – Child Welfare & Protection	Venue: IT Carlow, Barrow Centre, Kilkenny Road Contact: Carlow Sports Partnership on 059 9136205/ Bookings at www.eventbrite.ie	11 th February 2020	1 evening (6.45pm-9.45pm)	€22.20		All coaches, club children's officers and designated liaison persons must first complete this workshop. It aims to educate participants on the implementation of best practice in protecting the welfare of children involved in sport.

						Next course dates: 10th March, 21st April, 24th September & 20th October
Living Well With Long-Term Health Conditions	Venue: Community Centre, New Oak Estate Tel: Catriona on 087 2939881/ selfmanagementsupports@hse.ie	13 th February 2020	6 Thursdays (11am-1.30pm)	Free		This is a programme for adults with long term health conditions to assist in developing skills to manage the condition and to support participants in managing the changes they would like to make.
Tablet Classes	Venue: St. Catherine's Community Services, Centre, St. Joseph's Road, Carlow Andrea on 059 9138706/ andread@catherines.ie	13 th February 2020	Thursdays 3-5pm	Free		Do you know someone who recently got a new tablet or is struggling with their old tablet? Help is at Hand! Contact Andrea on 059 9138706 to get more details on their free Tablet Courses. www.catherines.ie
Basic Welding	Venue: Arc Training, New Acre Carlow, R93XK19 For more information please contact Denise Brennan on 056 7813014 KCETB Training Services www.fetchcourses.ie	17 th February 2020	12 weeks – full time	Free to eligible applicants		The aim of this course is to up-skill and accredit crafts-persons and job seekers to the first level of MMA Flat Horizontal welding of plate using MAA (stick welding) process. <u>Content:</u> Manual Metal Arc Welding (MMA)/ MIG Vertical Open Butt Welding & TIG Stainless Steel Welding.
Computer Classes	Venue: St. Catherine's Community Services, Centre, St. Joseph's Road, Carlow	17 th February 2020	Mondays 6pm-8pm	Free		For more information please contact Andrea on 059 9138706/ andread@catherines.ie
Cycle Right – Disability Tutor Training	Venue: IT Carlow Contact: Teresa on tomeara@carlowcoco.ie Registration on www.eventbrite.ie	18 th February 2020	10.30am-4pm	€20		This training is open to trainers qualified in cycling & other areas, physiotherapists, SNAs, Care workers, parents & guardians. Please bring your own bike for practical session.
Velvet Fascinator Workshop	Venue: Carlow Fabric & Crafts Shop, Hadden's Car Park, Carlow Tel: 059 9131995 or drop into the shop	23 rd February 2020	1 day workshop	€95 (includes light lunch and all materials required)		Learn how to block and cover a buckram fascinator base with velvet and add couture trims to make your own unique fascinator.
The Idea Academy –	Venue: Enterprise House, O'Brien Road, Carlow	24 th February 2020	1 day (9.30am-	€20 (light lunch is provided)		This is a practical, interactive and thought-provoking workshop for people

Start Your Own Business Course	Tel: 059 9129783/ enterprise@carlowcoco.ie Web: www.localenterprise.ie/carlow		4.30pm)			who have a business idea, or want to explore the option of self-employment. Additional dates: 2nd March, 27th April, 11th May, 8th June, 13th July, 7th September, 5th October and 2nd November 2020
Dashboards In Excel	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow Contact: Jacqueline on 059 9132152,	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
Autism in Sports Workshop	Venue: IT Carlow, Barrow Centre, Kilkenny Road Contact: Carlow Sports Partnership on 059 9136205 www.eventbrite.ie	25 th February 2020	1 evening (6.30pm-9.30pm)	€22.20		This workshop will provide attendees with an understanding of Autism focusing on the delivery of sport. Aimed at anyone interested in making their sport accessible and inclusive for people with Autism. Next course date: 3rd June 2020
Developing an Age Friendly Marketing & Digital Strategy for your Business	Venue: Enterprise House, O'Brien Road, Carlow Tel: 059 9129783 Web: www.localenterprise.ie/carlow	2 nd March 2020	2pm-4pm	€15		Have you considered marketing your products/ services to an older generation (65+) using digital/ Want to learn how? This workshop will arm you with the information to market effectively to seniors.
Sports First Aid	Venue: IT Carlow, Barrow Centre, Kilkenny Road Contact: Carlow Sports Partnership on 059 9136205	2 nd March 2020	2 evenings (6pm-10pm) – 2 nd & 9 th March	€54.23		This course is suitable for coaches, instructors, teachers, supervisors, sports assistants, volunteers and all involved in sport. Booking through www.eventbrite.ie Next course date: 3rd November
Lean for Micro Taster Event	Venue: Seven Oaks Hotel Tel: 059 9129783/ enterprise@carlowcoco.ie Web: www.localenterprise.ie/carlow	3 rd March 2020	12.30pm-2pm	Free		This programme is aimed at owners/ managers, leaders and key staff members of small businesses who wish to gain an introduction to lean business principles. LEAN is about being effective and efficient - doing things quicker, better, cheaper... together.

