

## OPEN EVENING

### **Carlow Institute of Further Education & Training**

Open Evening on **6<sup>th</sup> February**: 6-8pm – All are Welcome

For more information please call 059 9134230/ email: [cife.info@kilkennycarlowetb.ie](mailto:cife.info@kilkennycarlowetb.ie)/ Web: [www.carlowifet.ie/](http://www.carlowifet.ie/)

## INFORMATION MORNING

### **Carlow Institute of Further Education & Training**

**Information Morning on Friday, 13<sup>th</sup> 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](http://www.carlowifet.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.**

- **Swimming Pool: Pool Attendant - 1 Position - Job Ref No: CES-2130150**
- **Rehab Care: Support Worker - 3 Positions - Job Ref No: CES-2125651**
- **Rehab Care: Caretaker – 1 Position - Job Ref No CES-2135092**
- **St. Fiacc's House: Support Worker - 1 Position - Job Ref No: CES-2135721**
- **Administrative Assistant – 1 Position – Job Ref No: CES-2135757**

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 (Faiite Isteach)</b>	Venue: Jobs Club, The Royal Mews, Dublin Street, Carlow	Ongoing	Mondays 6-8pm	Free		Faiite 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: Brownshill Art Studio, Brownshill 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>• 1<sup>st</sup> Feb – Health &amp; Safety of the Professional Driver</li> <li>• 9<sup>th</sup> Feb – Role of the Professional Driver in the Transport Industry</li> <li>• 15<sup>th</sup> Feb - The Professional Truck Driver</li> <li>• 22<sup>nd</sup> Feb - Control of Vehicle &amp; Eco Driving Techniques</li> <li>• 1<sup>st</sup> March - Minimising Risks &amp; Managing Emergencies</li> </ul>
<b>Barrow Training Courses &amp; Workshops</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>	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"> <li>• <b>First Aid Response</b> – 10<sup>th</sup> February &amp; April 21<sup>st</sup></li> <li>• <b>Manual &amp; People Handling</b> – 27<sup>th</sup> February &amp; 23<sup>rd</sup> April 2020</li> <li>• <b>First Aid Responder Refresher</b> – 28<sup>th</sup> February &amp; May 28<sup>th</sup></li> <li>• <b>Special Needs Assisting (QQI 6)</b> – 13<sup>th</sup> March</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  email <a href="mailto:tsu.recruit@kilkennycarlowebt.ie">tsu.recruit@kilkennycarlowebt.ie</a>	Rolling Intake	10 weeks	Free to eligible applicants		On completion of this course candidates will have the skills, knowledge and competency to use the full range of functionality available in all MOS software applications listed in this programme to Microsoft Specialist 2010 or 2013 standard. This part-time online blended training programme is offered through Skills to Advance funding. It is specifically aimed at those in full/part-time employment who wish to enhance their existing vocational skills. Learners will attend the e-learning hub one evening a week and can also log in and study from home
<b>ILM Qualification in</b>	Venue: Carlow KCETB Training Services	Rolling Intake	12 weeks	Free to eligible applicants	City & Guilds	This programme is made up of a wide range of modules covering core

<b>Leadership and Management</b>	Contact: Patricia Nolan on 056 – 7813014 or email <a href="mailto:tsu.recruit@kilkennycarloweb.ie">tsu.recruit@kilkennycarloweb.ie</a> .					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>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.a.spx">www.gaelchultur.com/en/assessment.a.spx</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	<b>Modules:</b> 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.a.spx">www.gaelchultur.com/en/assessment.a.spx</a>

<b>Cognitive Behavioural Therapy (CBT) Programme</b>	Venue: Cathedral Parish Centre, Carlow	4 <sup>th</sup> 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 <a href="http://bit.ly/LifeSkillsGrp">http://bit.ly/LifeSkillsGrp</a>
<b>Afro Brazilian Drumming</b>	Venue: An Gairdin Beo, Carlow	4 <sup>th</sup> 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 <a href="mailto:rhythmriot@gmail.com">rhythmriot@gmail.com</a>
<b>Workshops – Recovery College South East</b>	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>	5 <sup>th</sup> 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"> <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>• 17<sup>th</sup> February – <i>Living &amp; Eating well in Recovery</i></li> <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>• 21<sup>st</sup> February – <i>Co-Production Workshop</i></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> </ul>

