



# 2020 / 2021



**etb**

Bord Oideachais agus Oiliúna  
Chill Chainnigh agus Cheatharlach  
Kilkenny and Carlow  
Education and Training Board

**SOLAS**  
learning works



**European Union**  
Investing in your future  
European Social Fund



Rialtas na hÉireann  
Government of Ireland



National Centre for Guidance in Education  
Lárionad Náisiúnta um Theoirí san Oideachas

KILKENNY AND CARLOW ADULT GUIDANCE SERVICES,  
KILKENNY AND CARLOW EDUCATION AND TRAINING BOARD

## DOUBLE CHECK TABLE OF CONTENTS PAGE NUMBERS

## TABLE OF CONTENTS

• Introduction	04
• Overview of Kilkenny and Carlow Education and Training Board	05
• Further Education and Training Adult Guidance Service	08
• Kilkenny and Carlow ETB Services to Business	10
• National Framework of Qualifications (NFQ)	12
• Financial Supports for Learners	14
• Recognition of Prior Learning RPL and Access to FET	19
• <b>Agriculture / Horticulture / Animals</b>	20
• <b>Apprenticeships</b>	26
• <b>Business and Office Skills</b>	28
• <b>Childcare</b>	36
• <b>Computer Skills / Programming and Networking / IT. Systems Administration</b>	40
📌 • <b>Spotlight on Computer Skills</b>	46
• <b>Construction and Trades / Practical Skills</b>	48
• <b>Cookery / Culinary / Food</b>	52
• <b>Counselling, Social and Humanities</b>	56
• <b>Creative Arts</b>	58
📌 • <b>Spotlight on Furniture Design and Making</b>	68
• <b>Customer Service / Retail</b>	70
• <b>General Learning Skills for Return to Work and Education</b>	74
• <b>General Support Services</b>	84
• <b>Hairdressing, Beauty and Complementary Therapies</b>	108
• <b>Health and Safety and Security</b>	110
• <b>Health, Nutrition, Sports and Fitness</b>	116
📌 • <b>Spotlight on Health / Nutrition</b>	120
• <b>Healthcare</b>	122
• <b>Language and Communications</b>	126
• <b>Photography / Digital Media / Visual Communications</b>	132
• <b>Positive Living</b>	136
• <b>Self-Employment and Entrepreneurship</b>	142
• <b>Stem – Science, Technology, Engineering, Mathematics</b>	150
• <b>Tourism and Hospitality</b>	156
• <b>Traineeships</b>	158
📌 • <b>Spotlight on Traineeship (Office Administration)</b>	160
• <b>Transportation / Logistics / Warehousing</b>	162
• <b>Volunteering</b>	166
• <b>Useful Websites</b>	172
• <b>Fetchcourses.ie</b>	175
• <b>Glossary – Common Acronyms</b>	176

# INTRODUCTION

## COURSES FOR ADULTS IN KILKENNY AND CARLOW 2020 - 2021

As the new academic year of 2020 – 2021 evolves, this is often the time when adults begin their journey and consider returning to education or training by engaging in a course locally. If you are one of those adult learners, welcome to the beginning of that journey and welcome back to those returning for the 2020 – 2021 academic year. For those at a point in their life where they are considering options for full or part time education and training, I extend a warm welcome to you in presenting this booklet: **Courses for Adults in Kilkenny and Carlow 2020 – 2021**.

Courses for Adults in Kilkenny and Carlow 2020 – 2021 is one of a number of publications provided by Kilkenny and Carlow ETB's Adult Guidance and Information Service. This booklet provides comprehensive information on the range of educational/training opportunities available to adults throughout the counties of Kilkenny and Carlow. The information included in this publication is divided into different sections and ranges, from hobby/leisure non accredited courses to QQI Level 6 advanced certificates and many options in between. Whether you are starting, returning or seeking to engage in education/training, this booklet is a valuable resource for all adults committed to lifelong learning.

I am grateful to Bernadette O'Rourke, Adult Education Officer and both Adult Guidance and Information Services in Kilkenny and Carlow ETB, for their continued hard work and commitment to ensuring the provision of a professional, person centred and inclusive information and guidance service. This booklet is a representation of this commitment and I hope that you will find it a valuable reference, providing information on course/s which will support you in your journey to return to education and training, upskill, re-skill or simply engage in a hobby or leisure class.

*Ar scáth a chéile a mhaireann na daoine.*

*Martha Bolger*

**Martha Bolger**  
Director of Further Education and Training  
Kilkenny and Carlow ETB

# OVERVIEW OF KILKENNY AND CARLOW EDUCATION AND TRAINING BOARD

Kilkenny and Carlow Education and Training Board (ETB) is a local education authority, established on the 1st July 2013. Kilkenny and Carlow Education and Training Board is one of 16 ETBs throughout the county. KCETB provides a comprehensive range of quality education and programmes and supports designed to meet the needs of young people and adults throughout the counties of Kilkenny and Carlow. It is involved in many partnership activities at local level and provides a range of educational supports to enhance the quality of its education programmes. KCETB values learning and recognises its role in the development, cohesion and wellbeing of society.

Over the years KCETB has developed a range of educational provision and training to meet the diverse and ever changing needs of learners. Today it runs thirteen second level schools and an extensive Further Education and Training (FET) service.

Further Education and Training offers a wide variety of life-long education options to school leavers and adults throughout Kilkenny and Carlow. This includes apprenticeships, traineeships, post leaving certificate (PLC) courses, VTOS, Youthreach, BTEI, community and adult education, as well as core literacy and numeracy services offered through the Adult Learning Services.

FET courses are provided at Levels 1 to 6 on the National Framework of Qualification (NFQ). The accessibility of FET and the opportunities presented for learners, including job readiness and progression to higher education, are key objectives of further education and training.

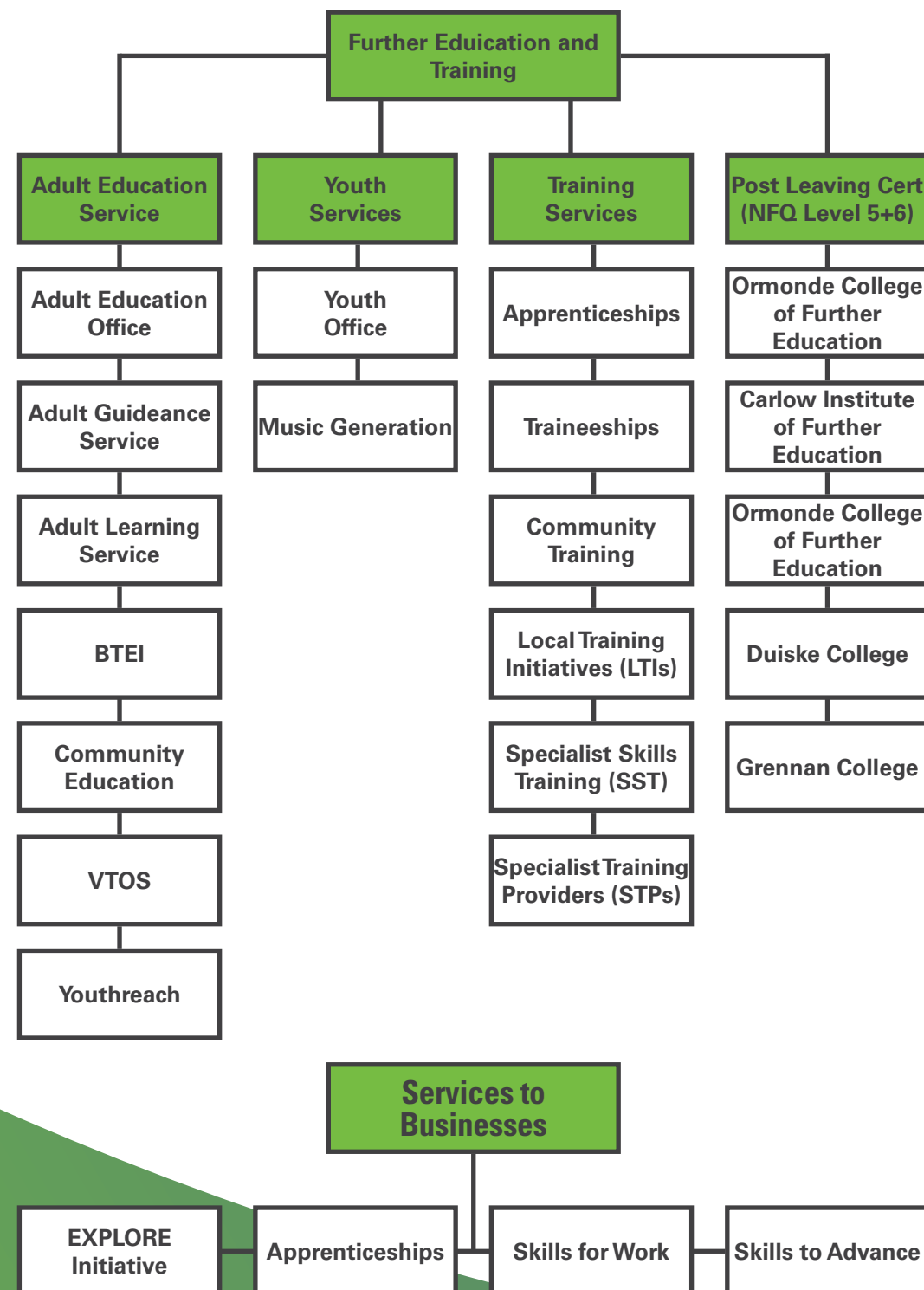
Funding for FET courses is provided through SOLAS, the state organisation with responsibility for funding, planning and co-ordinating Further Education and Training in Ireland. Some of our FET courses are co-funded by the European Social Fund, these include BTEI, Adult Literacy, Youthreach and a number of Training Services Programmes.

BTEI, Adult Literacy, Youthreach and a number of Training Programmes are co-funded by the Irish Government and the European Social Fund as part of the ESF Programme for Employability Inclusion and Learning 2014-2020.





## OVERVIEW OF KILKENNY AND CARLOW EDUCATION AND TRAINING BOARD (CONT.)



## KILKENNY AND CARLOW EDUCATION AND TRAINING BOARD AT A GLANCE





## FURTHER EDUCATION AND TRAINING ADULT GUIDANCE SERVICE

### Do you want to...

- Make a positive change in your life?
- Consider a second chance at education?
- Explore education, training and vocational opportunities?
- Gain a qualification to improve your employment prospects?
- Support to identify your lifelong learning and career planning?
- Receive a free, professional, impartial, confidential and friendly service

### Please contact our service for guidance support if you are:

- Currently unemployed
- Working in a low skilled job
- Left school early

### 3,500 Clients Accessed Our Service in 2020 Progressing to

- Further Education
- Higher Education
- Employment
- Hobbies and Interest Courses

#### Guidance Counsellor / Co-ordinator:

Ms Orla Reddy

#### County Kilkenny Adult Guidance Service

Lower New Street, Kilkenny, R95 AV65

**Tel:** 056 776 4448

**Email:** [adultguidance@kkadulthood.ie](mailto:adultguidance@kkadulthood.ie)

**Facebook:** County Kilkenny Adult Guidance Service

#### Guidance Counsellor / Co-ordinator:

Mr Shane Rooney

#### County Kilkenny Adult Guidance Service

1a Meadow Court, Burrin Street, Carlow, R93 XR12

**Tel:** 059 913 3123

**Email:** [info@carlowadultguidance.ie](mailto:info@carlowadultguidance.ie)

**Facebook:** County Carlow Adult Guidance Service



KILKENNY AND CARLOW ETB

# SERVICES TO BUSINESS

EDUCATION AND TRAINING OPPORTUNITIES  
FOR THOSE IN EMPLOYMENT

## EXPLORE INITIATIVE SUPPORTING EMPLOYEES IN INDUSTRY

The EXPLORE Initiative is a national funded programme aimed at supporting those in employment. The EXPLORE initiative will assist both employers and employees to build resilience in times of change, engage learners at the beginning of a lifelong learning experience and enhance learner's digital skills. This pre-development programme offers the opportunity to develop digital skills for the workplace and supports improved employee engagement and continuing professional development. It also seeks to support health and wellbeing in the workplace. The programme is run in conjunction with the South East Regional Skills Forum (regionalskills.ie).

**Contact Kilkenny and Carlow ETB for more information**

**056 776 5103**

See [WWW.FETCHCOURSES.IE](http://WWW.FETCHCOURSES.IE) for courses

## SKILLS FOR WORK SUPPORTING EMPLOYEES TO UPSKILL

Skills for Work is a national programme to deliver training courses for full time or part time employees. This SOLAS funded programme is particularly targeted at low skilled workers who, without the opportunity to participate in this training, may not have the confidence to embrace change in the workplace. This initiative is funded by the Irish Government under the Department of Education and Skills, and delivered by the Education and Training Boards (ETBs). In general the courses are accredited at QQI Levels 3 or 4. Skills for Work is part of the Government's National Skills strategy. This strategy recognises that the nature of the workplace is constantly changing; work is becoming less routine with a requirement for a workforce that is flexible, continuously learning and capable of personal growth.

**Contact Kilkenny and Carlow ETB for more information**

**056 776 5103**

## SKILLS TO COMPETE

Supporting Reskilling and Retraining

Skills to Compete is the most recent national initiative to support those who have lost their jobs as a result of COVID-19, to re-enter the workforce. In support of the Programme for Government and the post-COVID recovery plan, the FET sector are prioritising the reskilling and retraining of those unable to return to their previous employment following the COVID-19 crisis. The Skills to Compete initiative, funded through SOLAS is a reskilling and retraining response, which aims to build transversal and digital skills, through the targeted provision of modular based education and training from NFQ levels 4-6, within growth sectors and occupations. Employee skill gaps can be addressed through this targeted modular provision, with the aim of improving the opportunities for employment. It focuses specifically on Level 4-6 courses targeting growth sectors and occupations. The upskilling opportunities will be supported by Kilkenny and Carlow ETB's FET Guidance Services and local INTREO support and activation.

See [WWW.FETCHCOURSES.IE](http://WWW.FETCHCOURSES.IE) for courses available through Kilkenny and Carlow ETB.

## SKILLS TO ADVANCE EMPLOYEE DEVELOPMENT

Skills to Advance is a recent SOLAS funded initiative that offers upskilling and reskilling opportunities to employees, with accreditation at National Framework of Qualifications (NFQ) Level 5 and Level 6. It benefits employees and SMEs through education and training. Additionally, Skills to Advance can assist SMEs in identifying their training needs and provide training to their workforce. Skills to Advance aims to equip employees with the skills to progress in their current job, or to take advantage of new job opportunities. It also offers assistance to employers in developing their workforce. The upskilling and reskilling courses available to employees are highly subsidised depending on existing skill level (www.solas.ie).

**Contact Kilkenny and Carlow ETB for more information**

**087 668 5857**

\*All initiatives are supported through SOLAS.





