

OPEN DAYS

Institute of Technology Carlow Open Day on 26th November 2020

IT Carlow hosts a number of Open Days every academic year, providing students the opportunity to explore the Institute's campus and facilities and to meet with lecturers and current students to discuss courses and career opportunities. Students will have an opportunity to speak to lecturers and staff from the following areas: Faculty of Business & Humanities; Faculty of Engineering; Faculty of Science; CAO applications/Admission; Fees & Grants; Student Services; DARE (Disability Access Route to Education), CAP (Carlow Access Programme); Clubs and Societies. If you require further information on the Carlow Campus Open Day, please contact Mary Bates at mary.bates@itcarlow.ie

Carlow College Virtual Open Days – 4th & 5th December 2020

Carlow College, St. Patrick's will be hosting their virtual Open Days áon Friday, 4th December from 12pm-7pm and Saturday, 5th December from 10am-3pm. For more information please contact Brianna Byrne on 059 9153200/ bbyrne@carlowcollege.ie and for information on courses in Carlow College you can go to their website – www.carlowcollege.ie

COMMUNITY EMPLOYMENT OPPORTUNITIES

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

- **3 Support Workers** (Rehab Care) Job Ref No: CES-2158020
- **1 Caretaker** (Rehab Care) Job Ref No: CES-2159877

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!!!**

COVID-19

As these are very challenging times, it is important that you check with course providers regarding any changes to their course provision as a result of COVID-19 restrictions.

We hope you find this update helpful and if you have any questions please call the Adult Educational Guidance & Information Service on 059 9133123 or email: info@carlowadultguidance.ie. We look forward to hearing from you.

UPCOMING COURSES - CARLOW TOWN

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Conversational English Classes (Fáilte Isteach)	Venue: Online Contact Dylan Thomas on (059) 972 0733/ (086) 4108330	Ongoing	Tuesday & Thursdays at 10am	Free		The classes are currently running on Tuesday and Thursday mornings at 10am. The classes are being delivered on Zoom
e-Language Learning with Carlow Libraries	Venue: Online Carlow Library Services – Carlow Town, Tullow, Bagenalstown & Borris www.carlowlibraries.ie Tel: (059) 9129705	Ongoing		Free to library members. Membership at any Carlow library is free.		e-Language Learning with Transparent Language online – this resource teaches real conversations in over 110 foreign languages. Learners have the flexibility they need to learn a new language anytime, anywhere.
e-Learning with Carlow Libraries	Venue: Online Carlow Library Services – Carlow Town, Tullow, Bagenalstown & Borris www.carlowlibraries.ie Tel: (059) 9129705	Ongoing		Free to library members. Membership at any Carlow library is free.		eLearning with Universal Class – offers over 400 educational and leisure courses. All members can enrol on up to 5 courses, with 6 months to complete each. All courses have real instructors with whom you can communicate via email.
e-College - SOLAS Online Courses	Venue: Online E-College Tel: 1800 855831 E: ecollegeinfo@solas.ie Web: www.ecollege.ie	Continuous	Varies – depending on the course	These courses are temporarily being made available free of charge to those impacted by Covid-19 containment measures	All courses result in industry certification such as Microsoft to Adobe to many more. Varies – depending on the course	Courses available in the following areas: <ul style="list-style-type: none"> • Business • Computer Programming • Data Science • Databases • IT Professional • Office Productivity • Web and Graphic Design

Reading, Writing, Maths & Technology Courses	Venue: Online National Adult Literacy Agency https://courses.nala.ie Freephone: 1800 202065	Continuous	Part time – varies depending on the course	Free	QQI certification	<ul style="list-style-type: none"> • QQI Level 2 qualification example of some subjects – Reading, Writing, Using Technology, Quantity & Number, Pattern & Relationship, Listening and Speaking, Personal Decision Making, Setting Learning Goals • QQI Level 3 qualifications example of some subjects – Personal Effectiveness, Communications, Career Preparation • New subjects due to start in November & December
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	€59 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"> • 24th Oct - Minimising Risks & Managing Emergencies • 1st Nov - The Professional Truck Driver • 8th Nov - Health & Safety of the Professional Driver • 14th Nov - Minimising Risks & Managing Emergencies • 22nd Nov - Control of Vehicle & Eco Driving Techniques • 28th Nov - Role of the Professional Driver in the Transport Industry
Pitman Training Carlow Kilkenny	Venue: Blended (Online) Learning Wexford Road Business Park, Carlow R93 K260 Tel: (059) 918 2415/ (085) 1639351 Email: carlow@pitman-training.ie Web:	Ongoing	Varies depending on the course	Varies depending on the course – please contact course provider	Varies depending on the course	Courses <ul style="list-style-type: none"> • Office Manager Diploma • Executive PA Diploma • HR Assistant Diploma • Legal Secretary Diploma • Medical Secretary Diploma • Secretarial Diploma • Typing & Keyboard Skills • Microsoft Office Diploma