International Women's Group	Venue: St. Catherine's Community Services, Centre, St. Joseph's Road, Carlow/ Contact: Andrea on 059 9138706 Web: www.catherines.ie	4 th March 2020	8 Wednesdays 10.30am-12pm	Free		This group will be activity based – relaxing arts and crafts, cookery & holistic therapies and will provide a space for participants to improve their English while developing friendships and skills
The Profit Academy	Venue: Enterprise House, O'Brien Road, Carlow Tel: 059 9129783/ enterprise@carlowcoco.ie Web: www.localenterprise.ie/carlow	5 th March 2020	1pm-4.30pm	Free		This taster session will introduce you to the content of "The Profit Academy – Finance Development Programme" which is aimed at owner managers and key staff. Participant will be introduced to the fundamental principles of financial control, reporting performance and cost control for the effective management of their business.
Welding – Basic/ Intermediate/ Advanced Levels (MMA/ TIG/ MIG & Coded Pipe)	Venue: Arc Training, Newacre, Athy Road, Carlow Contact Aine Byrne on 059 9131624/ abyrne@thompson.ie Web: www.arctrainingsolutions.com	10 th March 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"> • 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.
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	Venue: Institute of Technology Carlow	11 th March 2020	1 Wednesday	€2,500 (discounted)	QQI Level 7 Special Purpose	This course aims to provide knowledge and skill development in delivering

Effectiveness & Practice	For more information please call Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: www.cktraining.ie		a month over 18 months (9.30am-5pm)	price for Skillnet members of €1,500)	Award	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.
IT Security Awareness Pilot Programme	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	10am-1pm	Free		This training is designed to help all staff, regardless of role or level, to understand how their behaviours influences the security of an organisation. <u>Topics</u> – basic terminology, sensitive & personal data, password, email & browser security, malware & social engineering
Annual Report Workshop	Venue: Cathedral Parish Centre, College Street Booking through www.eventbrite.ie Tel (059) 9173033	18 th or 19 th March 2020	18 th March- (5.30pm-8.30pm) or 19 th March 10am-1pm	Free		This workshop is aimed at Board Members, Directors, Trustees & CEOs/ Manager and anyone involved in preparing an Annual Report. Workshop organised by the Volunteer Centre.
First Aid Responder (FAR) Course	Venue: Carlow Town Contact: Ali on 0878231276 Web: www.aliactivetraining.com	20 th March 2020	3 days (20 th , 24 th , & 27 th March)	Please contact course provider	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. Next course date: 18th April 2020
Prepare for Work in Construction	Venue: Carlow For more information please contact Helena Comerford on 056 7813014 KCETB Training Services www.fetchcourses.ie	23 rd March 2020	3 weeks – full time	Free to eligible applicants		This course is aimed at people who intend to enter or return to employment in the construction industry. <u>Content:</u> Manual Handling, Safe Pass, Abrasive Wheels, Working at Height – Mobile Elevated Work Platform Training (MEWP), Basic Scaffolding Training, Digital Skills Audit & Career Planning.