## IRISH NATIONAL FRAMEWORK OF QUALIFICATIONS (NFQ)

The National Framework of Qualifications QQI Level (NFQ) fan diagram has 10 levels. NFQ Level 1 and 2 are core skills, NFQ Level 3 and 4 provides bridging skills provision while vocational job-related skills are gained at Level 5 and Level 6 and provide pathways for further education and employment. The major awards at each level are divided into a defined number of minor awards some of which can be combined across NFQ levels and programme types. How you learn, and how your learning is examined for each module is described in the specific learning outcomes (SLOs) of the module descriptor found at the link below. There could be practical exams, skills demonstration, project or a written exam depending on the module and award you are studying. Awards could be studied online, by attendance or by a mixture of both called blended learning.

In order to balance your learning with work

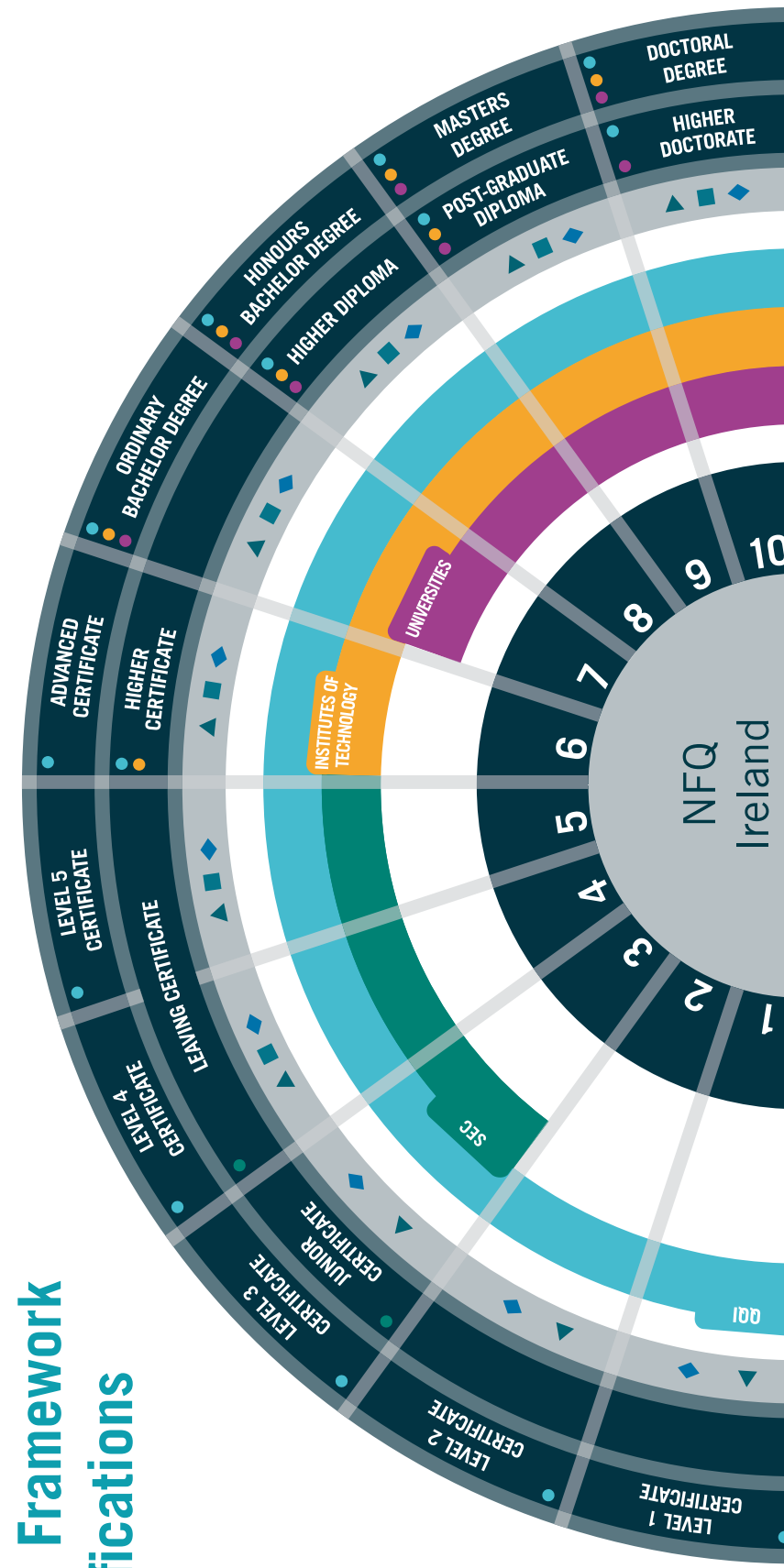
and family life you could gain the required number of modules to achieve a major award over a period of time. Some individual modules are common to many QQ Level 5 Major awards, examples include Work Experience, Work Practice, Communications and Teamworking

[www.nfq.qqi.ie/](http://www.nfq.qqi.ie/)

In terms of your FET qualification where you study is called an education provider however where you gain your certificate is called a certification body. Examples of education providers could be a BTEI or VTOS centre or Further Education College while examples of certification bodies include QQI/ FETAC or City and Guilds.

[www.qqi.ie](http://www.qqi.ie)

## National Framework of Qualifications



### AWARDING BODIES

- Quality and Qualifications Ireland (QQI) makes awards in further and higher education and training
- SEC - State Examinations Commission (Department of Education and Skills)
- Institutes of Technology
- Universities

### AWARDS IN THE FRAMEWORK

There are four classes of award in the National Framework of Qualifications:



- Major Awards:** named in the outer rings, are the principal class of awards made at a level
- Minor Awards:** are for partial completion of the outcomes for a Major Award
- Supplemental Awards:** are for learning that is additional to a Major Award
- Special Purpose Awards:** are for relatively narrow or purpose-specific achievement



# FINANCIAL SUPPORTS FOR LEARNERS

## FURTHER EDUCATION AND TRAINING (FET)

### Back to Education Allowance (BTEA)

Learners on certain DEASP payments can return to full time education on an approved second level (PLC/ FET College) course of education through the Back to education allowance. You must be over 21, on a qualifying social welfare payment and be accepted onto a qualifying course. If you are aged 18-20 years of age, you must be out of formal Education for 2 years. Cost of Education Allowance of €500 per academic year is payable to all BTEA participants with a qualified child payment. Access to the BTEA will be extended to people getting the COVID-19 Pandemic Unemployment Payment (PUP). Ordinarily, you must be getting a qualifying social welfare payment for at least three months before applying for FET College/PLC however this requirement has been waived for recipients of PUP. If you are getting PUP and wish to apply for BTEA, you must transfer to a Jobseeker's payment (or other qualifying payment). Your BTEA rate is linked to your qualifying social welfare rate of payment. All courses must lead to a Quality and Qualifications Ireland (QQI/ FETAC) or equivalent (e.g. City and Guilds) qualification and you must also progress in the NFQ level of qualification.

- **Intreo Centre Carlow**

059 917 0170

- **Intreo Office Kilkenny**

056 771 5100

- **Department of Employment Affairs and Social Protection website**

[www.gov.ie](http://www.gov.ie) or from the Citizens Information website [www.citizensinformation.ie](http://www.citizensinformation.ie)

- The Department's LoCall Leaflet request line at 1890 20 23 25

### Childcare Supports

There are two types of subsidies available under the National Childcare Scheme, these are Universal Subsidies and Income Assessed Subsidies. Universal Subsidies are available to all families with children under 3 years old. They are also available to families with children over 3 years who have not yet qualified for the free preschool programme (ECCE). This subsidy is not means tested and provides 50c per hour towards the cost of a registered childcare place for a maximum of 45 hours per week.

Income Assessed Subsidies are available to families with children aged between 24 weeks and 15 years. This subsidy is means tested and will be calculated based on your individual circumstances. Your rate will vary depending on your level of family income, your child's age and educational stage, and the number of children in your family. If you (and your partner, if you have one) are working, studying or training, the maximum number of subsidised hours available per week are 45.

**Web:** [www.ncs.gov.ie/en/types-of-subsidy/](http://www.ncs.gov.ie/en/types-of-subsidy/)

# FINANCIAL SUPPORTS FOR LEARNERS

## FURTHER EDUCATION AND TRAINING (FET)

### Community Training Centre (CTC)

Community Training Centres (CTC) provides training, educational and employment related services for young people in a friendly and informal manner for learners aged between 16 and 21. If you are aged under 18 and attending a Community Training Centre you will get an age-related training allowance. You may be entitled to some of the following

- Training Allowance
- Travel Allowance
- Meal Allowance
- Accommodation Allowance
- National Childcare Scheme

**Web:** [www.carlowyouthtraining.org/](http://www.carlowyouthtraining.org/)

**Web:** [www.keyctc.ie/](http://www.keyctc.ie/)

**Web:** [www.kcetbtraining.ie/community-training-centres/](http://www.kcetbtraining.ie/community-training-centres/)

### ETB Further Education and Training Services

Further Education and Training (FET) training courses in Education and Training Boards (ETB) training centres are free and you may be paid a training allowance for the duration of your course if previously getting a qualifying social welfare payment, such as Jobseeker's Allowance or Jobseeker's Benefit. There is no qualifying period, which means you do not need to have been getting a social welfare payment for a certain period of time. You may be entitled to some of the following;

- Training Allowance
- Travel Allowance
- Meal Allowance
- Accommodation Allowance
- National Childcare Scheme

**Web:** [www.fetchcourses.ie](http://www.fetchcourses.ie)

**Web:** [www.thisisfet.ie](http://www.thisisfet.ie)

**Web:** [www.ncs.gov.ie/](http://www.ncs.gov.ie/)

### Local Training Initiatives (LTI)

The Local Training Initiative (LTI) programme provides a range of person-centred services to assist individuals to enter/re-enter the labour market. Initiatives are firmly rooted in the community and encourage people, primarily aged 18 – 35 years of age, who otherwise might not avail of mainstream training to develop their existing skills and learn new skills in an environment that is tailored to their particular local needs to assist in accessing the labour market. The LTI's provide a range of training programmes which lead to Major QQI awards between levels 3, 4 and 5 and as such durations vary based on programme requirements.

**Web:** [www.kilkennycarlow.etb.ie/further-education-and-training/training-services/community/](http://www.kilkennycarlow.etb.ie/further-education-and-training/training-services/community/)

# FINANCIAL SUPPORTS FOR LEARNERS

FURTHER EDUCATION AND  
TRAINING (FET)

## Post Leaving Certificate Participant Contribution (exemptions)

You won't have to pay the Government PLC Levy (fee) on fulltime FET College/ PLC courses if you are an Irish citizen/EU national and are:

- A full medical card holder in your own right, or are the dependent child of a medical card holder
- Eligible under the student grant scheme
- In receipt of either the Back to Education Allowance (BTEA) or Vocational Training Opportunities Scheme (VTOS) allowances

If eligible for this exemption, you will only have to pay the relevant Registration and Examination/Awarding Body fee attached to the course that you are studying.

**Web:** [www.education.ie](http://www.education.ie)

## Reduced Fees for Certain Social Welfare Recipients

There may be some reduced fees on self-financed ETB Evening Courses. Please check with the provider

**Web:** [www.kilkennycarlow.etb.ie/further-education-and-training/evening-classes/](http://www.kilkennycarlow.etb.ie/further-education-and-training/evening-classes/)

**Web:** [www.cifet.ie](http://www.cifet.ie)

**Web:** [www.catherines.ie](http://www.catherines.ie)

**Web:** [www.ormondecollge.ie](http://www.ormondecollge.ie)

## Student Universal Support Ireland - SUSI

SUSI provides for maintenance only on full-time FET College/PLC courses and does not help with course fee costs. To be eligible for a FET College/ PLC grant you must qualify under several criteria including nationality and residency, be progressing in your education (increasing your NFQ level), attending an approved course in an approved institution. The calculation of your income for grant purposes depends on which class of applicant you are, dependent or independent. Your reckonable income (income calculated for grant purposes) must fall under the specified thresholds and will be a factor in determining what type of funding you could receive. Funding is only available for a certain amount of years and depends on previous education

**Web:** [www.susi.ie/eligibility/](http://www.susi.ie/eligibility/)

## St. Vincent de Paul Education Fund

The SVP Education and Training Bursary Fund has been established to support students of all ages who may financially struggle to access or stay in education and training programmes. Please note, bursary awards are dependent on funding availability.

The contact number for the South East Regional Office is **Tel:** 051 350 725

**Web:** [www.svp.ie/what-we-do/education-grants.aspx](http://www.svp.ie/what-we-do/education-grants.aspx)

# FINANCIAL SUPPORTS FOR LEARNERS

FURTHER EDUCATION AND  
TRAINING (FET)

## Training Support Grant

The TSG fund provides a maximum of €1000 to Jobseekers per year for quick access to short term training or to obtain/ renew certification. Jobseekers/Case Officers can identify work opportunities or immediate skills gap that prevents taking up a job offer for a course not above NFQ Level 6 and which is not otherwise provided by DEASP directly or any other state provider within a reasonable length of time at a convenient location. The training need identified meets both the needs of the jobseeker and the labour market and forms part of the agreed personal progression/action plan to enter or re-enter the labour market. The jobseeker is asked to show reasonable evidence or grounds of need (e.g. job offer/ potential job offer) or to identify a skill gap or a requirement to maintain or achieve accreditation (for example, safe pass, driving licences, HACCP, security industry permits).