	www.pitman-training.ie/our-centres/carlow				<ul style="list-style-type: none"> • Bookkeeping Diploma • Foundation Diploma in Bookkeeping with AAT • Accounting Technician Diploma with AAT • Professional Diploma in Accounting with AAT • Advanced Diploma in Accounting with AAT • Office Skills Diploma • Office IT Diploma • IT Office Administrator Diploma • Advanced IT Support Technician Diploma with CompTIA • Advanced IT Security Engineer Diploma with CompTIA • IT Support Technician Diploma with CompTIA • Network Support Technician Diploma with CompTIA • Server Support Technician Diploma with CompTIA • Software Developer Diploma (MTA) • Programming Fundamentals Diploma • Advanced Software and Web Developer Diploma • Graphic Design Diploma with Adobe ACA • Web Developer Diploma • Web Design Specialist Diploma • Marketing Assistant Diploma • Digital Marketing Diploma with the Digital Marketing Institute • Pitman English • Pitman English Diploma
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						<ul style="list-style-type: none"> • Management Diploma • Project Management Diploma • Professional Development Diploma • Business Start-Up Diploma • Effective Business Communication • Social Media for Business Diploma • Event Management Diploma
Barrow Training Courses & Workshops	Venue: Blended (Online) Learning Barrow Training Tel: 059 9721416 E: marketing@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"> • QQI Level 5 minor and major awards in Healthcare • QQI Level 5 minor and major awards in Childcare • Manual & Patient Handling • First Aid Response (FAR) • FAR Refresher course
Special Needs Assisting	Venue: Online Barrow Training Tel: 059 9721416 E: marketing@barrowtraining.ie W: www.barrowtraining.ie	8 th October 2020	8 mornings (9.30am-12.30pm)	€325	QQI Level 6 Minor Award	This course aims to equip the learner with the skills necessary to ensure adults or children with special needs are offered the same opportunity to access education compared to those who do not have special needs.
Annual Report Workshop	Venue: Carlow Booking through www.eventbrite.ie Carlow Volunteer Centre Tel (059) 9173033	14 th October & 15 th October 2020	14 th October at 7pm & 15 th October at 11am	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.
Anxiety mindfulness and other exercises to help	Venue: Online Contact Carlow Mental Health Association Tel: 085 8181353 http://carlowmentalhealth.ie/	16 th October 2020	1pm-2pm	Free		Mensana webinar in partnership with Suicide or Survive. Learn how to spot the signs of anxiety and then practice some exercises to help reduce it. Registration: https://suicideorsurvive.ie
Outlook Advanced	Venue: Online Provider: Carlow Kilkenny Skillnet Tel: Jacqueline on 059 9132152 Bookings – www.eventbrite.ie	20 th October 2020	2 mornings – (9.30am-12.30pm) (20 th & 22 nd October)	€45		This advanced Outlook workshop looks in greater detail at some of the more sophisticated tools and techniques in Outlook. Much of the focus is on better management of email which will allow you to better organise and manage the flow of mail to and from your account. https://carlowkilkennyskillnet.ie