The Business Box – Start Your Own Business Course	Venue: Enterprise House, O'Brien Road, Carlow Tel: 059 9129783/ enterprise@carlowcoco.ie Web: www.localenterprise.ie/carlow	23 rd March 2020	2 days (9.30am-4.30pm)	€50 (includes a light lunch)		This programme is aimed at people who have completed The Idea Academy or people who are at the very early stage of start-up. This highly focused, detailed and interactive workshop will enable participants to further develop, clarify, and robustly analyse their business idea. <i>Additional course dates: 15th June, 12th October & 16th November 2020</i>
Preparation for Work Course 2020	Venue: St. Catherine's Community Services Centre For further information or to apply please call Andrea Dalton on 059 9138706 or call into St. Catherine's to complete an application form www.catherines.ie	23 rd March 2020	11-week course Monday – Friday from 9.45am-1pm	Free to eligible applicants – less than leaving certificate level or education or in receipt of a Social Welfare payment	QQI Level 3 Minor Awards - Work Experience & Internet & Email	Have you left the work force? Have you always wanted to return to work? Would you like to gain new skills? Would you like to build your confidence and self-esteem? If you answer yes to any of these questions then this could be the course for you. This programme includes a 4-week work placement. Other supports – childcare, one-to-one support and mentoring and guidance from the Adult Guidance Service.
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.
Make-Up & Skincare	Venue: St. Catherine's Community Services, Centre, St. Joseph's Road, Carlow Web: www.catherines.ie	25 th March 2020 7-9pm	6 Wednesdays 7-9pm	€60 for the waged/ €30 for the unwaged		Learn to look your best by learning how to look after your skin, apply your make up and do your own nails like a professional. For more information please contact Andrea on 059 9138706/ andread@catherines.ie
Safeguarding 3 – Designated	Venue: IT Carlow, Barrow Centre, Kilkenny Road	26 th March 2020	1 evening (6.45pm-	€22.20		A person appointed as the Designated Liaison Person (DLP) in a club must

Liaison Person (DLP)	Contact: Carlow Sports Partnership on 059 9136205 www.eventbrite.ie		9.45pm)			have completed the Child Welfare & Protection Basic Awareness Course and also completed this new DLP 3 hour workshop. Next course date: 3rd November
First Aid Responder (FAR) Refresher	Venue: Carlow Town Contact: Ali on 0878231276	28 th March 2020	2 days – 28 th March & 4 th April	Please contact course provider		If you are currently an Occupational First Aider, you can refresh using this course. Web: www.aliactivetraining.com
Making a Bespoke Lampshade	Venue: Carlow Fabric & Crafts Shop, Hadden's Car Park, Carlow Tel: 059 9131995	29 th March 2020	1 day workshop	€95 (includes kit, tea, coffee & cake)		How would you like to make a beautiful bespoke lampshade? Why not join Karen from Fabricate at this workshop.
Safety Management	Venue: Carlow Gateway Business Centre, Athy Rd, Carlow For more information please call Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: www.cktraining.ie	2 nd April 2020	5 days – 2 nd , 9 th , 16 th , 23 rd & 30 th 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. <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.
Relaxing Art Classes for Adults	Venue: St. Catherine's Community Services, Centre Andrea on 059 9138706	23 rd April 2020	6 Thursdays 7-9pm	€60 for the waged/ €30 for the unwaged		A class that will help you relax while learning the basic skills of painting. Web: www.catherines.ie/andread@catherines.ie
Prepare for Working in Childcare/ Healthcare	Venue: Carlow For more information please contact Helena Comerford on 056 7813014 KCETB Training Services www.fetchcourses.ie	27 th April 2020	3 weeks – full time	Free to eligible applicants		The aim of this programme is to enable learners to develop an understanding of the range of employment opportunities available within a Healthcare & Childcare setting. <u>Content</u> – First Aid, Manual Handling, Patient Handling, Safe Guarding, ICT Skills Audit, Career Planning & Study Skills
Rescue Emergency Care (REC) Level 3	Venue: An Gardin Beo, Carlow Tel: 059 9136205 Bookings at www.eventbrite.ie	25 th April 2020	2 days – 25 th (9am-8pm) & 26 th April (9am-6pm)	€135 & booking fee		This is the current recognised minimum requirement for people working as canoe leader/s mountain leaders etc. and intending to go on more adventures outdoor activities such as mountain biking, rock climbing, DOE/ Gaisce & wild camping expeditions
Safeguarding 2 – Children's Officer Workshop in Child Welfare & Protection	Venue: IT Carlow, Barrow Centre, Kilkenny Road Contact: Carlow Sports Partnership on 059 9136205	28 th April 2020 <i>(Next course date: 17th November)</i>	1 evening (6.45pm-9.45pm)	€22.20		This course will help the Club Children's Officer to carry out the function of their role in the club and support the implementation of best practice in the club. Bookings at www.eventbrite.ie