						<ul style="list-style-type: none"> <li>1<sup>st</sup> April – <i>Building My Self Confidence</i> (2 mornings)</li> <li>23<sup>rd</sup> April <i>WRAP</i> – 2 day workshops (10am-4pm)</li> </ul>
<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 interested in attending along with your full name and contact details.	5 <sup>th</sup> February 2020 onwards	Morning workshops – 3 hours (10am-1pm)	Free		<ul style="list-style-type: none"> <li><i>Ready, Steady, Relax: Anxiety</i></li> <li><i>Supporting Children &amp; Adolescents who have experienced trauma</i> – 5<sup>th</sup> February</li> <li><i>Understanding &amp; Supporting Children &amp; Young People who Self-Harm</i> – 6<sup>th</sup> February</li> <li><i>Coping with Chronic Illness</i> – 7<sup>th</sup> February</li> <li><i>Parenting in the Digital Age</i> – 12<sup>th</sup> February</li> <li><i>Sleep Hygiene for Children &amp; Teens</i> – 13<sup>th</sup> February</li> </ul>
<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>Make-Up &amp; Skincare</b>	Venue: St. Catherine's Community Services, Centre, St. Joseph's Road, Carlow Web: <a href="http://www.catherines.ie">www.catherines.ie</a>	5 <sup>th</sup> February 2020	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/ <a href="mailto:andread@catherines.ie">andread@catherines.ie</a>
<b>Yoga &amp; Relaxation</b>	Venue: St. Catherine's Community Services, Centre, St. Joseph's Road, Tel: Andrea on 059 9138706/ <a href="mailto:andread@catherines.ie">andread@catherines.ie</a>	7 <sup>th</sup> 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: <a href="http://www.catherines.ie">www.catherines.ie</a>

<b>Time for Me</b>	Venue: St. Catherine's Community Services, Centre, St. Joseph's Road, Carlow Andrea on 059 9138706/ <a href="mailto:andread@catherines.ie">andread@catherines.ie</a>	7 <sup>th</sup> 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: <a href="http://www.catherines.ie">www.catherines.ie</a>
<b>Smart Phone Classes</b>	Venue: St. Catherine's Community Services Centre Tel: Andrea on 059 9138706	7 <sup>th</sup> February 2020	5 Fridays (2pm-4pm)	Free		Free Smartphone Classes for anyone who is struggling with their smartphone. Web: <a href="http://www.catherines.ie">www.catherines.ie</a>
<b>Macramé Mandala Wall Hanging</b>	Venue: Carlow Fabric & Crafts Shop, Hadden's Car Park, Carlow Tel: 059 9131995 or drop into the shop	9 <sup>th</sup> 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.
<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>Safeguarding 1 – Child Welfare &amp; Protection</b>	Venue: IT Carlow, Barrow Centre, Kilkenny Road Contact: Carlow Sports Partnership on 059 9136205/ Bookings at <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	11 <sup>th</sup> 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. <b>Next course date: 10<sup>th</sup> March 2020</b>
<b>International Women's Group</b>	Venue: St. Catherine's Community Services, Centre, St. Joseph's Road, Carlow/ Contact: Andrea on 059 9138706 Web: <a href="http://www.catherines.ie">www.catherines.ie</a>	12 <sup>th</sup> February 2020	8 Wednesdays 10am-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
<b>Living Well With Long-</b>	Venue: Community Centre, New Oak Estate	13 <sup>th</sup> February 2020	6 Thursdays	Free		This is a programme for adults with long term health conditions to assist in