Start Your Own Business – Is Self-Employment for You?	Venue: Online Contact: Enterprise House, O'Brien Road, Carlow Tel: 059 9129783 enterprise@carlowcoco.ie Web: www.localenterprise.ie/carlow	20 th October 2020	2 afternoons (2pm-5pm)	€10		This course is designed for those who are in the early stages of considering whether to take the plunge in self-employment: It ensures that participants are fully aware of key tasks, issues and steps involved in starting a business. Running again: 3rd November/ 17th November and 7th December
Safeguarding 1 – Child Welfare & Protection	Venue: Online Contact: Carlow Sports Partnership on 059 9136205 Bookings at www.eventbrite.ie	20 th October 2020	1 evening (6.45pm-9.45pm)	€22.20		All coaches, club children's officers and designated liaison persons must complete this workshop. It aims to educate participants on the implementation of best practice in protecting the welfare of children involved in sport. Running again: 9th November 2020
Prepare for Employment in a Care Setting (Childcare/ Healthcare)	Blended Learning – online learning and workshops for practical elements of the course For more information please contact Helena Comerford on 056 7813014 KCETB Training Services www.fetchcourses.ie	26 th October 2020	3 weeks – full time	Free to eligible applicants		This course is aimed at applicants whose employment has been impacted by Covid-19 and who are interested in upskilling/ reskilling to access new opportunities within the Care Sector. (healthcare/childcare). Content – Safe-Guarding – Children & Adults, Garda Vetting Workshop, ICT Skills Audit, Career Planning & Study Skills
Website Creation (Diploma in Digital Marketing)	Venue: Online For more information please contact Helena Comerford on 056 7813014 KCETB Training Services www.fetchcourses.ie Course information and application at – www.fetchcourses.ie	26 th October 2020	11 weeks – part time (2 evenings per week for 3 hours per evening)	Free to eligible applicants	City & Guilds	The aim of this programme is to enable learners who have been impacted by Covid-19 to achieve recognised certification for knowledge, skills and competencies they may already have gained within the Digital Marketing Sector and/or for those who need to develop these skills in order to avail of new/enhanced employment opportunities. Develop the skills to create and manage a website and

						understand the market forces that drive how content is displayed.
First Aid Responder (FAR) Refresher	Venue: Carlow Town Contact: Ali on 0878231276	29 th October 2020	2 days – 29 th & 30 th October	Please contact course provider		If you are currently an Occupational First Aider, you can refresh using this course. Web: www.aliactivetraining.com
First Aid Responder (FAR) Course	Venue: Carlow Town Contact: Ali on 0878231276 Web: www.aliactivetraining.com	November 2020	Dates to be confirmed	Please contact course provider	PHECC Cert valid for 2 years	Modules: Patient assessment, incident procedure, Cardiac First Response, common medical emergencies, injury management and shock, care of the unconscious patient, burns and electrical injury care, hypothermia & hyperthermia, information management and the wellbeing of the first aider.
Courses in the Carlow Adult Learning Centre	Venue: Carlow Adult Learning Centre, Tullow Road, Carlow Tel: 059 9135544 Apply on www.fetchcourses.ie	November 2020	Part time courses - varies depending on the course	Free	QQI certification	<ul style="list-style-type: none"> • QQI Level 3 in Communications – 2nd November • QQI Level 2 in Personal Decision Making – 2nd November • QQI Level 2 in Reading – 9th November Email: info@carlowadulthoodlearningcentre.ie
Walk to Jog Programme	Venue: Online Support Contact: Carlow Sports Partnership on 059 9136205 Bookings at - www.eventbrite.ie	2 nd November 2020	6 Mondays at 7pm	Free		Online support to assist people to progress from walking to jogging within a 5km distance of their home. Support will be provided through an exclusive Facebook group and direct contact with the tutor Joe Dunne. Participants exercise as part of a virtual group. This initiative is free but limited to 50 people
English for Speakers of Other Languages	Venue: Carlow Adult Learning Centre, Tullow Road, Carlow Tel: 059 9135544 Apply on www.fetchcourses.ie	Courses starting the week of 2 nd November 2020	Part time courses	Free		Structured English language classes to improve your use of English and your confidence in using English for speaking, listening, reading and writing. Email: info@carlowadulthoodlearningcentre.ie