**Web:** [www.gov.ie](http://www.gov.ie)

## Useful Websites

**Web:** [www.studentfinance.ie](http://www.studentfinance.ie)

**Web:** [www.susi.ie](http://www.susi.ie)

**Web:** [www.gov.ie](http://www.gov.ie) – Department of Employment Affairs and Social Protection

**Web:** [www.citizensinformation.ie](http://www.citizensinformation.ie)

## Vocational Training Opportunities Scheme (VTOS)

If you are over 21 years of age, unemployed and getting certain social welfare payments for at least 6 months you can apply for the Vocational Training and Opportunities Scheme (VTOS). You can improve your general level of education, gain certification, skills and prepare for employment, self-employment and further education and training. Courses are full-time awards at Levels 3, 4, 5 and 6 on the National Framework of Qualifications. As a core VTOS student you attend a VTOS centre / Adult Education centre while as a dispersed VTOS student you can attend a Further Education (FE) College/ Post-Leaving Certificate course scheme. Supports available include:

- VTOS Training Allowance
- Travel Allowance
- Meal Allowance
- National Childcare Scheme (NCS)

## Further Information

**Web:** [www.qualifax.ie](http://www.qualifax.ie)

**Web:** [www.gov.ie](http://www.gov.ie)

**Web:** [www.citizensinformation.ie](http://www.citizensinformation.ie)

**Web:** [www.ncs.gov.ie/en/](http://www.ncs.gov.ie/en/)

**Web:** [www.vtoskk.ie](http://www.vtoskk.ie) | [www.vtoscarlow.ie](http://www.vtoscarlow.ie)

# FINANCIAL SUPPORTS FOR LEARNERS

FURTHER EDUCATION AND  
TRAINING (FET)

## Youthreach

The Youthreach programme provides basic education, personal development, vocational training and work experience. To be eligible for Youthreach you should be between 15 and 20 years of age. You must be unemployed and an early school leaver without any vocational training and who has not attempted the Leaving Certificate. Some exceptions can be made to this rule, for example if you are a lone parent. Courses are free and trainees aged over 16 receive a weekly allowance. You may receive some of the following allowances

- Training Allowance
- Travel Allowance
- Meal Allowance
- National Childcare Scheme

**Web:** [www.kilkennycarlow.etb.ie/youth-services-2/youthreach/](http://www.kilkennycarlow.etb.ie/youth-services-2/youthreach/)

**Web:** [www.citizensinformation.ie](http://www.citizensinformation.ie)

**Web:** [www.ncs.gov.ie/en/](http://www.ncs.gov.ie/en/)

# RECOGNITION OF PRIOR LEARNING RPL AND ACCESS TO FET

## What NQF Level Course Should I do?

As a learner you may want a little bit of challenge but not too much. Each FET education provider will have their own way of making sure the course is right for your own level of skills, knowledge and ability. You may have to complete a short interview or a written exercise. Your first step in returning to Education could be to improve skills in computers and communication.

## What could help me access a course?

There are many ways to access FET programmes. While balancing family and work life you may prefer to do a course online, evening or part-time. The full range of Education and Training board (ETB) courses available in your local area can be viewed at

[www.fetchcourses.ie/](http://www.fetchcourses.ie/)

## How can I progress after Further Education and Training FET?

After completing your FET qualification you may wish to find a job, pursue self-employment, start an apprenticeship or continue your studies in a third level College.

The Higher Education Links Scheme (HELS) gives learners the opportunity to use their QQI Level 5 or 6 major award to apply, through the CAO, for a place in the first year of a higher education programme.

[www.qualifax.ie](http://www.qualifax.ie)

Many third level colleges have places reserved for students who gain QQI Level 5 awards and some third level courses require certain FET Level 5 major awards – you can find out more at

[www.cao.ie/fetac/fetac\\_search.php](http://www.cao.ie/fetac/fetac_search.php)

Some Institutes of Technology allow entry based solely on QQI Level 5 points you can calculate your score at the link below

[www.careersportal.ie/qqi/](http://www.careersportal.ie/qqi/)

## How can my previous learning be recognised?

Some education providers work with applicants, accrediting bodies and employers for the purposes of Recognition of Prior Learning (RPL). The RPL process allows for learning to be recognised and validated. RPL or RPAL (Recognition of Prior Accredited Learning) may lead to exemptions from studying some modules on a course and gaining accreditation for previous learning. Participation in the RPL process offers the learner opportunities for access, transfer and progression onto and across programmes in Further Education and Training, Kilkenny and Carlow ETB. Find further information at link below

[www.qualifax.ie](http://www.qualifax.ie)



AGRICULTURE /  
HORTICULTURE / ANIMALS

Altamont Gardens

Altamont, Tullow, Co. Carlow  
**Tel:** 059 915 9444  
**Email:** altamontgardens@opw.ie  
**Facebook page:** www.facebook.com/altamontopw  
For information on workshops and classes held please refer to their Facebook page

An Gairdín Beo

Dublin Street, Carlow  
**Web:** www.angairdinbeo.org

An Gairdín Beo is a community garden in the centre of Carlow town. They welcome volunteers from across the community and offer gardening and grow your own workshops for employers.

Back to Education Initiative BTEI  
Kilkenny and Carlow ETB

1B Meadow Court, Burrin Street, Carlow  
**Tel:** 059 913 9532  
**Web:** www.kcetb.ie

**Venues:** CarlowTown and Ballon Business and Training Services

- QQI Level 4 Certificate in Establishing Ornamental Flowering Plants (p/t) \*
- QQI Level 4 Certificate in Growing Fruit (p/t) \*
- QQI Level 4 Certificate in Growing Vegetables (p/t) \*
- QQI Level 4 Certificate in Horticulture (p/t) \* ^  
**Venues:** CarlowTown and Ballon Business and Training Services
- QQI Level 4 Certificate in Plant Identification, Care and Maintenance (p/t) \*
- QQI Level 4 Certificate in Plant Propagation (p/t) \*
- QQI Level 4 Certificate in Safe Horticulture Practice (p/t) \*
- QQI Level 4 Certificate in Work Experience (p/t) \*

Bagenalstown Family Resource  
Centre

Royal Oak Road, Moneybeg,  
Bagenalstown, Co. Carlow  
**Tel:** 059 972 2028  
**Web:** www.bagenalstownfamilyresourcecentre.ie  
• Grow Your Own Vegetables and Flowers (p/t)

Birdwatch Ireland  
Carlow Branch

**Email:** birdwatchcarlow@gmail.com  
**Facebook:** www.facebook.com/wildcarlow  
**Web:** www.birdwatchireland.ie

BirdWatch Ireland is the largest independent conservation organisation in Ireland. The primary objective of BirdWatch Ireland is the protection of wild birds and their habitats in Ireland. The Carlow Branch regularly organises events such as wildlife walks, birdwatching trips and talks.

Carlow Beekeepers Association

**Web:** www.carlowbeekeepers.com

Carlow Beekeepers Association wishes to promote beekeeping within the county and to provide support and education for local beekeepers.

Carlow Flower Club

For more information on the Carlow Flower Club please see their [Facebook page](#) - [www.facebook.com/Carlow-Flower-Club-1399524343702018/](#)

AGRICULTURE /  
HORTICULTURE / ANIMALS

Back to Education Initiative BTEI  
Kilkenny and Carlow ETB

7 Danville Business Park,  
Ring Road, Kilkenny  
**Tel:** 056 770 1020  
**Web:** www.kcetb.ie

- QQI Level 4 Establishing Trees and Shrubs for Major Award in Horticulture (p/t) \* ^ - Pilltown
- QQI Level 4 Safe Horticultural Practice for in Horticulture (p/t) \* ^ Kilkenny City
- QQI Level 5 Certificate in Horticulture for Major Award (p/t) \* ^ Kilkenny City
- QQI Level 5 Plant Protection for Major Award in Horticulture (p/t) \* ^ Callan

County Kilkenny  
Horticultural Society

Club House Hotel, Patrick Street, Kilkenny  
**Tel:** 056 776 2826  
**Email:** bourkeclaire@gmail.com

A club for anyone interested in gardening and horticulture. Regular meetings and seasonal garden visits take place from March to November. New members are always welcome. Follow us on Facebook. (p/t)

Darver House Gardens –  
Blended Learning

Jeninstown, Co. Kilkenny  
**Tel:** 056 776 7028 / 086 807 2040  
**Web:** www.darverhousenursery.com  
• Basic Gardening and Floral Art (p/t)

Droichead Family  
Resource Centre  
Old CBS School, West Street

Callan, Co. Kilkenny  
**Tel:** 056 775 5660  
**Web:** www.droicheadfrc.ie  
• QQI Level 4 Horticulture (p/t) \*

Dunmore Country School

**Tel:** 087 125 8002  
**Email:** tanguy@dunmorecountryschool.ie

Intensive horticultural course

- Planning and design of your garden and polytunnel.
- Soil, composition, how to improve it.
- Composting and how to use the compost.
- Calendar of sowing and companion planting.
- Spacing vegetables.
- Weeds and their uses.
- Vegetable varieties, sowing and planting
- Fruit trees, fruit bushes and roses pruning explained.
- Tools, mulching, hoeing.
- Vegetable garden, kitchen garden, pleasure garden.

This course is a must if you want to understand in just one day the essence of traditional gardening.

You will be well equipped to follow the seasonal courses.

FRS Training  
Blended learning

Kilkenny  
**Tel:** 0505 31586  
**Web:** www.frstraining.com

- Targeted Agricultural Modernisation Schemes (TAMS) Safety Course (p/t)
- QQI Level 4 Plant Identification Care and Maintenance (p/t) \*
- QQI Level 5 Boom Sprayer Pesticide Applications (p/t) \*
- QQI Level 5 Handheld Pesticide Applications (p/t) \*
- QQI Level 5 Landscape Construction and Maintenance (p/t) \*
- QQI Level 5 Tractor Operations (p/t) \*

## AGRICULTURE / HORTICULTURE / ANIMALS

### Carlow Institute of Further Education and Training

Kilkenny Road, Carlow

**Tel:** 059 913 4230

**Web:** www.carlowifet.ie

- QQI Level 5 Certificate in Animal Healthcare (f/t) \* ^
- QQI Level 5 Certificate in Horticultural Science (f/t) \* ^
- QQI Level 6 Advanced Certificate in Animal Care Enterprise (f/t) \* ^

### Carrigbeg Riding Stables

Carrigbeg, Bagenalstown,  
Co. Carlow, R21 RF86

**Tel:** 059 972 1962 / 087 937 2317

**Email:** carrigbeg@gmail.com

Riding lessons available for adults from beginners to competition level. Features indoor and outdoor arena and cross-country course. Cross country jumping for experienced riders.

### Doyle's Equestrian Centre

Coole Lane, Coole, Carlow

**Tel:** 087 9549640

**Web:** www.doylesequestriancentre.ie

Group and private lessons for adults

### Focused Training Ireland

Tullow Business Centre, Bunclody Rd,  
Tullow, Co. Carlow

**Tel:** 059 911 8912 / 089 400 9937

**Web:** www.focusedtrainingireland.com

- Control of Substances Hazardous to Health (COSHH) \* online

### Gales Hill Stables

Ashfield, Ballickmoyler, Carlow, R93 HH32

**Tel:** 087 244 0632

**Email:** galeshill@gmail.com

Caters for all abilities from complete beginners to experienced riders looking to hone their skills

### Gleann na Bearu Community Garden

Bagenalstown, Co. Carlow

**Facebook:** www.facebook.com/  
gleannabearucommunitygarden

Open to people of all ages and abilities to come and work in the community garden growing flowers, herbs, fruit and vegetables. Aims to re-open under COVID 19 guidelines

### Hacketstown Core Centre

Hacketstown, Co. Carlow

**Email:** hacketstowncore@gmail.com

**Facebook:** Hacketstown Community Group

- Horticulture (p/t)
- Flower Arranging (p/t)

### MPM Horse Riding and Equestrian Centre

Rahill, Rathvilly, Co. Carlow

**Tel:** 085 889 4237

**Email:** mpmequestrian@gmail.com

**Web:** www.mpmequestrian.com

Riding Lessons and trekking for all skill levels  
Classes for all ages - beginner to advanced  
Daily and weekend bookings available

### Older Person's Hub

The Old Schoolhouse,  
Barrack Street, Carlow

**Tel:** 089 406 2356

**Web:** www.facebook.com/CarlowOPF

**Web:** www.carlowolderpersonsforum.com

- Horticulture and Gardening Project in Carlow town

## AGRICULTURE / HORTICULTURE / ANIMALS

### Grennan College Equestrian Centre

Thomastown, Co. Kilkenny

**Tel:** 056 7724511

**Web:** www.grennancollege.ie

- QQI Level 5 Equine Studies and Horsemanship (f/t) \* ^

### HCT Learning

Unit 2 Purcellsinch Business Park  
Dublin Road, Kilkenny

**Tel:** 056 777 0761

**Web:** www.hctllearning.ie

- QQI Level 3 Outdoor Vegetable Crop Production (p/t) \*
- QQI Level 3 Plant Propagation (p/t) \*
- QQI Level 3 Planting and Potting by Hand (p/t) \*
- QQI Level 4 Establishing Ornamental Flowers (p/t) \*
- QQI Level 4 Hard Landscape Construction (p/t) \*
- QQI Level 4 Horticultural Tools and Equipment (p/t) \*
- QQI Level 4 Plant Identification, Care and Maintenance (p/t) \*
- QQI Level 4 Sports Surfaces Maintenance (p/t) \*
- QQI Level 5 Agricultural Mechanics (p/t) \*
- QQI Level 5 Boom Sprayer Pesticide Application (p/t) \*
- QQI Level 5 Hand Held Pesticide Application (p/t) \*
- QQI Level 5 Handling and Distribution of Pesticides (p/t) \*
- QQI Level 5 Landscape Construction and Maintenance (p/t) \*
- QQI Level 5 Soil Science and Growing Media (p/t) \*
- **Further Programmes:** Farm Safety; Health and Safety; Introduction to Pesticides; Lawn Mower and Strimmer; Tractor Safety (p/t)

### Kildalton College Blended Learning

Piltown, Co. Kilkenny

**Tel:** 051 644400

**Web:** www.teagasc.ie

- QQI Level 5 Certificate in Agriculture Programme (f/t) \* ^
- QQI Level 5 Certificate in Forestry (f/t) \* ^
- QQI Level 6 Advanced Certificate in Agriculture (Dairy Herd Management) (f/t) \* ^
- QQI Level 6 Advanced Certificate in Forestry (f/t) \* ^
- QQI Level 6 Advanced Certificate in Horticulture (f/t) \* ^
- QQI Level 7 Bachelor of Business in Equine (ft) \* ^
- QQI Level 7 Certificate in Horticulture (f/t) \* ^
- QQI Level 9 Dairy Technology and Innovation (ft) \* ^
- Bachelor of Agricultural Science (Hons) (f/t) \* ^
- Diploma in Dairy Farm Management (ft) \* ^
- Horticulture – Part Time Course available
- Teagasc Farm Safety Courses
- Teagasc Green Cert Programme (p/t)

### Kildalton College Blended Learning

Piltown, Co. Kilkenny

**Tel:** 051 644 400

**Web:** www.teagasc.ie

- QQI Level 9 Dairy Technology and Innovation (ft) \* ^
- QQI Level 7 Bachelor of Business in Equine (ft) \* ^
- Diploma in Dairy Farm Management (ft) \* ^
- Bachelor of Agricultural Science (Hons) (ft) \*

AGRICULTURE /  
HORTICULTURE / ANIMALS

Rathvilly and Castledermot  
Flower and Garden Club

For further information on the club's activities please call 087 224 5917

TEAGASC Education Centre

Oak Park, Carlow

Tel: 059 918 3555 / 087 909 0530

Web: www.teagasc.ie

- Green Cert (p/t) \*
- Introduction to dairy farming (p/t)

Please contact Grainne O'Shea for information on courses in the agri-food sector that may run at different times in the year in County Carlow.