<b>Term Health Conditions</b>	Tel: Catriona on 087 2939881/ <a href="mailto:selmanagementsupports@hse.ie">selmanagementsupports@hse.ie</a>		(11am-1.30pm)			developing skills to manage the condition and to support participants in managing the changes they would like to make.
<b>Tablet Classes</b>	Venue: St. Catherine's Community Services, Centre, St. Joseph's Road, Carlow Andrea on 059 9138706/ <a href="mailto:andread@catherines.ie">andread@catherines.ie</a>	13 <sup>th</sup> 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. <a href="http://www.catherines.ie">www.catherines.ie</a>
<b>Basic Welding</b>	Venue: Arc Training, New Acre Carlow, R93XK19 For more information please contact Denise Brennan on 056 7813014 KCETB Training Services <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>	17 <sup>th</sup> 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.
<b>Computer Classes</b>	Venue: St. Catherine's Community Services, Centre, St. Joseph's Road, Carlow	17 <sup>th</sup> February 2020	Mondays 6pm-8pm	Free		For more information please contact Andrea on 059 9138706/ <a href="mailto:andread@catherines.ie">andread@catherines.ie</a>
<b>Cycle Right – Disability Tutor Training</b>	Venue: IT Carlow Contact: Teresa on <a href="mailto:tomeara@carlowcoco.ie">tomeara@carlowcoco.ie</a> Registration on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	18 <sup>th</sup> 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.
<b>First Aid Responder Refresher</b>	Venue: Carlow Town Contact: Ali on 0878231276	22 <sup>nd</sup> February 2020	2 days – 22 <sup>nd</sup> & 29 <sup>th</sup> February	Please contact course provider		If you are currently an Occupational First Aider, you can refresh using this course. Web: <a href="http://www.aliactivetraining.com">www.aliactivetraining.com</a>
<b>Velvet Fascinator Workshop</b>	Venue: Carlow Fabric & Crafts Shop, Hadden's Car Park, Carlow Tel: 059 9131995 or drop into the shop	23 <sup>rd</sup> 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.
<b>The Idea Academy –</b>	Venue: Enterprise House, O'Brien Road, Carlow	24 <sup>th</sup> February 2020	1 day (9.30am-	€20 (light lunch is provided)		This is a practical, interactive and thought-provoking workshop for people



<b>Start Your Own Business Course</b>	Tel: 059 9129783/ <a href="mailto:enterprise@carlowcoco.ie">enterprise@carlowcoco.ie</a> Web: <a href="http://www.localenterprise.ie/carlow">www.localenterprise.ie/carlow</a>		4.30pm)			who have a business idea, or want to explore the option of self-employment. <i>Additional dates: 2<sup>nd</sup> March, 27<sup>th</sup> April, 11<sup>th</sup> May, 8<sup>th</sup> June, 13<sup>th</sup> July, 7<sup>th</sup> September, 5<sup>th</sup> October and 2<sup>nd</sup> November 2020</i>
<b>Prepare for Work in Construction</b>	Venue: Carlow For more information please contact Helena Comerford on 056 7813014 KCETB Training Services <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>	24 <sup>th</sup> February 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 and Career Planning.
<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>Autism in Sports Workshop</b>	Venue: IT Carlow, Barrow Centre, Kilkenny Road Contact: Carlow Sports Partnership on 059 9136205 <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	25 <sup>th</sup> 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.
<b>Developing an Age Friendly Marketing &amp; Digital Strategy for your Business</b>	Venue: Enterprise House, O'Brien Road, Carlow Tel: 059 9129783 Web: <a href="http://www.localenterprise.ie/carlow">www.localenterprise.ie/carlow</a>	2 <sup>nd</sup> 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.
<b>Sports First Aid</b>	Venue: IT Carlow, Barrow Centre, Kilkenny Road Contact: Carlow Sports Partnership on 059 9136205	2 <sup>nd</sup> March 2020	2 evenings (6pm-10pm) – 2 <sup>nd</sup> & 9 <sup>th</sup> March	€54.23		This course is suitable for coaches, instructors, teachers, supervisors, sports assistants, volunteers and all involved in sport. Booking through <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>

<b>Lean for Micro Taster Event</b>	Venue: Seven Oaks Hotel Tel: 059 9129783/ <a href="mailto:enterprise@carlowcoco.ie">enterprise@carlowcoco.ie</a> Web: <a href="http://www.localenterprise.ie/carlow">www.localenterprise.ie/carlow</a>	3 <sup>rd</sup> 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.
<b>The Profit Academy</b>	Venue: Enterprise House, O'Brien Road, Carlow Tel: 059 9129783/ <a href="mailto:enterprise@carlowcoco.ie">enterprise@carlowcoco.ie</a> Web: <a href="http://www.localenterprise.ie/carlow">www.localenterprise.ie/carlow</a>	5 <sup>th</sup> 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.
<b>First Aid Responder (FAR) Course</b>	Venue: Carlow Town Contact: Ali on 0878231276 Web: <a href="http://www.aliactivetraining.com">www.aliactivetraining.com</a>	7 <sup>th</sup> March 2020	3 days (7 <sup>th</sup> , 14 <sup>th</sup> & 21 <sup>st</sup> March)	Please contact course provider	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>Next course date: 21<sup>st</sup> March 2020</b>
<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>	10 <sup>th</sup> March 2020	6 weeks – 2 evenings per week (6-9.pm) Tuesdays & Thursdays	Please contact course provider – varies depending on course and if certification is required	Testing is done by an independent specialist to ISO 9606 - 1 2013 standard. Tests are available at appropriate levels depending on ability. The tutor will advise on the test best for	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.</li> </ul>