Welding – Basic/ Intermediate/ Advanced Levels (MMA/ TIG/ MIG & Coded Pipe)	Venue: Arc Training, Newacre, Athy Road, Carlow Contact Aine Byrne on 059 9131624/ abyrne@thompson.ie Web: www.arctrainingsolutions.com	3 rd November 2020	6 weeks – 2 evenings per week (6-9.pm) Tuesdays & Thursdays	Please contact course provider – varies depending on course and if certification is required	Testing is done by an independent specialist to ISO 9606 - 1 2013 standard. Tests are available at appropriate levels depending on ability. The tutor will advise on the test best for learners at the time.	All types & all levels - Manual Metal Arc (MMA)/ Tungsten Inert Gas (TIG) /Metal Inert Gas (MIG)/ Coded Pipe <ul style="list-style-type: none"> • Under Health and Safety, participants on this course must not wear contact lenses • Participants must have good hand/eye co-ordination and good manual dexterity • Participants must bring their own Personal Protective Equipment i.e. overalls, steel toe cap boots, welding shield etc.
Train the Trainer	Venue: Online Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – www.eventbrite.ie	4 th November 2020	2 days – (10am-5pm) (4 th & 11 th November)	€75		The course is aimed specifically at those with 'front-line' responsibility for training others in organisations and is designed to equip participants with the basic knowledge and tools to plan, develop and deliver internal training for skill-based operations. https://carlowkilkennyskillnet.ie/
Basic Welding	Venue: Arc Training, New Acre Carlow, R93XK19 Contact: Olive Morrissey on 056 7813014 in KCETB Training Services Course information and application at – www.fetchcourses.ie	9 th November 2020	13 weeks – full time	Free to eligible applicants		The aim of this course is to up-skill and accredit job seekers and crafts-persons to the first level of MMA Flat-Horizontal welding of plate using MMA (stick welding) process. <u>Content:</u> Manual Metal Arc Welding (MMA)/ MIG Vertical Open Butt Welding & TIG Stainless Steel Welding.
Sustainability for Business	Venue: Online Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152	11 th November 2020	11am-1pm	€30		The aim of this course is to help SME's to unlock the sustainable solutions within their operations and reduce costs on everything from waste to water, packaging and deliveries https://carlowkilkennyskillnet.ie/ Bookings – www.eventbrite.ie

Sports Inclusion and Disability Awareness	Venue: Online Contact: Carlow Sports Partnership on 059 9136205	12 th November 2020	1 evening (7pm-8.30pm)	Free		This webinar is aimed at anyone interested in taking the first step to making their activities inclusive. Bookings at www.eventbrite.ie
Garda Vetting Officer Training	Venue: Online Contact the Volunteer Centre on 059 9173033 or email natasha@volunteercarlow.ie Bookings: www.eventbrite.ie	12 th November 2020	11am-12.30pm	Free		This training is compulsory for Organisations that need to garda vet their volunteers/employees. It covers an overview of the legislation and your responsibilities as Garda Vetting Officer. This training will guide you through the process of E-Vetting from beginning to end.
Basic Book Keeping	Venue: Online Contact: Enterprise House, O'Brien Road, Carlow Tel: 059 9129783 enterprise@carlowcoco.ie	17 th November 2020	4 evenings (7pm-9pm)	€20		The programme aims to provide the learner with an introduction to bookkeeping terms and principles and the knowledge and skill to operate a manual bookkeeping system. Web: www.localenterprise.ie/carlow
Safeguarding 2 – Child Welfare & Protection	Venue: Online Contact: Carlow Sports Partnership on 059 9136205	17 th November 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 www.eventbrite.ie
Manual Handling Instructor	Venue: Online Barrow Training Tel: 059 9721416 E: marketing@barrowtraining.ie W: www.barrowtraining.ie	23 rd November 2020	4 days – 23 rd & 30 th November & 7 th & 14 th December	€495	QQI Level 6 Minor Award	The purpose of this course is to equip the learner with the knowledge, skill and competence to effectively design and deliver manual handling instruction in the workplace. Skills demonstrations are recorded remotely for submission eliminating the requirement to attend in person in these challenging times.
Health and Safety Compliance Management	Venue: Online Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152	24 th November 2020	2 mornings (10am-12pm) – 24 th November	€50		The costs associated with not managing health and safety far outweighs the costs of managing health and safety for your business. This is a new health and safety