BAGENALSTOWN/ LEIGHLINBRIDGE (COURSES)

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Beginner Computer Courses	Venue: Bagenalstown Family Resource Centre For more information call 059 9722028	Classes are ongoing & at various times based on demand		Free		Why not take the stress out of shopping, taxing the car, banking or if you would like to stay in touch with friends through Skype, then the friendly computer courses could be for you!
Jobseekers Clinic	Venue: Bagenalstown Family Resource Centre - to make an appointment or for further information please call 059 9722028	Ongoing				Do you need help with updating your CV, doing up cover letters, job search, applying for jobs online, filling out job application forms, searching for courses and grant entitlements or feel you could benefit from one-to-one advice and practical support.
Pilates	Venue: Bagenalstown Community Centre	Ongoing	Monday nights @ 6pm			Suitable for beginners and improvers. Tel: Therese on 087 7731106 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
Pilates & Movement Class	Venue: Ballinkillen Lorum Community Centre	Ongoing	Wednesdays @ 11.30am	€60 or drop in €12		Tel: Therese on 087 7731106 Web: www.tmpilates.com
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"> • Supervisory Management (QQI 6) – 27th February • Manual Handling Instructor (QQI 6) – 28th February • Special Needs Assisting (QQI 5) – 18th March • Creative Studies for Special Needs (QQI 6) – 7th May • Special Needs Assisting (QQI 6) – 14th May 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) – 5 th February 2020 Door & Event Security Procedures (QQI Level 4) – 5 th February 2020 Combined – Guarding & Retail Security & Door & Event Security (QQI 4) – 5 th February 2020 Manual Handling – 5 th February 2020
Pilates	Venue: Wellwood Centre, Bagenalstown Tel: Colette on 087 6312885	12 th February 2020	6 Wednesdays (11am-12pm)	€65		Beginners and Improvers welcome. Improve your posture, create greater joint stability, strengthen your core and pelvic floor and connect mind & body.
Chair Yoga	Venue: Parish Centre, Leighlinbridge	13 th February 2020	6 Thursdays (7-10pm)			Organised by the Friendship Group. All welcome. Names to Ann Kelly 059 9722013 or Parish Centre
Sewing Course	Venue: Orchard Craft Studio, Bagenalstown, R21NA06 Tel: Ally on 083 0380329	27 th February 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
Adult Mosaic Classes	Venue: Craft Shed, Webb's Social Farm, Moorefield, Kilcoole, Rathoe, R93X791 Further information on 085 7534544/ teachwebb@gmail.com	Ongoing	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.
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
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.
Infection Prevention & Control	Venue: Rathoe 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	10 th 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 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 Contact: Helena Comerford, KCETB Training Services Tel: 056 7813014 Application online –	12 th 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

	www.fetchcourses.ie / applicants in receipt of Social Welfare are required to register with their local Intreo/ DEASP Office					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.
Digital Skills Course	Venue: Ballon Business & Training Centre Tel: 059 9159447 W: www.ballonbts.com	17 th February 2020	5 Mondays (7-9pm)	Free		<u>Topics</u> - introduction to the internet, safety & security, email, search engines, online government services, online voice & video calls, use of 'Apps', social media, shopping online, online banking
Machine Sewing Workshop	Venue: Ballon Business and Training Centre Tel: 059 9159447 www.ballonbts.com	27 th February 2020	4 Thursdays (9.30am-12.30pm)	€65		This course is open to all levels. Don't forget to bring your own pattern, material and machine!
Furniture Upcycling	Venue: Ballon Business and Training Centre Tel: 059 9159447 www.ballonbts.com 087 2424934	7 th March 2020	1 day (10am-4.30pm)	€90 (light lunch provided)		Delivered by Kay Shaughassy or 'Before & After', Dublin Street, Carlow. Think twice before getting rid of household basics. Bring your own small piece of furniture. All materials supplied.
Time for Me	Venue: Ballon Business and Training Centre Tel: 059 9159447 www.ballonbts.com	9 th March 2020	6 Mondays (7-9pm)	€65		<u>Topics</u> : aromatherapy, how to use and blend essential oils, mindfulness, mood boosting foods, diet & nutrition tips, Indian head massage & healthy lifestyle.
Office Administration	Venue: Ballon Business & Training Centre Contact: Sarah on 059 9179532 or get an application form in the Ballon Training Service	September 2020	2 mornings per week (days to be confirmed)	Free:- to social welfare recipients or medical card holders or those without a Leaving Certificate	QQI Level 5 Major Award	Modules: Word Processing, Information & Administration, Text Production, Communications, Work Experience, Payroll (manual & computerised), Accounts (manual & computerised) and Spreadsheet Methods