					learners at the time.	overalls, steel toe cap boots, welding shield etc.
<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 &amp; Practice</b>	Venue: Institute of Technology Carlow For more information please call Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a>	11 <sup>th</sup> March 2020	1 Wednesday a month over 18 months (9.30am-5pm)	€2,500 (discounted price for Skillnet members of €1,500)	QQI Level 7 Special Purpose Award	This course aims to provide knowledge and skill development in delivering supervisory leadership and management in a modern commercial environment. Some topics – personal effectiveness, team leadership and change management. Option to progress to a Business Degree and Higher Diploma programmes in the IT.
<b>IT Security Awareness Pilot Programme</b>	Venue: Institute of Technology Carlow For more information please call Jacqueline on 059 9132152, Carlow Kilkenny Skillnet Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a>	11 <sup>th</sup> 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
<b>The Business Box – Start Your Own Business Course</b>	Venue: Enterprise House, O'Brien Road, Carlow Tel: 059 9129783/ <a href="mailto:enterprise@carlowcoco.ie">enterprise@carlowcoco.ie</a> Web: <a href="http://www.localenterprise.ie/carlow">www.localenterprise.ie/carlow</a>	23 <sup>rd</sup> 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: 15<sup>th</sup> June, 12<sup>th</sup> October &amp; 16<sup>th</sup> November 2020</i>

<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>Safeguarding 3 – Designated Liaison Person (DLP)</b>	Venue: IT Carlow, Barrow Centre, Kilkenny Road Contact: Carlow Sports Partnership on 059 9136205 <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	26 <sup>th</sup> March 2020	1 evening (6.45pm-9.45pm)	€22.20		A person appointed as the Designated Liaison Person (DLP) in a club must have completed the Child Welfare & Protection Basic Awareness Course and also completed this new DLP 3 hour workshop.
<b>Making a Bespoke Lampshade</b>	Venue: Carlow Fabric & Crafts Shop, Hadden's Car Park, Carlow Tel: 059 9131995	29 <sup>th</sup> 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.
<b>Relaxing Art Classes for Adults</b>	Venue: St. Catherine's Community Services, Centre Andrea on 059 9138706/ <a href="mailto:andread@catherines.ie">andread@catherines.ie</a>	April – dates tbc	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: <a href="http://www.catherines.ie">www.catherines.ie</a>
<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. <u>Topics</u> – 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	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

	059 9132152, Carlow Kilkenny Skillnet Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a>					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 Kilkenny Skillnet Web: <a href="http://www.cktraining.ie">www.cktraining.ie</a>	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. 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.
<b>Prepare for Working in Childcare/ Healthcare</b>	Venue: Carlow For more information please contact Helena Comerford on 056 7813014 KCETB Training Services <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>	27 <sup>th</sup> 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
<b>Safeguarding 2 – Children’s Officer Workshop in Child Welfare &amp; Protection</b>	Venue: IT Carlow, Barrow Centre, Kilkenny Road Contact: Carlow Sports Partnership on 059 9136205	28 <sup>th</sup> April 2020	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 <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>