	Bookings – www.eventbrite.ie		& 1 st December			compliance management course suitable for a wide range of businesses https://carlowkilkennyskillnet.ie/
Digital Marketing	Venue: Online Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – www.eventbrite.ie	8 th January 2021	6 mornings (9.30am-12.45pm) until 12 th February	€295		Digital marketing encompasses all marketing efforts that use an electronic device or the internet. In this programme Carlow/Kilkenny members will review how their business is leveraging digital channels such as their website, search engines, social media, email, and other websites to connect with current and prospective customers. https://carlowkilkennyskillnet.ie/
Microsoft Office Specialist Programme	Venue: Online KCETB Training Services Contact: Helena Comerford on 056 – 7813014 or email tsu.recruit@kilkennycarlowetb.ie Course information and application at – www.fetchcourses.ie	18 th January 2021	16 weeks – part time	Free to eligible applicants		This programme will be offered through Skills to Compete funding and is aimed at supporting those whose working lives have been impacted by Covid-19 who wish to upskill/reskill online with tutor support. Learners will have the opportunity to complete individual Microsoft Office Specialist Certification – Word; Excel; Access & Outlook. Minimum recommended number of hours per week for self-directed learning is 8 hours
ILM Qualifications in Leadership and Management	Venue: Online KCETB Training Services Contact: Helena Comerford on 056 – 7813014 or email tsu.recruit@kilkennycarlowetb.ie Course information and application at – www.fetchcourses.ie	18 th January 2021	16 weeks – part time	Free to eligible applicants	City & Guilds	This programme will be offered through Skills to Compete funding and is aimed at those whose working lives have been impacted by Covid-19 and who would now like to take the opportunity to upskill/reskill. Applicants with experience in leadership/management functions are encouraged to apply. Learners will attend one/ two online classes per week. Minimum online class attendance is 1½ hours per week. The recommended number of

						hours per week for self-directed learning is 8 hours. An ILM tutor will be available at agreed times to give support.
Part Time Courses – January 2020	Course Provider: BTEI, 1B Meadow Court, Burrin Street Carlow Tel: 059 9139532 bteicarlow@kilkennycarlo.net www.bteicarlow.net	Week starting 18 th January 2021	Part time day courses (over 15 weeks)	Free to eligible learners - to social welfare recipients or medical card holders or those without a Leaving Certificate	QQI certification	Courses: <ul style="list-style-type: none"> • QQI Level 3 in Word Processing • QQI Level 4 in Work Experience • QQI Level 4 in Word Processing • QQI Level 4 in Maths • QQI Level 5 in Information & Administration Applications also online at www.fetchcourses.ie
Evening Courses – Carlow College	Venue: Carlow College Tel: 059 9153200	January 2021				Carlow College is aiming to start evening courses in January 2021. Please keep an eye on their website – www.carlowcollege.ie
Institute of Technology Carlow - Evening Courses	Venue: IT Carlow, Kilkenny Road, Carlow For further information please contact the Lifelong Learning Centre Tel: 0599175280 W: www.itcarlow.ie/lll E: lll@itcarlow.ie	January 2021	One or two evenings per week. Course duration varies between 10-15 weeks)	Price varies please contact course provider or log on to www.itcarlow.ie/	Qualifications vary depending on the course, please contact course provider for further information or log on to www.itcarlow.ie	Undergraduate Certificate Courses: <ul style="list-style-type: none"> • Organisational Psychology • Project Management & Communications • Legal Practice & Procedure • Wellbeing and Mental Health Awareness in Youth Work • Caring for the Developing Child • Building Capacity & Enhancing Leadership in Intercultural Understanding & Diversity • Energy Sustainability • Process Control and Instrumentation • Health, Safety & Environmental Management • Advanced CAD & 3D Modelling • Web Design • Entrepreneurship • Marketing and Entrepreneurship

						<ul style="list-style-type: none"> • IP Networking and Design • Python Programming • Introduction to Sport & Exercise Psychology • Data Science Statistics for Insurance & Financial Services • Data Science Analytics and Algorithms for Insurance & Financial Services • Data Visualisation and Insights for Insurance & Financial Services <p>Postgraduate Certificates: -</p> <ul style="list-style-type: none"> • Addiction Studies • Adult Community Education • Insurance (Life and General) for Data Scientists • Youth Justice
Institute of Technology Carlow – Springboard Courses	<p>Venue: IT Carlow, Kilkenny Road, Carlow</p> <p>For further information please call 059-9175285</p> <p>W: www.itcarlow.ie/</p> <p>Email: springboard@itcarlow.ie</p> <p>Application: www.springboardcourses.ie</p>	January 2021	Part time	<p>There are no tuition fees for DEASP customers or returners.</p> <p>For employed participants on NFQ courses Levels 7, 8 or 9, they are liable for 10% of the fee.</p>		<p>Blended Learning Courses:</p> <ul style="list-style-type: none"> • Certificate in Entrepreneurship (QQI Level 7) • Certificate in On-Site Wastewater Treatment & Disposal (QQI Level 7) • Higher Diploma in Science Computing (Systems and Information Technologies Services) – QQI Level 8

BAGENALSTOWN/ LEIGHLINBRIDGE (COURSES)