Online / Blended Learning

Bagenalstown Family Resource Centre  
www.bagenalstownfamilyresourcecentre.ie

Fetch Courses  
www.fetchcourses.ie

Focused Training Ireland  
www.focusedtrainingireland.com

ICOS Skillnet (Irish Co-Operative Organisation Society) www.icosskillnet.ie/courses

National Organic Training Skillnet (NOTS) provide low-cost, part-funded training for the organic and agri-food sectors in Ireland www.nots.ie

AGRICULTURE /  
HORTICULTURE / ANIMALS

Mount Juliet Equestrian Centre

Mount Juliet Equestrian, Thomastown  
Co. Kilkenny

Tel: 056 777 3025

Email: equestrian@mountjuliet.ie

Web: www.mountjulietequestrian.com

The equestrian centre provides picturesque trails on the beautiful grounds of Mount Juliet Estate which incorporate woodland and river trails. We offer trails from 30 mins up to 2 hours, as well as group and individual lessons of various durations for both adults and children.

Nuenna Farm Equestrian Centre

Gillian Maher

Tel: 087 2786684

Email: nuennaequestrian@hotmail.com

Offers an indoor and outdoor arena and an extensive cross country course. Private and group tuition available.

Ormonde College of  
Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321

Web: www.ormondecollege.ie

- QQI Level 5 Certificate in Animal Care (f/t) \* ^

The Grow Project  
Blended Learning

Cairdeas Training Centre, Belmont,  
Ferrybank

Tel: 085 859 7784 / 051 832 002

Email: gmullen@wap.ie

- QQI Level 4 and 5 Certificates in Horticulture (f/t) \* ^

The Mill Family Resource Centre

Main Street, Urlingford, Co. Kilkenny

Tel: Sue 056 883 8466

Web: www.millfrcurlingford.com

Email: millfrcmc@gmail.com

The Mill Family Resource Centre has 32 Allotments. If interested in signing up for an Allotment contact details above.

Online Courses

Fetch Courses  
www.fetchcourses.ie

Garden Design Academy  
www.gardendesignacademy.ie/

Kilroys College  
www.kilroyscollege.ie/

Learning Cloud  
www.learningcloud.ie/horticulture-gardening-courses

Blended Courses

Darver House Nurseries  
www.darverhousenursery.com

Fetch Courses  
www.fetchcourses.ie

Teagasc Kildalton  
www.teagasc.ie/

The Grow Project  
www.waegs.ie/course providers



## APPRENTICESHIPS

AN APPRENTICESHIP IS THE RECOGNISED WAY TO TRAIN IN A CRAFT TRADE OR FOR CERTAIN PROFESSIONS.

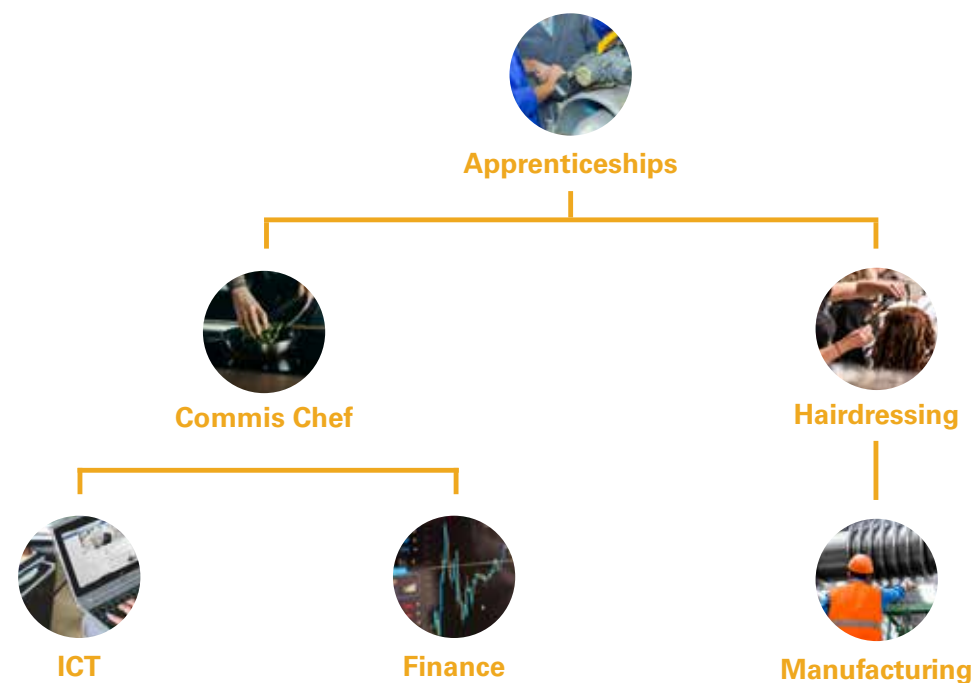
### CRAFT APPRENTICESHIPS

A craft apprenticeship will generally last for 4 years, and some examples include carpentry, plumbing, motor mechanics and electrical apprenticeships.

CONSTRUCTION	ELECTRICAL	ENGINEERING	MOTOR
Brick and Stone Laying	Aircraft Mechanics	Toolmaking	Motor Mechanics
Carpentry	Electronic Systems	Pipefitting	Vehicle Body Repairs
Painting and Decorating	Instrumentation	Industrial Insulation	Mechanics

### NEW APPRENTICESHIPS

New Apprenticeships have been developed in recent years, lasting 2-4 years and some examples are in the biopharmachem, finance, hospitality, ICT, logistics, sales, and hair industries. For more information please go to [www.apprenticeships.ie](http://www.apprenticeships.ie)



## APPRENTICESHIP FEES / PAYMENTS

Generally, an apprentice does not pay fees. However, apprentices pay a pro-rata registration fee (student contribution) if their off-the-job training takes place within a Higher Education Institute such as an Institute of Technology. The registration fee is generally based on the amount of time the apprentice spends in the Higher Education Institute. You can find information about the pro-rata registration fee on [apprenticeship.ie](http://apprenticeship.ie).

- Apprentices are not eligible for the student grant.
- Rates of apprenticeship wages/allowances can vary depending on the type of apprenticeship and the industry chosen.
- Apprenticeships developed before 2016: while you are training on the job, your employer will pay you a recommended apprenticeship wage. The ETB pay a weekly allowance equivalent to that wage while you are training off the job. In some cases, the ETB will contribute to your travel and accommodation costs.
- Apprenticeships developed in 2016 and after: Your employer will pay you for the duration of the apprenticeship. The rate of pay is agreed between you and your employer.
- Further information on apprenticeship wages/allowances is available on [www.apprenticeship.ie](http://www.apprenticeship.ie)

The current list of apprenticeships is on 23rd June 2020 is available on [www.apprenticeship.ie](http://www.apprenticeship.ie)

## MATHS FOR APPRENTICES COURSES

### Carlow Adult Learning Service

Tullow Road, Carlow

T: 059 913 5544

E: [calcadmin@eircom.net](mailto:calcadmin@eircom.net)

Courses include Craft Calculations: Maths for Apprentices. To support Apprentices in their chosen craft

### Kilkenny Adult Learning Service

Kilkenny, 43 Upper Patrick Street, Kilkenny

T: 056 776 5103

E: [adulthoodeducationoffice@kilkennycarlowetb.ie](mailto:adulthoodeducationoffice@kilkennycarlowetb.ie)

W: [www.kcetb.ie](http://www.kcetb.ie)

Tuition is provided during the day and at night in the Kilkenny service.

We offer classes to all adults who want to improve their skills in maths.

Apprentice Maths Support course (p/t)

## KILKENNY AND CARLOW ETB APPRENTICESHIP SERVICES

### Carlow Apprenticeships Services

W: [www.kcetbtraining.ie](http://www.kcetbtraining.ie)

If you are a learner requiring further information in relation to an Apprenticeship or if you are a business that would like to participate in the Apprenticeship Programme, please contact the Senior Training Advisor:

#### County Carlow

Tomás McCarthy

T: 087 683 2633

E: [tomas.mccarthy@kilkennycarlowetb.ie](mailto:tomas.mccarthy@kilkennycarlowetb.ie)

W: [www.kcetbtraining.ie](http://www.kcetbtraining.ie)

### Kilkenny Apprenticeship Services

W: [www.kcetbtraining.ie](http://www.kcetbtraining.ie)

#### County Kilkenny

Virginia Bohan

T: 087 122 0882

E: [virginia.bohan@kilkennycarlowetb.ie](mailto:virginia.bohan@kilkennycarlowetb.ie)

BUSINESS AND OFFICE SKILLS

Accounting Technicians Ireland – Online

Tel: 01 649 8100  
Web: www.accountingtechniciansireland.ie

- ATI Level 4 Diploma for Accounting Technicians (p/t) \*
- ATI Level 5 Diploma for Accounting Technicians (p/t) \* ^

Back to Education Initiative BTEI Kilkenny and Carlow ETB

1B Meadow Court, Burrin Street, Carlow  
Tel: 059 913 9532  
Web: www.kcetb.ie  
Venue: Carlow Town and Ballon Business and Training Services Centre

- QQI Level 4 Certificate in ICT (Information Communication Technology) (p/t) \* ^
- QQI Level 4 Certificate in Computer Applications (p/t) \*
- QQI Level 4 Certificate in Information Technology Skills (p/t) \*
- QQI Level 4 Certificate in Web Design (p/t) \*
- QQI Level 4 Certificate in Word Processing (p/t) \*
- QQI Level 5 Certificate in Office Administration (p/t) \* ^ Venue: Carlow Town and Ballon Business and Training Services Centre
- QQI Level 5 Certificate in Bookkeeping Manual and Computerised (p/t) \*
- QQI Level 5 Certificate in Information Administration (p/t) \*
- QQI Level 5 Certificate in Payroll Manual and Computerised (p/t) \*
- QQI Level 5 Certificate in Spreadsheet Methods (p/t) \*
- QQI Level 5 Certificate in Text Production (p/t) \*
- QQI Level 5 Certificate in Word Processing (p/t) \*
- QQI Level 5 Certificate in Work Experience (p/t) \*

Ballon and Business Training Services

The Old School, Ballon, Carlow  
Tel: 059 915 9447  
Web: www.ballonbts.com

- QQI Level 5 Certificate in Manual and Computerised Accounts (p/t) \*
- QQI Level 5 Certificate in Manual and Computerised Payroll (p/t) \*

Carlow Institute of Further Education and Training

Kilkenny Road, Carlow  
Tel: 059 913 4230  
Web: www.carlowifet.ie

- QQI Level 5 Certificate in Business with Legal Studies (f/t) \* ^
- QQI Level 5 Certificate in Medical Secretary (f/t) \* ^
- QQI Level 5 Certificate in Office Administration (f/t) \* ^
- QQI Level 5 Certificate in Travel and Tourism (f/t) \* ^
- QQI Level 6 Certificate in Advanced Business Practice (f/t) \* ^

BUSINESS AND OFFICE SKILLS

Accounting Technicians Ireland Ormonde College of Further Education

Ormonde Road, Kilkenny  
Tel: 056 7763321  
Web: www.accountingtechniciansireland.ie

- Accounting Technician evening classes (p/t) \*

Back to Education Initiative BTEI Kilkenny and Carlow ETB

7 Danville Business Park, Ring Road, Kilkenny  
Tel: 056 770 1020  
Web: www.kcetb.ie

- QQI Level 4 Certificate in Office Skills (p/t) \* ^
- QQI Level 5 Certificate in Office Administration (p/t) \* ^

Carlow Kilkenny Skillnet Blended Learning

Carlow Gateway Business Centre  
Athy Road, Strawhall, Carlow  
Tel: 059 913 2152  
Email: admin@carlowkilkennyskillnet.ie  
Web: www.carlowkilkennyskillnet.ie/  
Web: www.eventbrite.ie

- QQI Level 6 Certificate in People Management (p/t) \*
- QQI Level 6 Manual Handling Instructor (p/t) \*
- QQI Level 6 Safety Management (p/t) \*
- QQI Level 6 Supervisory Management (p/t) \*
- Competency based Interviews (p/t)
- Courses in Information Technology – Microsoft Excel, Word, 365 Tools and Outlook (p/t) \*
- Developing Video and Remote Learning Tools for Onsite Training (p/t) online
- Employment Law (p/t)
- Goal Setting (p/t)
- High Performing Teams (p/t)
- Language Tuition (p/t)
- Managing Meetings in a Virtual Climate (p/t) – online
- Managing Projects Virtually (p/t) online

- Resilience Training (p/t)
- Rethinking Leadership in digitally Transformed Workplaces (p/t) online
- Speaker School (p/t)
- Time Management (p/t)
- Wellbeing at Work (p/t)

Droichead Family Resource Centre

Old CBS School, West Street, Callan, Co. Kilkenny  
Tel: 056 7755660  
Email: admin@droicheadfrc.ie

- Computer Basic Beginner and Intermediate classes
- Solving Computer Problems
- New Computer Setups including personalization features
- Setting up your email software to keep you in touch with friends and family
- Showing you how you can easily surf the web and use your computer to the full.

Help with mobile phones

Teaching you how to get the most from your phone – how to send and receive calls, send and retrieve text messages, save contact details and even how to send and receive emails on your phone.