**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 7731106 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>Pilates &amp; Movement Class</b>	Venue: Ballinkillen Lorum Community Centre	Ongoing	Wednesdays @ 11.30am	€60 or drop in €12		Tel: Therese on 087 7731106 Web: <a href="http://www.tmpilates.com">www.tmpilates.com</a>
<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>Supervisory Management</b> (QQI 6) – 27<sup>th</sup> February</li> <li>• <b>Manual Handling Instructor</b> (QQI 6) – 28<sup>th</sup> February</li> <li>• <b>Special Needs Assisting</b> (QQI 5) – 18<sup>th</sup> March</li> <li>• <b>Creative Studies for Special Needs</b> (QQI 6) – 7<sup>th</sup> May</li> <li>• <b>Special Needs Assisting</b> (QQI 6) – 14<sup>th</sup> May</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> – 5 <sup>th</sup> February 2020 <b>Door &amp; Event Security Procedures (QQI Level 4)</b> – 5 <sup>th</sup> February 2020 <b>Combined – Guarding &amp; Retail Security &amp; Door &amp; Event Security (QQI 4)</b> – 5 <sup>th</sup> February 2020 <b>Manual Handling</b> – 5 <sup>th</sup> February 2020
<b>Pilates</b>	Venue: Wellwood Centre, Bagenalstown Tel: Colette on 087 6312885	12 <sup>th</sup> 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.
<b>Chair Yoga</b>	Venue: Parish Centre, Leighlinbridge	13 <sup>th</sup> February 2020	6 Thursdays (7-10pm)			Organised by the Friendship Group. All welcome. Names to Ann Kelly 059 9722013 or Parish Centre
<b>Sewing Course</b>	Venue: Orchard Craft Studio, Bagenalstown, R21NA06 Tel: Ally on 083 0380329	27 <sup>th</sup> 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: <a href="http://www.orchardcraftstudio.com">www.orchardcraftstudio.com</a>

**BALLON/ RATHOE**

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
<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>	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.
<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>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 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
<b>Teamworking</b>	Venue: Rathoe Contact: Helena Comerford, KCETB Training Services Tel: 056 7813014 Application online –	12 <sup>th</sup> February 2020	15 Thursdays (6-9.30pm)	Free of charge to learners in receipt of social welfare. Those not eligible there is a fee of €100	QQI Level 5 minor award	The aim of this programme is to offer learners working in healthcare and/ or interested in working in healthcare the opportunity to study healthcare modules on a part time basis. This module aims to equip the learner with



	<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					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>Digital Skills Course</b>	Venue: Ballon Business & Training Centre Tel: 059 9159447 W: <a href="http://www.ballonbts.com">www.ballonbts.com</a>	17 <sup>th</sup> 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
<b>Time for Me</b>	Venue: Ballon Business and Training Centre Tel: 059 9159447 <a href="http://www.ballonbts.com">www.ballonbts.com</a>	9 <sup>th</sup> March 2020	6 Mondays (7-9pm)	€65		Topics: aromatherapy, how to use and blend essential oils, mindfulness, mood boosting foods, diet & nutrition tips, Indian head massage & healthy lifestyle.
<b>Office Administration</b>	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	<u>Modules</u> : 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
<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>Crafty Crew</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>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>Healthy Streets Program</b>	Venue: Borris Focus Centre & Borris Town Hall For more information please call Emer or Josie on 059 9722028/ 0866665748	11 <sup>th</sup> 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
<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>Art Classes</b>	Venue; CORE Centre Hacketstown	Tuesdays	7pm-9pm			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>
<b>Basic Computer Training for Farmers</b>	Venue: Core Centre, Hacketstown For more information please call 087 4456330	Dates to be confirmed	6-week course - 2½ hours per week	€150		Training includes- basic computer, Internet & Email, Browsing the Internet – Revenue, Motor Tax, Banking Online, Online Farming Registration – AgFood, Dept of Agriculture, HerdWatch, other Apps.

**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 Bhríde	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 Bhríde 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>The Conscious Path: Weekend Retreat</b>	Venue: Teach Bhride For more information please call Tom on 086 8179238/ Pam on 086 0891141	7 <sup>th</sup> February 2020	Weekend – 7 <sup>th</sup> – 9 <sup>th</sup> 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: <a href="http://www.astraea.net">www.astraea.net</a>
<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	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

	with their local Intreo/ DEASP Office					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>Preparation for Work (Catalyst Programme for Women)</b>	Venue: Forward Steps Family Resource Centre Contact: Orlaith or Sinead in St. Catherine’s Community Services Centre on 059 9138700	25 <sup>th</sup> 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.
<b>Couch to 50K (Cycling)</b>	Venue: Tullow Contact: Seamus on 0872466997/ Aine 087 9618025	1 <sup>st</sup> March 2020				Slaney Valley Cycling club are organising a couch to 50K in 6 weeks. Easy pace each week gradually increasing.
<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).
<b>Beginners Kayaking Course</b>	Venue: Tullow Kayak Club, Ballymurphy Road, Tullow <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	7 <sup>th</sup> 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**

<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.*