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Gleann na Bearu Community Garden	Venue: Gleann na Bearu, Bagenalstown	Open during lockdown	Part time			Open to people of all ages and abilities to come and work in the community garden growing flowers, herbs, fruit and vegetables. Numbers have to be kept relatively low for the safety of all. If you'd like to join, PM on their Facebook page for a chat & they'll accommodate if they can - www.facebook.com/gleannabearucommunitygarden
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"> • First Aid Refresher – 19th November • Online Learning – Childcare/ Healthcare/ First Aid Response/ Manual Handling/ Manual Handling Instructor/ Special Needs Web: www.barrowtraining.ie
Sewing Course	Venue: Orchard Craft Studio, Bagenalstown, R21NA06 Tel: Ally on 083 0380329	Ongoing	Part time – day and evening courses	Please see website for details		Beginners and Improver Classes. 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	Ongoing		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.

						Further information on 085 7534544/ teachwebb@gmail.com
Cookery Course	Venue: Ballon Business & Training Centre www.ballonbts.com	6 th October 2020	6 Tuesdays (10am-12pm)	€10 per week		Cook and chatter with Majella. You decide what is cooked. Places are limited. Call 059 9159447 to book your place.
Internet Skills	Venue: Ballon Business & Training Centre www.ballonbts.com	21 st October 2020	10 Wednesdays at 9.30am	Free	QQI Level 3 Minor Award	This is a basic internet skills course. Call 059 9159447 to book your place.
Paint Night	Venue: Ballon Business & Training Centre www.ballonbts.com	30 th October 2020	1 evening (7-9pm)	€20		Spaces are very limited. First come first served. Call 059 9159447 to book your place.
Customer Service	Venue: Ballon Business & Training Centre www.ballonbts.com	November 2020	13 weeks (3 hours per week)		QQI Level 4 Minor Award	Call 059 9159447 to book your place.
Part Time Courses – January 2020	Venue: Ballon Business & Training Centre Course Provider – BTEI Carlow Tel: 059 9139532 bteicarlow@kilkennycarl.owetb.ie	Week starting 18 th January 2021	15 weeks	Free - to social welfare recipients or medical card holders or those without a Leaving Certificate	QQI	<u>Courses:</u> <ul style="list-style-type: none"> • QQI Level 4 in Plant Propagation • QQI Level 4 Work Experience • QQI Level 5 in Information and Administration • QQI Level 5 in Book-Keeping – Manual & Computerised Applications also online at www.fetchcourses.ie

BORRIS/ ST. MULLINS COURSES

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Cold Process Soap Workshop	Venue: Borris House	7 th November 2020	1 day (10am-4.30pm)	€95		This workshop is for the beginner or the just getting started soap maker. Together we will have fun creating a totally natural batch of soap – yours to take home. Bookings at www.eventbrite.ie

HACKETSTOWN/ RATHVILLY/ CLONMORE

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Bring Your Own Project Morning	Venue: Slaney Handcraft Studio, Rathvilly	Wednesday mornings Thursday evenings	10.30am-12.30pm 7-9pm	€10 per class		Bring your own project which you are working on, thinking of starting or even just dreaming about! Beginners are also welcome. Own sewing machine required. Tel: Tomomi 0857749774/ slaneyhandcraft@gmail.com

TULLOW- UPCOMING COURSES

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Time to Thrive	Venue: Online Contact Lorraine on 0851918988	22 nd October 2020	8 weeks (1 evening per week 7pm-9pm)	Contact course provider		Join a nutritionist and fitness instructor for a fitness, nutrition and weight loss programme. Weekly fitness classes to boost the benefits of your nutrition and increase strength. Weekly recipes, handouts, nutrition tips plus so much more. For more information email thrivenutritioneducation@gmail.com or contact Lorraine on 0851918988
English for Speakers of Other Languages	Venue: Tullow Contact: Carlow Adult Learning Centre on 0599135544	Week starting 2 nd November 2020	2 afternoons per week over 10 weeks	Free		Structured English language classes to improve your use of English and your confidence in using English for speaking, listening, reading and writing. Email: info@carlowadulthoodlearningcentre.ie Apply on www.fetchcourses.ie
Beginners Kayaking Course	Venue: Tullow Kayak Club, Ballymurphy Road, Tullow	April 2021				Aim to re-start kayaking courses in April. Participants must be able to swim at least 25 metres & tread water, Keep an eye on their Facebook page- www.facebook.com/tullow.kayakclub