Duiske College

Graiguenamanagh, Co. Kilkenny  
Tel: 059 9724177  
Web: www.duiskecollege.ie

- QQI Level 5 Business with Digital Marketing (f/t) \* ^
- QQI Level 6 Business with Tourism (f/t) \* ^

E-College

Tel: 1800 855 831  
Web: www.ecollege.ie/

- Online courses in business (project management) and office productivity (ECDL, Microsoft Access, Excel, Word and Powerpoint) (p/t) \*

BUSINESS AND OFFICE SKILLS

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre  
Athy Road, Carlow

Tel: 059 913 2152

Web: www.carlowkilkennyskillnet.ie

- QQI Level 6 Certificate in People Management (p/t) \*
- Courses in Information Technology – Microsoft Excel, Word, 365Tools and Outlook (p/t)
- Developing Video and Remote Learning Tools for Onsite Training (p/t) [online](#)
- High Performing Teams (p/t)
- Managing Meetings in a Virtual Climate (p/t) [online](#)
- Managing Projects Virtually [online](#) (p/t)
- Rethinking Leadership in digitally Transformed Workplaces [online](#) (p/t)

E-College

Tel: 1800 855 831

Web: www.ecollege.ie

Online courses in business (project management) and office management (ECDL, Microsoft Access, Excel, Word, and PowerPoint) p/t

Focused Training Ireland

Tullow Business Centre, Bunclody Rd,  
Tullow, Co. Carlow

Tel: 059 911 8912 / 089 400 9937

Web: www.focusedtrainingireland.com

- Assessing Display Screen Equipment
- Display Screen Equipment Awareness

IPASS - Online

Tel: 01 408 9100

Web: www.ipass.ie

- QQI Level 6 Certificate in Payroll Techniques (p/t) \*

Local Enterprise Office Carlow Enterprise House

O'Brien Road, Carlow

Tel: (059) 9129783

Web: www.localenterprise.ie/Carlow

Offers training programmes, workshops, and seminars e.g. Start Your Own Business, computerised accounts, sales and marketing, Social Media and financial management (p/t)

BUSINESS AND OFFICE SKILLS

FRS Training

Kilkenny

Tel: 0505 31586

Web: www.frstraining.com

- QQI Level 5 Customer Service (p/t) \*
- QQI Level 5 Retail Administration (p/t) \*
- QQI Level 5 Retail Sales (p/t) \*
- QQI Level 6 Supervisory Management (p/t) \*
- QQI Level 6 Training Delivery and Evaluation (p/t) \*

Griffin College Blended Learning

Unit 9/10 Abbey Business Centre  
Abbey Street, Kilkenny

Tel: 1890 454 454

Email: info@griffin-college.com

Web: www.griffin-college.com

- QQI Level 6 Certificate in Leadership and Management (p/t) \*
- QQI Diploma in Facilities Management (p/t) \*

HCT

Unit 2 Purcellsinch Business Park  
Dublin Road, Kilkenny

Tel: 056 777 0761

Email: info@hctlearning.ie

Web: www.hctlearning.ie

- QQI Level 5 Communications (p/t) \*
- QQI Level 5 Customer Service (p/t) \*
- QQI Level 5 Reception and Frontline Office Skills (p/t) \*
- QQI Level 5 Retail Selling (p/t) \*
- QQI Level 6 Leadership Skills (p/t) \*
- QQI Level 6 Training Delivery and Evaluation (p/t) \*
- QQI Level 6 Training Needs Identification and Design (p/t) \*

IPASS

Kilkenny Education Centre,  
Kilkenny

Tel: 01 408 9100

Email: ask@ipass.ie

Web: www.ipass.ie

- QQI Level 6 Certificate in Payroll Techniques (p/t) \*

Local Enterprise Board

John Street Lower, Collegepark, Kilkenny

Tel: 056 775 2662

Web: www.localenterprise.ie/Kilkenny/Training-Events

The aim of the Local Enterprise Board (LEO) is to promote entrepreneurship, foster business start-ups and develop existing micro and small businesses to drive job creation and to provide accessible high quality supports for your business ideas.

Noreside Education Centre

3 St. Canice's Court, Dean Street, Kilkenny

Tel: 056 776 2146 / 056 776 4667

Web: www.noresidecentre.ie

Email: noresideeducation@gmail.com

- QQI Level 5 Business Studies (p/t) \*
- QQI Level 5 Communications (p/t) \* (one class per week)
- QQI Level 5 Desktop Publishing (p/t) \*
- QQI Level 5 eBusiness (p/t) \* ^
- QQI Level 5 Reception and Frontline Office Skills (p/t) \* (one class per week)
- QQI Level 5 Teamworking (p/t) \*
- ECDL classes run on a Monday and Tuesday morning (p/t) \*
- Night Classes in Payroll (Manual and Computerised) (p/t) \*
- Social Media Workshops (p/t)



BUSINESS AND OFFICE SKILLS

Pitman Training Carlow Kilkenny  
Online/ Blended Learning

Wexford Road Business Park  
Carlow, R93 K260

Tel: 059 918 2415 / 085 163 9351

Email: carlow@pitman-training.ie

Web: www.pitman-training.ie/our-centres/carlow

Pitman Training offer career-focused training courses to help students get the skills they need to grow or progress their careers. Their courses and diplomas offer industry standard certifications and CPD accredited training and are tailor-made for each student. Pitman also provide corporate/ business training for employers.

- Accounting Technician Diploma with AAT \*
- Advanced Diploma in Accounting with AAT \*
- Bookkeeping Diploma \*
- Business Start-up Diploma \*
- Executive PA Diploma \*
- Foundation Diploma in Bookkeeping with AAT \*
- HR Assistant Diploma \*
- Legal Secretary Diploma \*
- Management Diploma \*
- Medical Secretary Diploma \*
- Office IT Diploma \*
- Office Manager Diploma \*
- Office Skills Diploma \*
- Professional Development Diploma \*
- Professional Diploma in Accounting with AAT \*
- Project Management Diploma \*
- Secretarial Diploma \*

St. Anne’s College of  
Further Education

The Mullawn, Tullow, Carlow

Tel: 059 915 1473

Web: www.tullowcommunityschool.ie

- QQI Level 5 Certificate in Advanced Business and Information Technology (f/t) \* ^
- QQI Level 5 Certificate in Retraining/ Back to Education Information Technology (p/t) \* ^

Training Services Kilkenny and  
Carlow ETB

Unit 4, Danville Business Park, Kilkenny

Tel: 056 781 3031 / 087 973 8303

Web: www.kcetbtraining.ie

- QQI Level 5 in Word Processing and Business Administration (f/t) \*
- ILM (Leadership and Management) City and Guilds online (p/t) \*
- MOS (Microsoft Office Suite) online (p/t) \*

BUSINESS AND  
OFFICE SKILLS

Ormonde College of  
Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321

Web: www.ormondecollege.ie

- QQI Level 5 Certificate in Office Administration (with Medical Terminology) (f/t) \* ^
- QQI Level 5 Software and App Development (f/t) \* ^
- QQI Level 5 Tourism and Event Management (f/t) \* ^

Pitman Training Carlow Kilkenny

Wexford Road Business Park,  
Carlow, R93 K260

Tel: 059 918 2415 / 085 163 9351

Email: carlow@pitman-training.ie

Web: www.pitman-training.ie/our-centres/carlow

Pitman Training offer career-focused training courses to help students get the skills they need to grow or progress their careers. Their courses and diplomas offer industry standard certifications and CPD accredited training and are tailor-made for each student. Pitman also provide corporate/ business training for employers.

- Accounting Technician Diploma with AAT \*
- Advanced Diploma in Accounting with AAT \*
- Bookkeeping Diploma
- Business Start-up Diploma
- Executive PA Diploma
- Foundation Diploma in Bookkeeping with AAT \*
- HR Assistant Diploma
- Legal Secretary Diploma
- Management Diploma
- Medical Secretary Diploma
- Office IT Diploma
- Office Manager Diploma
- Office Skills Diploma
- Professional Development Diploma
- Professional Diploma in Accounting with AAT \*
- Project Management Diploma
- Secretarial Diploma

Training Services  
Kilkenny and Carlow ETB

Unit 4, Danville Business Park,  
Ring Road, Kilkenny

Tel: 056 781 3014

Skills to Advance

Email: tsu.recruit@kilkennycarlowetb.ie

Web: www.fetchcourses.ie

Skills to Compete Training Online/Blended

Skills to Advance is aimed at those in full or part time employment, who wish to upskill or reskill.

- Microsoft Office Specialist MOS online (p/t) \*
- Leadership and Management (ILM) - online (p/t) \*
- Train the Trainer (p/t) \* over 22 weeks
- QQI Level 5 Business Administration Skills and Word Processing \*
- CompTIA ICT Fundamentals (p/t) \*
- Website Creation online (p/t) \*

Vocational Training  
Opportunities Scheme VTOS  
Bishop Birch Training Institute

Nuncio Road, Kilkenny

Tel: 056 7764719

Web: www.vtoskk.ie

- QQI Level 5 Certificate in eBusiness (f/t) \* ^
- QQI Level 5 Certificate in Information Processing (f/t) \* ^

Subjects; database methods, spreadsheet methods, communications, business calculations, word processing, payroll, digital marketing, internet skills, information and communication systems

BUSINESS AND OFFICE SKILLS

Training Services Kilkenny and Carlow ETB (Community Training)

Unit 4, Danville Business Park, Kilkenny

Tel: 056 781 3031 / 087 973 8303

Web: www.kcetbtraining.ie

- QQI Level 4 Certificate in Retail and Office Skills (F/T) \* ^ Venue: National Learning Network

Vocational Training Opportunities Schemes VTOS

1-3 Granby Row, Carlow

Tel: 059 914 0311

Web: www.vtoscarlow.ie

- QQI Level 3 Certificate in Computer and Information Skills (f/t) \* ^
- QQI Level 5 Certificate in Business Administration (f/t) \* ^

Online / Blended Learning

Accounting Technicians Ireland

www.accountingtechniciansireland.ie

Ballon and Business Training Services

www.ballonbts.com/

Carlow Kilkenny Skillnet

www.carlowkilkennyskillnet.ie

eCollege

www.ecollege.ie

Fetchcourses.ie

www.fetchcourses.ie/

Focused Training Ireland

www.focusedtrainingireland.com

IPASS

www.ipass.ie

Kilkenny and Carlow ETB Training Services

www.kcetbtraining.ie

Local Enterprise Office Carlow

www.localenterprise.ie/Carlow

Pitman Training Carlow Kilkenny

www.pitman-training.ie/our-centres/carlow

BUSINESS AND OFFICE SKILLS

Online Courses

Accounting Technicians Ireland

www.accountingtechniciansireland.ie/

Apprenticeship

Alison

www.alison.com/

DCM Learning

www.dcmlearning.ie/courses/

eCollege

www.ecollege.ie/

Fetch Courses

www.fetchcourses.ie

FRS Training

www.frstraining.com

Griffin College

www.griffin-college.com/fmcourses/

IPASS

www.ipass.ie/practical-payroll

Kilroys College

www.kilroyscollege.ie/

Local Enterprise Board

www.localenterprise.ie/Kilkenny/Training-Events

Pitman Training Carlow Kilkenny

www.pitman-training.ie/our-centres/carlow

Skillnet

www.carlowkilkennyskillnet.ie/

The Open College

www.theopencollege.com/

CHILDCARE

Back to Education Initiative BTEI  
Kilkenny and Carlow ETB

1B Meadow Court, Burrin Street, Carlow

Tel: 059 913 9532

Web: www.kcetb.ie

- QQI Level 5 Certificate in Early Childhood Care and Education (p/t) \* ^
- QQI Level 5 Certificate in Child Development (p/t) \*
- QQI Level 5 Certificate in Child Health and Well Being (p/t) \*
- QQI Level 5 Certificate in Children with Additional Needs (p/t) \*
- QQI Level 5 Certificate in Early Care and Education Practice (p/t) \*
- QQI Level 5 Certificate in Early Childhood Education and Play (p/t) \*
- QQI Level 5 Certificate in Special Needs Assisting (p/t) \*
- QQI Level 5 Certificate in Work Experience (p/t) \*

Barrow Training - Blended

High Street, Bagenalstown. Co. Carlow

Tel: 059 972 1416

Web: www.barrowtraining.ie

- QQI Level 5 and Level 6 Modules and Certificates in Early Childhood Care and Education - online (p/t) \* ^
- QQI Level 5 Certificate in Special Needs Assisting (p/t) \*
- QQI Level 6 Certificate in Special Needs Assisting (p/t) \*
- Children First Guidelines for Mandated Persons online (p/t)
- The Implementation of Aistear online (p/t)
- The Implementation of Siolta online (p/t)
- Understanding the Autistic Spectrum online (p/t)

Carlow County and Childcare  
Committee

Enterprise House, O'Brien Road, Carlow,  
R93YOY3

Tel: 059 914 0244

Email: info@carlowccc.ie

Web: www.carlowccc.ie

Providing support and advice on qualification requirements for the Early Learning and Care and School Age Childcare sector.

Carlow Institute of Further  
Education and Training

Kilkenny Road, Carlow

Tel: 059 913 4230

Web: www.carlowifet.ie

- QQI Level 5 Certificate in Early Years Educators (f/t) \* ^
- QQI Level 5 Certificate in Special Needs (f/t) \* ^

Focused Training Ireland  
Online Courses

Tullow Business Centre, Bunclody Rd,  
Tullow, Co. Carlow

Tel: 059 911 8912 / 089 400 9937

Web: www.focusedtrainingireland.com

- Fire Marshal (p/t) \*
- Level 1 Food Safety – Catering (p/t) \*
- Level 2 Food Safety – Catering (p/t) \*
- Safeguarding Children (p/t) \*

Portobello Institute

Tel: 01 892 0031

Web: www.portobelloatstitute.ie

- QQI Level 5 and Level 6 in Early Childhood Care and Education (ECCE) and Montessori Teaching – currently available through online and blended learning but there are plans to move back to classroom-based learning in line with COVID-19 regulations.

CHILDCARE

Back to Education Initiative  
BTEI Kilkenny and Carlow ETB

7 Danville Business Park,  
Ring Road, Kilkenny

Tel: 056 770 1020

Web: www.kcetb.ie

Tel: 056 770 1020

Web: www.bteikilkenny.com

- QQI Level 5 Certificate in Childcare – Child Health and wellbeing (p/t) \* ^
- QQI Level 6 Advanced Certificate in Childcare - Early Childhood Curriculum (p/t) \* ^

Barrow Training  
Blended Learning

Kilkenny

Tel: 059 9721416

Web: www.barrowtraining.ie

- QQI Level 5 Early Childhood Education and Play (f/t) \* ^
- QQI Level 5 Child Development (f/t) \*
- QQI Level 5 Child Health and Wellbeing (f/t) \*
- QQI Level 5 School Aged Childcare (f/t) \*

Community Education Kilkenny

Kilkenny and Carlow ETB  
Lower New Street, Kilkenny

Tel: 056 778 6896

- QQI Level 5 Child Development (p/t) \*
- QQI Level 6 Child Psychology (p/t) \*

Ormonde College of  
Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321

Web: www.ormondecollege.ie

- QQI Level 5 Childhood Studies (with Special Needs and Drama) (f/t) \* ^
- QQI Level 5 Education and Training (f/t) \* ^
- QQI Level 6 Early Childhood Education with Special Needs Assisting (f/t) \* ^



CHILDCARE

Training Services Kilkenny and Carlow ETB

4 Danville Business Park,  
Ring Road, Kilkenny

Tel: 056 781 3031 / 087 151 8113  
Web: www.kcetbtraining.ie

- Prepare for employment in a care setting (childcare/ healthcare) (p/t)

Training Services – Community Training Kilkenny and Carlow ETB

4 Danville Business Park,  
Ring Road, Kilkenny

Tel: 056 781 3031 / 087 973 8303  
Web: www.kcetbtraining.ie

- QQI Level 3 Certificate in Employability Skills (childcare option) (f/t) \* ^ Venue: Carlow Youth Training

Social Care Training Ireland

Unit 4, Lismard House,  
Tullow Street, Carlow

Tel: 087 957 6221  
Web: www.socialcaretraining.ie

- Child Protection (p/t)