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
Crafty Crew	Borris Focus Centre	Ongoing	Thursday mornings (10-12pm)			For more information contact the centre on 083 8267871/ borrisfocuscentre12@gmail.com
Borris Focus Centre Men's Group	Venue: The Borris Centre, Borris Tel: 083-8267871/ Email: borrisfocuscentre12@gmail.com	Ongoing	Thursdays 2-4pm			Drop in for a chat, crack or a cup of coffee. How it develops is up to you. All suggestions greatly appreciated and acted on. Cards/Chess/Scrabble available.
Music Group	Borris Focus Centre	Ongoing	Thursday evening (8pm-10pm)			For more information contact the centre on 083 8267871/ borrisfocuscentre12@gmail.com
One-To-One Technical Support	Borris Focus Centre	Ongoing	Friday mornings @ 11am			For more information contact the centre on 083 8267871/ borrisfocuscentre12@gmail.com
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
Healthy Streets Program	Venue: Borris Focus Centre & Borris Town Hall For more information please call Emer or Josie on 059 9722028/ 0866665748	11 th February 2020	12-week programme Tuesdays 10am-12pm & Wednesdays (5.30-6.30pm)	Free		This program includes: healthy cookery, family fitness, mindfulness, nutrition advice & lots more. Healthy cookery classes in the Focus Centre from 10am-12pm & Family Fitness classes in the Town Hall from 5.30-6.30pm. Families must register and attend both classes to receive a free weekly €25 grocery voucher per family.

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
Art Classes with Ala	Venue; CORE Centre Hacketstown	10 th March 2020	7pm-9pm			For more information please call the Centre on 087 6292436/ corehacketstown@gmail.com
Basic Computer Training for Beginners & Farmers	Venue: Core Centre, Hacketstown For more information please call 087 4456330	12 th March 2020	6 Thursdays (7-9pm)	Free		Training includes- basic computer, Internet & Email, Browsing the Internet – Revenue, Motor Tax, Banking Online, Online Farming Registration – AgFood, Dept of Agriculture, HerdWatch, other Apps.
Mindfulness	Venue; CORE Centre Hacketstown	26 th March 2020	4 Thursdays @ 7pm			For more information please call the Centre on 087 6292436/ corehacketstown@gmail.com

KILBRIDE/ CLONEGAL

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Easter Arrangements Demonstration	Venue: Altamont Gardens Tel: (059) 915 9444	4 th April 2020	1-2.30pm	€10 – includes morning coffee		Easter arrangements for your home with Marie O’Leary. There will be demonstrations on how to create an array of beautiful Easter and early spring floral arrangements on the day.

TULLOW- UPCOMING COURSES

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Conversational English classes (Failte Isteach)	Venue: Forward Steps Family Resource Centre	Ongoing	Thursday evenings (6-8pm)	Free		Failte Isteach Free Conversational English classes. For more information please call Sandra on 0851218811
Men’s Shed	Venue: Flynn’s Old Garage, Church Street, Tullow For more information please call Paul on 087 6105170	Ongoing	Mondays & Wednesdays 10am-12pm Tuesdays & Thursdays 7-9pm			We are always open to new members and to visitors. We are from all walks of life and ages. So if you are interested in getting involved or have an idea to try out or to share or if you just want a chat and a cuppa- then our shed is the place to be!
Craft Classes – Card Making	Venue: Ballyconnell Hall	Monday nights	7pm			Everyone is welcome to attend. For more information please call 059 9156108
Walking Group	Venue: Meet at Tullow Car Park	Tuesdays	11am			Open to members and non-members of Tullow Active Retirement, unemployed, employed or retired.
Knitting & Crochet Club	Venue: Forward Steps Family Resource Centre	Tuesdays	Tuesdays 7-9pm			Come have a chat and a cuppa. Everyone is welcome. Further information please call 059 9152776
Line Dancing plus Tango & Box Waltz	Venue: Tullow Parish Centre	Tuesdays	11am-12.30pm			For more information please contact Tim Madden on 087 2345012. Beginners welcome.
Mixed Level Hatha Yoga	Venue: Teach Bhride	Tuesdays	8-9.15pm	€120 for full term		Beginners welcome. Tel: Pam Butler on 086 0891141