Wellness & Mental Health Courses/ Workshops

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Mindfulness Sessions	Venue: Online	Ongoing		Free		Guided mindfulness exercises available on http://www.freemindfulness.org/download
Daily Meditation Sessions	Venue: Online Tel: 086 1746330 Email: recoverycollegesoutheast@gmail.com	Daily at 10am		Free		Daily meditation session on the Recovery College South East Facebook page - www.facebook.com/RecoveryCollegeSouthEast
Self-Directed Life Skills Programme	Venue: Online Aware 1800804848 supportmail@aware.ie Web: www.aware.ie	Ongoing		Free		Content <ul style="list-style-type: none"> • Space from Stress • Space for Sleep • Space for Resilience • Space from Covid-19 Each programme consists of individual modules to complete, in your own time. This programme may also be helpful to work through while you wait for the next Life Skills online programme to open for registration.
Wellness Workshops	Venue: Online Suicide or Survive LoCall 1890 577 577 or 01 272 2158 info@suicideorsurvive.ie	Ongoing		Free		Workshops <ul style="list-style-type: none"> • Wellness Workshop • YouMatter Workshop These workshops have been developed from listening to people's experiences and what has helped them when their mental health has taken a dip. Website: https://suicideorsurvive.ie
Recovery College South East Workshops	Venue: Online Tel: 086 1746330 Email: recoverycollegesoutheast@gmail.com	October – December Workshops	Varies	Free		Courses at the Recovery College are for everyone. <ul style="list-style-type: none"> • 1st Oct – Introduction to mindfulness

	<p>Web: www.recoverycollegesoutheast.com/</p>				<ul style="list-style-type: none"> • 2nd Oct – Making Connections – building confidence in social situations • 2nd Oct or 12th Oct – Learning kindness and compassion for myself • 5th Oct – Talking & listening it works both ways • 7th Oct – Practical facilitation skills • 8th Oct – Building my self confidence • 8th Oct - Understanding and living with voices • 8th Oct - Good Stress Bad Stress • 12th Oct – WRAP (Wellness Recovery Action Plan) • 15th Oct – Take charge of your life • 15th Oct – Understanding and living with paranoia • 19th Oct – Loneliness and isolation • 20th Oct - Understanding sleep: getting a good night's sleep • 22nd Oct – Understanding self-harm • 22nd Oct - Wellness Recovery Action Plan for Families • 30th Oct – Music for mood • 3rd Nov – Positive Thinking; Practicing Wellbeing • 3rd Nov – Understanding and living with anxiety • 4th Nov – Creative Writing • 4th Nov – Recovery Principles and Practice • 6th Nov - Making Connections – building confidence in social situations
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Stress Control	Venue: Online Provided by the HSE Info@stresscontrol.org	5 th October 2020 onwards		Free		Stress Control will teach you skills to fight stress (for most of us, a mix of

	www.stresscontrol.ie					anxiety and depression) and boost your wellbeing. You do not need to register or log-in, just go to the live stream – www.stresscontrol.ie
Living Well Programme	Venue: Online Provided by the HSE For bookings or enquiries email: selfmanagementsupports@hse.ie or call Catriona on 087 2939881 or Ciara on 087 4088325 Website: www.hse.ie	7 th October 2020 onwards	6 week programme (2½ hours per week)	Free		Living Well is a free Self-Management programme for adults living with long-term health conditions. Dates: <ul style="list-style-type: none"> • 7th Oct. - 11th Nov. 6pm – 8:30pm (Wednesdays) • 15th Oct. – 19th Nov. 10:30am – 1:00pm (Thursdays) • 23rd Oct. – 27th Nov. 2pm – 4:30pm (Fridays) • 31st Oct. – 5th Dec. 10am - 12:30pm (Saturdays) • 3rd Nov. – 8th Dec. 2pm – 04:30pm (Tuesdays) • 16th Nov. – 21st Dec. 6:00pm – 08:30pm (Mondays)
Stop Smoking	Venue: Online St. Vincent's University Hospital Tel: (01) 2214958 smokingservice@svuh.ie	2 nd November 2020	2 nd Nov – 7 th December (5.30pm-7pm)			This six-week course aims to provide support; help develop skills to stop smoking and provide advice on stop smoking medications

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.