Online / Blended Courses

Barrow Training  
www.barrowtraining.ie

FETCH Courses  
www.fetchcourse.ie

Focused Training Ireland  
www.focusedtrainingireland.com

Kilkenny and Carlow ETB Training Services  
www.kcetbtraining.ie

Portobello Institute  
www.portobelloinstitute.ie

CHILDCARE

Online Courses

Chevron Training  
www.chevrontraining.ie/childcare-courses

Fetch Courses  
www.fetchcourses.ie

Kilroys College  
www.kilroyscollege.ie/course

Progressive College  
www.progressivecollege.ie

The Open College  
www.theopencollege.com/

Blended Courses

Barrow Training and Consultancy  
www.barrowtraining.ie/

Fetch Courses  
www.fetchcourses.ie

COMPUTER SKILLS / PROGRAMMING AND NETWORKING / IT SYSTEMS ADMINISTRATION

Adult Learning Service Carlow

Tullow Road, Carlow  
Tel: 059 913 5544  
Email: info@carlowadultlearningcentre.ie  
Web: www.kcetb.ie

- Introduction to Computers (p/t)
- QQI Level 1 Certificate in Computers (p/t) \*
- QQI Level 2 Certificate in Computers (p/t) \*
- QQI Level 3 Certificate in Introduction to the Internet (p/t) \*
- Introduction and Intermediate levels of Information Technology, Microsoft Word, Excel and Spreadsheets (p/t)

Back to Education Initiative BTEI Kilkenny and Carlow ETB

1B Meadow Court, Burrin Street, Carlow  
Tel: 059 913 9532  
Web: www.kcetb.ie

- QQI Level 4 Certificate in ICT (Information Communication Technology) (p/t) \* ^
- QQI Level 4 Certificate in Computer Applications (p/t) \*
- QQI Level 4 Certificate in Information Technology Skills (p/t) \*
- QQI Level 4 Certificate in Web Design (p/t) \*
- QQI Level 4 Certificate in Word Processing (p/t) \*
- QQI Level 5 Certificate in Bookkeeping Manual and Computerised (p/t) \*
- QQI Level 5 Certificate in Payroll Manual and Computerised (p/t) \*
- QQI Level 5 Certificate in Spreadsheet Methods (p/t) \*
- QQI Level 5 Certificate in Text Production (p/t) \*

Bagenalstown Family Resource Centre

Royal Oak Road, Moneybeg, Bagenalstown, Co. Carlow  
Tel: 059 972 2028  
Web: www.bagenalstownfamilyresourcecentre.ie

IT and computer classes are ongoing and at various times throughout the year based on demand (p/t)

Ballon and Business Training Services

The Old School, Ballon, Carlow  
Tel: 059 915 9447  
• Digital Skills for Adults (p/t)

Borris Focus Centre

The Old School, Lower Main Street, Borris  
Tel: 083 826 7871  
• Basic Computing for Beginners classes and 1:1 technology support (p/t)

Carlow Institute of Further Education and Training

Kilkenny Road, Carlow  
Tel: 059 913 4230  
Web: www.carlowifet.ie

- QQI Level 5 Certificate in Computer Systems and Networks (f/t) \* ^
- QQI Level 5 Certificate in Creative Media Studies/ Adobe Certified Associate (f/t) \* ^
- QQI level 5 Certificate in Digital Marketing (f/t) \* ^
- QQI Level 5 Certificate in Games and Apps Development (f/t) \* ^
- QQI Level 5 Certificate in Graphic Design and Visual Communication (f/t) \* ^

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre, Athy Road, Carlow  
Tel: 059 913 2152  
Web: www.carlowkilkennyskillnet.ie

- Managing Projects Virtually (p/t)
- Developing Video and Remote Learning Tools for Onsite Training (p/t)
- Managing Meetings in a Virtual Climate (p/t)
- Courses in Information Technology – Microsoft Excel, Word, 365 Tools and Outlook (p/t)

COMPUTER SKILLS / PROGRAMMING AND NETWORKING / IT SYSTEMS ADMINISTRATION

Back to Education Initiative BTEI Kilkenny and Carlow ETB

7 Danville Business Park, Ring Road, Kilkenny  
Tel: 056 770 1020  
Web: www.kcetb.ie

- QQI Level 4 Information technology Skills in Office Skills (p/t) \* ^
- QQI Level 5 Information and Administration in Office Administration (p/t) \* ^
- QQI Level 5 Reception and Front line skills in Office Administration (p/t) \* ^ (Danville Evening)
- QQI Level 5 Spreadsheet Office Administration (p/t) \* ^

Bishop Birch Family Resource Centre

Bishop Birch Community Centre, Kilkenny  
Tel: 056 775 6022  
• Computer Classes at various levels (p/t)

County Kilkenny Library Service

John Street, Kilkenny  
Web: www.kilkennylibrary.ie  
You can join the library for free  
For further information or advice about our Online Library etc. please contact Library H.Q on  
Tel: 056 779 4160  
Email: info@kilkennylibrary.ie

- Free Online Courses Available
- Free, unlimited access to 500+ courses. Including computer training, business, writing skills,
  - Available in libraries and remotely
  - Learn in your time and your own pace
- Online Instructors for Feedback
- Get a certificate when you complete and pass from the International Association for Continuing Education and Training (IACET)

Duiske College

Graiguenamanagh, Co. Kilkenny  
Tel: 059 972 4177  
Email: furthereducation@duiskecollege.ie  
Web: www.duiskecollege.ie  
William Watson  
• QQI Level 5 in Creative Media (f/t) \*

eCollege

Tel: 1800 855 831  
Web: www.ecollege.ie/  
eCollege is online 24/7. You can study at a time and place that suits you. All courses have qualified eTutor support Monday to Friday to help with course questions.

Fr. McGrath Centre

Kilkenny Multimedia Centre, Kilkenny  
Tel: 056 775 1988  
Web: www.frmcgrathcentre.ie  
• A range of Computer courses including ECDL (p/t) \*

FRS Training

Kilkenny  
Tel: 0505 31586  
Web: www.frstraining.com  
• QQI Level 4 Information Technology (p/t) \*

Griffin College

Unit 9 /10 Abbey Business Centre Abbey Street, Kilkenny  
Tel: 1890 454 454  
Web: www.griffin-college.com  
• A range of computer courses (p/t)

COMPUTER SKILLS / PROGRAMMING AND NETWORKING / IT SYSTEMS ADMINISTRATION

e-College

Tel: 1800 855831  
Web: www.ecollege.ie

Online courses in computer programming, data science, databases, IT Professional and web and graphic design

Focused Training Ireland Online Learning

Tullow Business Centre, Bunclody Rd, Tullow, Co. Carlow

Tel: 059 911 8912 / 089 400 9937  
Web: www.focusedtrainingireland.com

- Assessing Display Screen Equipment
- Display Screen Equipment Awareness

Hacketstown Core Centre

Hacketstown, Co. Carlow

Email: hacketstowncore@gmail.com  
Facebook: Hacketstown Community Group

- Basic Computing for Beginners classes (p/t)

Older Person's Hub

The Old Schoolhouse, Barrack Street, Carlow

Tel: 089 406 2356  
Facebook: www.facebook.com/CarlowOPF  
Web: www.carlowolderpersonsforum.com

- Beginners' smartphone/ tablet/ computer classes for older people

Pitman Training Online / Blended Learning

Wexford Road Business Park, Carlow R93 K260

Tel: 059 918 2415 / 085 163 9351  
Web: www.pitman-training.ie/our-centres/carlow

Pitman Training offer career-focused training courses to help students get the skills they need to grow or progress their careers. Their courses and diplomas offer industry standard certifications and CPD accredited training and are tailor-made for each student.

- Advanced IT Security Engineer Diploma with CompTIA \*
- Advanced IT Support Technician Diploma with CompTIA \*
- Advanced Software and Web Developer Diploma \*
- Microsoft Office Diploma \*
- Network Support Technician Diploma with CompTIA \*
- IT Office Administrator Diploma \*
- IT Support Technician Diploma with CompTIA \*
- Programming Fundamentals Diploma \*
- Server Support Technician Diploma with CompTIA \*
- Software Developer Diploma (MTA) \*
- Typing and Keyboard Skills \*
- Web Developer Diploma \*

St. Anne's College of Further Education

The Mullawn, Tullow, Carlow

Tel: 059 915 1473  
Web: www.tullowcommunityschool.ie

- QQI Level 5 Advanced Business and Information Technology (f/t) \* ^
- QQI Level 5 Certificate in Retraining/ Back to Education Information Technology (p/t) \* ^

COMPUTER SKILLS / PROGRAMMING AND NETWORKING / IT SYSTEMS ADMINISTRATION

Newpark Family Resource Centre

Newpark Close, Kilkenny

Tel: 056 772 3309  
Web: www.newparkclosefrc.com

- QQI ECDL and Advanced ECDL (p/t) \*
- QQI Level 3 Computer Literacy (p/t) \*

Noreside Education Centre

3 St. Canice's Court, Dean Street, Kilkenny

Tel: 056 776 2146 / 056 776 4667  
Web: www.noresidecentre.ie

Continuous taking of names for our FREE Digital Skills programme.

- Digital Skills and Internet Course for beginners (p/t)

Free Digital Skills Course

- Level 5 ECDL Certified by ICS Skills (p/t) \*  
Perfect for those with little or no computer/ internet experience, the course consists of TEN HOURS of FREE tuition in a classroom environment.
- QQI Level 5 Social Media Workshops (p/t)

The course covers:

- Accessing Online Government Services/ Information
- Email/Email with Attachments
- Making a Purchase Online
- Safe Internet Use/Internet Security
- Saving Photographs from Your Phone/Camera
- The Principles of Facebook Privacy
- Uploading to Social Media
- Using Google Maps
- Using Smartphones/Tablets

Ormonde College of Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321  
Web: www.ormondecollege.ie

- QQI Level 5 Software Development (with Web Design) (f/t) \* ^

Pitman Training

First Floor, 1 Tullow Street, Carlow

Tel: 059 918 2415  
Web: www.pitman-training.ie/our-courses/comptia-cloudplus/

www.pitman-training.ie/carlow

Blended Learning

- Advanced IT Support Technician Diploma with CompTIA Advanced
- Advanced Software and Web Developer Diploma
- IT Office Administrator Diploma
- IT Security Engineer Diploma with CompTIA
- IT Support Technician Diploma with CompTIA
- Microsoft Office Diploma
- Network Support Technician Diploma with CompTIA
- Programming Fundamentals Diploma
- Server Support Technician Diploma with CompTIA
- Software Developer Diploma (MTA)
- Typing and Keyboard Skills
- Web Developer Diploma

RainRain Web Design

Kilkenny

Tel: 056 770 8942  
Web: www.rainrain.ie/training-tuition

Blended Courses

- One to one and group tuition in web design and Word Press (p/t)
- DIY support in Web Design

The Mill Family Resource Centre

Main Street, Urlingford, Co. Kilkenny

Tel: 056 883 8466  
Web: www.millfrcurlingford.com  
Email: millfrcmc@gmail.com

Computer Support for beginners or if you need a helping hand



COMPUTER SKILLS / PROGRAMMING AND NETWORKING / IT SYSTEMS ADMINISTRATION

St. Catherine’s Community Services Centre

St. Joseph’s Road, Carlow

Tel: 059 913 8706

Web: www.catherines.ie

- Digital Skills for Citizens Programme - IT courses for beginners on computer, tablets or smartphones (p/t)

Training Services Kilkenny and Carlow ETB

Unit 4, Danville Business Park, Kilkenny

Tel: 056 781 3014 / 087 151 8113

Web: www.kcetbtraining.ie

- IT Fundamentals (CompTIA) (p/t) \*
- MOS (Microsoft Office Suite) (p/t) \*

Vocational Training Opportunities Scheme VTOS

1-3 Granby Row, Carlow

Tel: 059 914 0311

Web: www.vtoscarlow.ie

- QQI Level 3 in Information Communication Technology (ICT) (f/t) \* ^

Online and Blended Learning

Carlow Kilkenny Skillnet

www.carlowkilkennyskillnet.ie

e-college

www.ecollege.ie

Fetch Courses

www.fetchcourses.ie

Focused Training Ireland

www.focusedtrainingireland.com

Kilkenny and Carlow ETB Training Services

www.kcetbtraining.ie

Pitman Training Carlow Kilkenny

www.pitman-training.ie/our-centres/carlow

COMPUTER SKILLS / PROGRAMMING AND NETWORKING / IT SYSTEMS ADMINISTRATION

Training Services

Kilkenny and Carlow ETB

Unit 4, Danville Business Park, Kilkenny

Tel: 056 781 3014

- Traineeship
- QQI Level 5 Office Administration (f/t) \* ^

Online / Blended Courses

Alison

www.alison.com/course/

eCollege

www.ecollege.ie/

Fetch Courses

www.fetchcourses.ie

Griffin College

www.griffin-college.com/fmcourses/

Kilroys College

www.kilroyscollege.ie/

Kilkenny Library

www.kilkennylibrary.ie

Nightcourses

www.nightcourses.com/

Pitman Training Carlow / Kilkenny

www.pitman-training.ie/our-courses/comptia-cloudplus/

RainRain Web Design

www.rainrain.ie/rainrain/

The Open University

www.openuniversity.edu/



## SPOTLIGHT ON: COMPUTER SKILLS



My name is John and having spent the past three years attending VTOS I am currently beginning my first year of third level education. I will be attending Carlow IOT to study software development

I began my return to education in 2017 when I attended VTOS. While there I achieved the following: Q.Q.I. Level 5 Certificate in Information Processing a Major Award, Q.Q.I. Level 5 Cert in eBusiness & Web Authoring a Major Award and a City & Guilds Level 2 Award for IT Users.

Before returning to education I had only completed my Junior Certificate having left school early to start an apprenticeship in carpentry.

I began my return to education in 2017 when I attended VTOS. While there I achieved the following: Q.Q.I. Level 5 Cert in information Processing, Q.Q.I. Level 5 Cert in eBusiness and Web Authoring and a City and Guilds Level 2 Award for IT Users.

Having been out of education for several years, it was a challenge returning to a classroom environment and finding time to fit in assignments around the day to day of life but over time this were no longer as challenging as it was at first.

I have always had an interest in computing

but never had an opportunity to study or learn more about it. Having attended VTOS it gave me the chance to learn more about computer hardware, software packages and how they work.

I have learned how to create and manage spreadsheets and databases along with other applications of the Microsoft Office Suite and general IT Skills. I also learned about HTML and CSS through the Web Authoring class.

My next step is starting first year in Carlow IOT where I will be studying Software Development.

I would advise anyone thinking of returning to education to go for it. Find a course or a subject that interests you, this should help ease you back into a classroom environment and make the studying and learning more worthwhile.