Tai-Chi	Venue: Parish Centre Tel: Jen on 9152776/ 086 8555294	Wednesdays	10am-12pm			If you would like to increase your strength & vitality, enhance your internal focus & extend your inner radiance then this might be the course for you!.
Tai- Chi	Venue: Teach Bhride Tel: Michael on 087 695285	Thursdays	11am			Open to members and non-members of Tullow Active Retirement, unemployed, employed or retired.
Waltz Jive & Foxtrot Line Dancing	Venue: Tullow Parish Centre	Thursdays	8-9.30pm			For more information please contact Tim Madden on 087 2345012. Beginners welcome
Over 55's – "Walking Football"	Venue: Murphy Memorial Hall, Tullow	Thursdays	2-3pm			Organised by the FAI and Carlow Local Sports Partnership. This is a great opportunity for men and women to take part in some physical exercise.
Yoga	Venue: Teach Bhride Tel: Imelda on 086 1045326	Fridays	11am			Open to members and non-members of Tullow Active Retirement, unemployed, employed or retired.
Pilates	Venue: Teach Bhride	Fridays	2 classes (7-8pm or 8-9pm)			For more information please call Jen in the Family Resource Centre on 059 9152776
The Conscious Path: Weekend Retreat	Venue: Teach Bhride For more information please call Tom on 086 8179238/ Pam on 086 0891141	7 th February 2020	Weekend – 7 th – 9 th February	Contact Provider		Choose the life you want. Enjoy discussion, reflection, movement and breadth awareness to practice a more conscious approach to life. Residential and non-residential booking options. Web: www.astraea.net
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 Intreo Office	10 th 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 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 Application online – www.fetchcourses.ie / applicants in receipt of Social Welfare are required to register with their local Intreo/ DEASP Office	11 th 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
Cookery Courses – Thrive Café Tullow	Venue: Thrive Café, Market Square, Tullow R93 W3K8 Email: thrivecafetullow@gmail.com Website: www.thrivecafe.ie	20 th February 2020 onwards	1 day courses (10am-4pm) with the exception of the Eat Healthy course (evening course – 7.30pm-9pm)	Fee varies		20 th February – <i>Eat Healthy Be Healthy</i> , 8 week nutrition & cooking programme (€249) 22 nd February – <i>Cooking for Hormonal Health</i> (€95) 28 th March – <i>Cooking for Fitness</i> – pre & post workout meals & snacks (€95) 25 th April – <i>Cooking for Diabetes</i> – (€95) 16 th May – <i>Cooking & Nutrition for Toddlers</i> (€95)
Preparation for Work (Catalyst Programme for Women)	Venue: Forward Steps Family Resource Centre Contact: Orlaith or Sinead in St. Catherine’s Community Services Centre on 059 9138700	25 th February 2020	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.
Couch to 50K (Cycling)	Venue: Tullow Contact: Seamus on 0872466997/ Aine 087 9618025	1 st March 2020	8.30am in Aldi Car Park			Slaney Valley Cycling club are organising a couch to 50K in 6 weeks. Easy pace each week gradually increasing.

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).
Beginners Kayaking Course	Venue: Tullow Kayak Club, Ballymurphy Road, Tullow www.eventbrite.ie	7 th April 2020	6 weeks (6.30-8pm)	€160 (includes club membership & insurance with Canoeing Ireland)		Suitable for absolute beginners. Teaching Level 2 Kayaking skills. Participants must be able to swim at least 25 metres & tread water

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 	<p>SOLAS e-college www.ecollege.ie</p>	<p>Continuously</p>	<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). 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 	<p>National Adult Literacy Agency www.writeon.ie & www.nala.ie Freephone: 1800202065 or free text 'Learn' to 50050</p>	<p>Continuously</p>	<p>Free</p>	<ul style="list-style-type: none"> • This website also allows adults to check their skill level • Qualifications at QQI level 2 & 3

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

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