To register go to [www.fetchcourses.ie](http://www.fetchcourses.ie)



CONSTRUCTION AND TRADES / PRACTICAL SKILLS

ARC Training Services Ltd

New Acre, Athy Road, Carlow

Tel: 059 913 1624

Web: www.arctrainingsolutions.com

- Coded Pipe Welding ISO 9606 (p/t) \*
- Manual Metal Arc (MMA) ISO 9606 (p/t) \*
- Metal Inert Gas (MIG) ISO 9606 (p/t) \*
- Tungsten Inert Gas (TIG) ISO 9606 (p/t) \*
- Bespoke training (p/t) \*

Private and funded courses provided

Barrow Training Online and Blended Learning

High Street, Bagenalstown

Tel: 059 9721416

Web: www.barrowtraining.ie

- Driver Safety Awareness (p/t)
- Fire Safety Awareness (p/t)
- Manual Handling (p/t) \*

Carlow County Development Partnership

Main Street, Bagenalstown, Co. Carlow

Tel: 059 972 0733

Web: www.carlowdevelopment.ie

Courses for adults out of the labour market:

- Manual Handling (p/t) \*
- SOLAS SafePass Training (p/t) \*

Carlow Institute of Further Education and Training

Kilkenny Road, Carlow

Tel: 059 913 4230

Web: www.carlowifet.ie

- QQI Level 5 Certificate in Automotive Technology (f/t) \* ^
- QQI Level 5 Certificate in Construction and Building (f/t) \* ^
- QQI Level 5 Certificate in Engineering Technology (f/t) \* ^
- QQI Level 5 Certificate in Furniture Design and Making (f/t) \* ^

Focused Training Ireland Online and Blended Learning

Tullow Business Centre, Bunclody Road, Tullow, Co. Carlow

Tel: 059 911 8912 / 089 400 9937

Web: www.focusedtrainingireland.com

- Abrasive Wheels (p/t) \*
- Asbestos Awareness (p/t) \*
- Asbestos Awareness for Architects and Designers (p/t) \*
- Control of Substances Hazardous to Health (COSHH) p/t) \*
- Manual Handling (Blended) (p/t)
- Working at Heights (p/t) \*
- Working in Confined Spaces (p/t) \*

Glenn Lucas Woodturning

Flander's Cross, Knockclonegad Bagenalstown, Co. Carlow

Tel: 059 972 7070

Web: www.glennlucaswoodturning.com

- Woodturning classes and workshops for all levels (one-to-one tuition and group classes) (p/t)

CONSTRUCTION AND TRADES / PRACTICAL SKILLS

FRS Training Ltd

Kilkenny

Tel: 0505 31586

Web: www.frstraining.com

- QQI Level 3 Floor and Wall Tiling (p/t) \*
- QQI Level 4 Home Repair and Maintenance (p/t) \*
- QQI Level 4 Woodcraft (p/t) \*
- QQI Level 5 Traditional Stonewall Construction Skills (p/t) \*
- Manual Handling (p/t) \*
- SOLAS Safe Pass Training (p/t) \*

Griffin College

Unit 9 / 10 Abbey Business Centre, Abbey Street, Kilkenny

Tel: 01 703 0403 Mob: 085 867 2258

Web: www.griffin-college.com

- City and Guilds Construction Supervisor's Course (p/t)
- City and Guilds Diploma in Facilities Management (p/t)
- City and Guilds Managing and Maintaining Property and Assets (p/t)

HCT Learning

Unit 2 Purcellsinch Business Park, Dublin Road, Kilkenny

Tel: 056 777 0761

Web: www.hctlearning.ie

- QQI Level 3 Brick and Block Laying (p/t) \*
- QQI Level 3 Floor and Wall Tiling (p/t) \*
- QQI Level 4 Home Repair and Maintenance (p/t) \*
- QQI Level 4 Laying Kerbs, Flags and Pavors (p/t) \*
- QQI Level 3 Painting and Decorating (p/t) \*
- QQI Level 3 Plastering (p/t) \*
- QQI Level 4 Woodcraft (p/t) \*

Kilkenny Employment for Youth KEY

Garden Row, High Street, Kilkenny

Tel: 056 776 42774

Web: www.keyctc.ie

Email: tsu.recruit@kilkennycarlowetb.ie

Kilkenny Employment for Youth KEY is a community Training Centre provide training to early school leavers aged between 16 and 21, who are most in need of basic vocational training. This Woodwork training programme provision is offered through in centre learning and linked experience.

MKD Health and Safety Training

Kilmoganny, Co Kilkenny

Tel: 086 354 8461

Web: www.mkdsafety.com

- Abrasive Wheels (p/t) \*
- Fire Safety Awareness (p/t) \*
- Working at Height (p/t) \*

Safepass

National Irish Safety Organisation

Tel: 01 465 9760

Web: www.niso.ie

- Safepass Training in Kilkenny (p/t) \*

Safe Pass

Billy Moran, Kilkenny

Tel: 056 444 0883 / 087 268 3178

- Manual Handling (p/t) \*
- Safe Pass Training (p/t) \*

CONSTRUCTION AND TRADES / PRACTICAL SKILLS

Hickson Safety Services

Rutland, Palatine, Co. Carlow

Tel: 086 826 2383

Web: www.hicksonsafety.ie

- Abrasive Wheels Mounting Training (p/t) \*
- Confined Spaces Training (p/t) \*
- Fire Extinguisher Training (p/t) \*
- Forklift Driving - Certification for Counter Balance, Reach Forklift Truck and Sideloaders (p/t) \*
- Industrial Plant and Equipment (p/t) \*
- M.E.W.P. / Cherry Pickers Course – certification for Boom and Scissors Lift (p/t) \*
- Overhead Gantry Cranes (novice and experienced operators) (p/t) \*
- SafePass (p/t) \*
- Safe Pass Alliance – Quarry and Mining Industry Safety Passport Training (p/t) \*
- Safe Use of Lifting Equipment (novice and experienced operators) (p/t) \*
- SOLAS QSCS – Quarries Skills Certification Scheme Experienced Operators (p/t) \*
- The Lorry Loader (Truck Mounted Crane) (p/t) \*
- Working at Heights – Harness Training (p/t) \*

Training Services Kilkenny and Carlow ETB

Unit 4, Danville Business Park, Ring Road, Kilkenny

Tel: 056 781 3014 / Mob: 087 151 8113

Web: www.kcetbtraining.ie

- Basic Welding (f/t) \* 12 week course
- Prepare for Work in Construction (f/t) 5 week course (alphabetical)

Community Training

Unit 4, Danville Business Park, Ring Road, Kilkenny

Tel: 056 781 3014 / Mob: 087 151 8113

Web: www.kcetbtraining.ie

- QQI Level 3 Certificate in Employability Skills (with the option of Craft) (f/t) \* ^  
Venue: Carlow Youth Training

Online/ Blended Learning

Barrow Training

www.barrowtraining.ie

FETCH Courses

www.fetchcourses.ie

Focused Training Ireland

www.focusedtrainingireland.com

Glenn Lucas Woodturning

www.glennlucaswoodturning.com

Kilkenny and Carlow ETB Training Services

www.kcetbtraining.ie

CONSTRUCTION AND TRADES / PRACTICAL SKILLS

Training Services Kilkenny and Carlow ETB

Unit 4, Danville Business Park, Ring Road, Kilkenny

Tel: 056 781 3014

Web: www.fetchcourses.ie

Apprenticeship is a programme of education and training which combines learning in the work place with learning in a training centre or educational college. Apprenticeship provides the opportunity for learning acquired off-the-job to be applied and further developed under supervision in the workplace.

- Construction
- Engineering
- Electrical
- Motor
- Prepare for Work in Construction (f/t) \* 5 week course
- Basic Welding (f/t) \* 12 week course

Welding Academy

Knocknamuck, Tullaroan, Co. Kilkenny

Tel: 056 883 5955

Mob: 083 333 7816

Web: www.welding.ie

- MAG Welding (p/t) \*
- ARC Welding (p/t) \*
- TIG Welding (p/t) \*
- TACK Welding (p/t) \*
- Abrasive Wheel Certification (p/t) \*
- Welding Theory (p/t) \*

Online / Blended Courses

Fetch Courses

www.fetchcourses.ie

Find a Course

www.findacourse.ie/courses-ireland/construction/kilkenny/part-time-and-evening

FRS Training Ltd

www.frstraining.com/courses/

Griffin College

www.griffin-college.com/

HCT Learning

www.hctlearning.ie/



## COOKERY / CULINARY / FOOD

### Bagenalstown Family Resource Centre

Royal Oak Road, Moneybeg,  
Bagenalstown, Co. Carlow

**Tel:** 059 972 2028

**Web:** [www.bagenalstownfamilyresourcecentre.ie](http://www.bagenalstownfamilyresourcecentre.ie)

- Healthy Cooking at Home (p/t)

### Ballon and Business Training Services

The Old School, Ballon, Carlow

**Tel:** 059 915 9447

**Web:** [www.ballonbts.com](http://www.ballonbts.com)

- Cookery classes (P/T)

### Barrow Training Online and Blended Learning

High Street, Bagenalstown, Co. Carlow

**Tel:** 059 972 1416

**Web:** [www.barrowtraining.ie](http://www.barrowtraining.ie)

- QQI Level 5 Food Safety and HACCP (p/t) \*
- Food Allergen Awareness (p/t)
- Food Safety Essentials (p/t)
- Principles of HACCP and Food Safety (p/t)
- Serving and selling Alcohol Sensibly (p/t)

### Carlow Institute of Further Education and Training

Kilkenny Road, Carlow

**Tel:** 059 913 4230

**Web:** [www.carlowifet.ie](http://www.carlowifet.ie)

- QQI Level 5 Certificate in Food Science – Health and Nutrition (f/t) \* <sup>^</sup>
- QQI Level 5 Certificate in Professional Cookery (f/t) \* <sup>^</sup>

### Eco Trails Blackstairs

The Old Rectory, Killedmond,  
Borris, Co. Carlow

**Tel:** 059 977 3184 / 087 270 7189

**Web:** [www.blackstairsecotrails.ie](http://www.blackstairsecotrails.ie)

**Facebook:** [www.facebook.com/blackstairsecotrails](https://www.facebook.com/blackstairsecotrails)

- Foraging, wild herb and fungi workshops (p/t)

### Focused Training Ireland

Tullow Business Centre, Bunclody Rd,  
Tullow, Co. Carlow

**Tel:** 059 911 8912 / 089 400 9937

**Web:** [www.focusedtrainingireland.com](http://www.focusedtrainingireland.com)

- Achieving Food Hygiene Rating Level 5 \*
- Introduction to HACCP Level 2 \*
- Level 1 Food Safety - Catering \*
- Level 2 Food Safety - Catering \*
- Level 1 Food Safety - Manufacturing \*
- Level 2 Food Safety - Manufacturing \*
- Level 1 Food Safety - Retail \*
- Level 2 Food Safety - Retail \*
- Supervising Food Safety - Level 3 \*

### Hacketstown Core Centre

Hacketstown, Co. Carlow

**Email:** [hacketstowncore@gmail.com](mailto:hacketstowncore@gmail.com)

**Facebook:** Hacketstown Community Group

- HACCP Food Safety (p/t) \*
- Nutrition (p/t) \*

### St. Catherine's Community Services Centre

St. Joseph's Road, Carlow

**Tel:** 059 913 8706

**Web:** [www.catherines.ie](http://www.catherines.ie)

## COOKERY CULINARY AND FOOD

### Barrow Training

**Tel:** 059 9721416

**Web:** [www.barrowtraining.ie](http://www.barrowtraining.ie)

- QQI Level 5 Food Safety and HACCP (p/t) \*
- Food Allergen Awareness (p/t)
- Serving and selling Alcohol Sensibly (p/t)

### Cater Care Ltd

Kilkenny

**Tel:** 061 469 008

**Web:** [www.catercare.ie](http://www.catercare.ie)

- QQI Level 5 Implementing Food Safety Management Systems
- QQI Level 5 Menu Planning and Applied Nutrition
- QQI Level 6 Designing Food Safety Management Systems
- QQI Level 6 Conducting Food Standards Auditing

Training and Support around COVID-19 and the Work Place

### Cooking Classes at Eden Hall

Ballyragget, Co. Kilkenny

**Tel:** 056 883 0838 / 087 285 8753

**Web:** [www.cookingclasses.ie](http://www.cookingclasses.ie)

Cooking demonstration classes for groups of eight or more, for all levels and abilities (p/t)

### FRS Training Ltd

Kilkenny

**Tel:** 1890 201 000

**Web:** [www.frstraining.com](http://www.frstraining.com)

- QQI Level 5 Food Safety and HACCP (p/t) \*
- QQI Level 4 Handling Food Hygienically (p/t) \*

### HCT Learning

Unit 2 Purcellsinch Business Park,  
Dublin Road, Kilkenny

**Tel:** 056 777 0761

**Web:** [www.hctlearning.ie](http://www.hctlearning.ie)

- QQI Level 4 Handling Food Hygienically (p/t) \*
- QQI Level 5 Health and Safety at work (p/t) \*

### Kilkenny City Tours

Ivan Sheridan

**Tel:** 086 730 1500

Food lovers will take the City Tour Train to interesting food spots along the medieval streets of Kilkenny tasting the finest food that Kilkenny producers have to offer with Anne and Ivan as their guides

### Kilkenny Tasting Tours

Anne Neary

**Tel:** 086 2767656

Food lovers will walk to interesting food spots along the medieval streets of Kilkenny tasting the finest food that Kilkenny producers have to offer with Anne as their guide

### Loughboy Library

Loughboy, Kilkenny

**Tel:** 056 779 4176

**Tel:** 056 779 4160

**Email:** [info@kilkennylibrary.ie](mailto:info@kilkennylibrary.ie)

**Web:** [www.kilkennylibrary.ie](http://www.kilkennylibrary.ie)

You can join the library for free

For further information or advice about our Online Library etc. please contact Library H.Q

## COOKERY / CULINARY / FOOD

### The Chocolate Garden of Ireland

Rath East, Co. Wicklow

**Tel:** 059 648 1999

**Web:** [www.chocolategarden.ie](http://www.chocolategarden.ie)

- Introduction to chocolate making workshop (p/t)
- Chocolate mould-making sessions (p/t)

### Training Services Kilkenny and Carlow ETB – Community Training

4 Danville Business Park, Ring Road, Kilkenny

**Tel:** 056 781 3031 / 087 973 8303

**Web:** [www.kcetbtraining.ie](http://www.kcetbtraining.ie)

- QQI Level 3 Certificate in Employability Skills (catering option) (f/t) \* ^ **Venue:** Carlow Youth Training

### The Good Life Cookery School

Knocklishen, Rathvilly, Co. Carlow

**Tel:** Natalie 086 170 2462

Follow the Good Life Facebook and Instagram pages for dates of upcoming cookery classes (p/t)

### Thrive Café

Market Square, Tullow, Carlow

**Tel:** 059 915 1607

**Web:** [www.thrivecafe.ie](http://www.thrivecafe.ie)

- Cookery courses focusing on health and nutrition (p/t)

### Online/ Blended Learning

**Bagenalstown Family Resource Centre**

[www.bagenalstownfamilyresourcecentre.ie](http://www.bagenalstownfamilyresourcecentre.ie)

**Ballon and Business Training Services**

[www.ballonbts.com](http://www.ballonbts.com)

**Barrow Training and Consultancy**

[www.barrowtraining.ie](http://www.barrowtraining.ie)

**Fetch Courses**

[www.fetchcourses.ie](http://www.fetchcourses.ie)

**Focused Training Ireland**

[www.focusedtrainingireland.com](http://www.focusedtrainingireland.com)

## COOKERY CULINARY AND FOOD

### Online Resources Available

- Download bestselling ebooks, e-audiobooks and emagazines for free.
- Choose from thousands of titles from popular authors and different genres.
- Easy to read with different fonts sizes and backgrounds - including Dyslexic.
- Easy listening with sleep timer function and adjustable playback speeds.
- Use on smartphones and tablets or on PC and ereader devices
- FREE App available: App Store, Google Play, Amazon App Store (Kindle Fire only)

### Emagazines

- Browse and download your favourite magazines from 250 + popular titles
- FREE access from anywhere
- No checkout limits
- Current and back issues available
- FREE App available on APP store, Google Play and Amazon App Store

### Ryeland House Cookery School

Cuffesgrange, Co. Kilkenny

**Tel:** 056 7729073

**Web:** [www.ryelandhousecookery.com](http://www.ryelandhousecookery.com)

- Ryeland House provides cookery demonstrations and course for all levels (p/t)

### The Edward Hayden School of Cookery

Mill Road, Graiguenamanagh, Co. Kilkenny

**Tel:** 087 776 3312

**Email:** [info@entertains.com](mailto:info@entertains.com)

- Demonstration classes for all levels and abilities (p/t)

### The Icing on the Cake

Nicky Read

**Tel:** 086 816 5587

**Email:** [Nicky.kilkenny@gmail.com](mailto:Nicky.kilkenny@gmail.com)

**Web:** [www.nickyscakes.wordpress.com](http://www.nickyscakes.wordpress.com)

Hands-on cake decorating workshops for adults and children of all abilities, by experienced and qualified sugarcraft teacher. No experience necessary. All ingredients and materials supplied.

### Training Services Kilkenny and Carlow ETB

Unit 4, Danville Business Park, Kilkenny

**Tel:** 056 781 3014

### Traineeship

- QQI Level 4 Culinary Skills (f/t) \* ^

### The Wine Academy Ireland

Mary Gaynor, The Quay, Thomastown, Co. Kilkenny

**Tel:** 056 772 4894

**Tel:** 087 244 8321

**Web:** [www.wineacademy.ie](http://www.wineacademy.ie)

Basic wine appreciation courses available

### Online / Blended Courses

**Ballymaloe Cookery School**

[www.cookingisfun.ie/](http://www.cookingisfun.ie/)

**CaterCare**

[www.catercare.ie/training/online-training](http://www.catercare.ie/training/online-training)

**Fetchcourses**

[www.fetchcourses.ie](http://www.fetchcourses.ie)

**HCT Learning**

[www.hctlearning.ie/](http://www.hctlearning.ie/)

**Nightcourses**

[www.nightcourses.com/course-category/further-learning/arts-crafts-hobbies/cookery](http://www.nightcourses.com/course-category/further-learning/arts-crafts-hobbies/cookery)

COUNSELLING, SOCIAL AND HUMANITIES

Barrow Training  
Online and Blended Learning  
High Street, Bagenalstown, Co. Carlow

Tel: 059 972 1416  
Web: www.barrowtraining.ie

- QQI Level 5 Certificate in Disability Awareness (p/t) \*
- QQI Level 5 Certificate in Intellectual Disability Studies (p/t) \*
- QQI Level 5 Certificate in Recovery in Mental Health (p/t) \*
- QQI Level 5 Certificate in Social Studies (p/t) \*
- QQI Level 5 Certificate in Understanding Mental Health (p/t) \*

Carlow Kilkenny Skillnet  
Carlow Gateway Business Centre  
Athy Road, Carlow

Tel: 059 913 2152  
Web: www.carlowkilkennyskillnet.ie

- Employment Law (p/t)

Carlow Institute of Further Education and Training  
Kilkenny Road, Carlow

Tel: 059 913 4230  
Web: www.carlowifet.ie

- QQI Level 5 Certificate in Applied Social Studies (f/t) \* ^
- QQI Level 5 Certificate in General Studies - Pre-University Arts and Humanities (f/t) \* ^
- QQI Level 5 Certificate in Legal Studies (f/t) \* ^

Equinox Education Services Ltd  
Carlow Gateway Business Centre, Athy Road, Carlow, R93 C7P6

Tel: 059 917 9340 / 085 725 4280  
Email: pdunne@equinox4study.com  
Web: www.equinox4study.com

- Literary, cultural, and spiritual adults' programmes are available on request

Focused Training Ireland

Tullow Business Centre, Bunclody Rd, Tullow, Co. Carlow

Tel: 059 9118912 / 089 400 9937  
Web: www.focusedtrainingireland.com

- Understanding your own mental health Level 1 (p/t) \* QNUK accreditation
- Understanding Mental Wellbeing in the Workplace Level 2 (p/t) \* QNUK accreditation
- Supporting individuals during a mental health crisis in work Level 3 (p/t) \* QNUK accreditation
- Drug and Alcohol Awareness (p/t) \*
- Safeguarding Adults (p/t) \*
- Safeguarding Children (p/t) \*

Social Care Training Ireland

Unit 4, Lismard House, Tullow Street, Carlow

Mob: 087 957 6221  
Web: www.socialcaretraining.ie

- Professional Supervision Skills for Social Care Managers and Leaders (p/t)
- Safeguarding of Vulnerable Adults (p/t)
- Leadership and Management in Social Care (p/t)

Online/ Blended Learning

Equinox Education Services Ltd  
www.equinox4study.com

Focused Training Ireland  
www.focusedtrainingireland.com

COUNSELLING, SOCIAL AND HUMANITIES

Barrow Training

Kilkenny  
Tel: 059 972 1416  
Web: www.barrowtraining.ie

- QQI Level 5 Social Studies (p/t) \*

Ormonde College of Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321

Web: www.ormondecollege.ie

- QQI Level 5 Applied Psychology (f/t) \* ^
- QQI Level 5 Community Care (f/t) \* ^
- QQI Level 5 Nursing Studies (f/t) \* ^
- QQI Level 6 Social and Vocational Integration (f/t) \* ^

PCI College

Kilkenny

Tel: 01 464 2268  
Web: www.pcicollege.ie

- Blended Learning Certificate in Counselling and Psychotherapy (p/t) \* ^
- BSc Hons in Counselling and Psychotherapy (p/t) \* ^
- BSc in Counselling and Psychotherapy Upgrade Course (p/t) \* ^
- Certificate in Counselling and Psychotherapy (p/t) \* ^

Online / Blended Courses

Fetch Courses  
www.fetchcourses.ie

ICHAS  
www.ichas.ie/counselling-courses-psychotherapy-courses

Kilkenny Library  
www.kilkennylibrary.ie

Night Courses  
www.nightcourses.com/

Open University  
www.openuniversity.edu/welcome/study-social-sciences-with-the-open-university

PCI College  
www.pcicollege.ie/counselling-courses/online-and-blended-learning



CREATIVE  
ARTS

ArtLinks

Carlow County Arts Office

Tel: 059 917 0301 / 086 820 0247

Web: www.carlow.ie/all-council-services/arts

ArtLinks offers a range of mentoring, training and bursary supports to local artists living in the Carlow and the southeast area.

Bagenalstown Resource Centre

Royal Oak Road, Moneybeg,  
Bagenalstown, Co. Carlow

Tel: 059 972 2028

Web: www.bagenalstownfamilyresourcecentre.ie

- Art and Crafts classes at various times throughout the year based on demand (p/t)

Ballinkillen Lorum Community  
Centre

Ballinkillen, Bagenalstown, Co. Carlow

Tel: 089 257 8122 / 089 257 8122

Email: officeblccc@gmail.com

- Courses: Crochet, Knitting and Patchwork classes (p/t)

Ballon and Business  
Training Services

The Old School, Ballon, Carlow

Tel: 059 915 9447

Web: www.ballonbts.com

- Acrylic Art Classes (p/t)
- Watercolours Art Classes (p/t)

Barrow Training  
Online and Blended Learning

High Street, Bagenalstown, Co. Carlow

Tel: 059 972 1416

Web: www.barrowtraining.ie

- QQI Level 5 Certificate in Fashion Buying and Merchandising (p/t) \*

Before and After

55 Dublin Street, Carlow

Tel: 086 400 8270

- Painting and Interior Styling Courses and Workshops (p/t)

Belwira Art

Tel: 085 122 6021

Web: www.belwiraart.com

‘Relaxing Art for Adults’ courses: creating works on stone, wood and canvas using acrylic paint and mixed media (p/t)

Blackstairs Film Society

Rathanna Community Hall

Tel: 059 972 1154

Web: www.blackstairsfilmsociety.com/

Borris Focus Centre

The Old School, Lower Main Street, Borris

Tel: 083 826 7871

Courses that ran in the past:

- Basket Making (p/t)
- Creative Writing (p/t)

Groups: The Crafty Crew Ladies/ Music Group

Borris Lacemakers

Web: www.borrislacemakers.wordpress.com/

This group meets every Wednesday in the Focus Centre in Borris and every second Saturday in Borris Library

Brownhill Art Studio

Carlow

Tel: 086 868 6783

Web: www.muralmayhem.com

Evening art classes for adults (p/t)

CREATIVE  
ARTS

Baunafea Willow Works

Castlewarren, Co. Kilkenny

Tel: 059 972 6947

Web: www.baunafeastudio.ie

- Day and evening classes are available in basket making skills (p/t)

Castlecomer Library

Castlecomer

Tel: 056 444 0561

Web: www.kilkennylibrary.ie

You can join the library for free

For further information or advice about our Online Library etc. please contact Library H.Q

Tel: 056 779 4160

Email: info@kilkennylibrary.ie

Online Resources Available

- Download bestselling ebooks, e-audiobooks and emagazines for FREE.
- Choose from thousands of titles from popular authors and different genres.
- Easy to read with different fonts sizes and backgrounds - including Dyslexic.
- Easy listening with sleep timer function and adjustable playback speeds.
- Use on smartphones and tablets or on PC and ereader devices
- FREE App available: App Store, Google Play, Amazon App Store (Kindle Fire only)

Emagazines

- Browse and download your favourite magazines from 250 + popular titles
- FREE access from anywhere
- No checkout limits
- Current and back issues available
- FREE App available on APP store, Google Play and Amazon App Store

David Comerford  
Woodturning Classes

Thomatown, Co Kilkenny

Tel: 087 649 0463

Web: www.davidcomerford.net

- Classes are available in SpindleTurning, BowlTurning and texturing and decoration techniques (p/t)

Design and Crafts  
Council of Ireland

Castle Yard, Kilkenny

Tel: 056 776 1804

Web: www.dccoi.ie

- Jewellery and Goldsmith Skills and Design Course (f/t) \* ^
- Ceramics Skills and Design Course (f/t) \* ^

Duiske College

Graiguenamanagh, Co. Kilkenny

Tel: 059 972 4177

Web: www.duiskecollege.ie

- QQI Level 5 Certificate in Creative Media (f/t) \* ^
- QQI Level 6 Certificate in Visual Arts (f/t) \* ^

Ferrybank Library

Ferrybank Shopping Centre  
Ferrybank Via Waterford

Tel: 051 897 200

You can join the library for Free through

Web: www.kilkennylibrary.ie

For further information or advice about our Online Library etc. please contact Library H.Q

Tel: 056 779 4160

Email: info@kilkennylibrary.ie

Online Free Resources Available Universal Class

- Free, unlimited access to 500+ courses. Including computer training, business, writing skills, arts, crafts and hobbies and more!
- Learn in your time and your own pace
- Online instructors for feedback
- Get a certificate when you complete and pass from the International Association for Continuing Education and Training (IACET)

## CREATIVE ARTS

### Carlow Arts Office

Carlow County Council, Athy Road, Carlow

**Tel:** 059 9170301 / 086 820 0247

**Tel:** [www.carlow.ie/all-council-services/arts/](http://www.carlow.ie/all-council-services/arts/)

The Local Arts Development Office is situated in Carlow County Council. The service provides advice and supports to local artists, communities, and groups across County Carlow. The service manages the Creative Ireland Carlow programme which offers communities access routes into the arts and culture through projects, awards, and other initiatives. The service includes Arts Grants and Community Grants and supports local arts organisations such as Music Generation Carlow, VISUAL Carlow, Carlow Arts Festival, Take A Part Carlow.

### Carlow College

College Street, Carlow

**Tel:** 059 915 3200

**Web:** [www.carlowcollege.ie](http://www.carlowcollege.ie)

Critically acclaimed novelist Eoghan Smith will be teaching a 12 week part time course in writing fiction this autumn at Carlow College. Learn how to create compelling characters, distinctive narrative voices, and intriguing plots.

- Creative writing modules for personal development or for accreditation (study 1-6 modules per academic year) (p/t) \*
- Evening classes in creative arts (p/t)

### Carlow County Youth Theatre

Carlow Arts Office, Carlow County Council

**Tel:** Emer 059 913 6204

**Email:** [countycarlowyouththeatre@gmail.com](mailto:countycarlowyouththeatre@gmail.com)

**Web:** [www.carlow.ie](http://www.carlow.ie)

Offers creative drama workshops to people aged from 12 to 20 years (p/t)

### Carlow Fabric and Crafts

Bridewell Lane, Carlow Town

**Tel:** Catherine 059 913 1995

**Web:** [www.carlowfabcraft.ie](http://www.carlowfabcraft.ie)

- Workshops and classes in dressmaking, knitting and crafting (p/t)

### Carlow Institute of Further Education and Training

Kilkenny Road, Carlow

**Tel:** 059 913 4230

**Web:** [www.carlowifet.ie](http://www.carlowifet.ie)

- QQI Level 5 Certificate in Art and Mixed Media (Portfolio Preparation) (f/t) \* ^
- QQI Level 5 Certificate in Creative Media Production / Adobe Certified Associate (f/t) \* ^
- QQI Level 5 Certificate in Film and TV Production (f/t) \* ^
- QQI Level 5 Certificate in Graphic Design and Visual Communication (f/t) \* ^
- QQI Level 5 Certificate in Music Performance (f/t) \* ^
- QQI Level 5 Certificate in Music Technology (f/t) \* ^
- QQI Level 5 Certificate in Performing Arts (f/t) \* ^
- QQI Level 5 Certificate in Production Arts (f/t) \* ^

### Carlow Little Theatre Society

**Tel:** Paul 085 725 4280

**Web:** [www.carlowlittletheatre.com](http://www.carlowlittletheatre.com)

New members welcome for onstage, backstage, and technical positions

### Creative Processes

Webb's Social Farm, Moorefield  
Kilcoole, Rathoe, Co. Carlow

**Tel:** 085 753 4544

**Facebook:** [www.facebook.com/Webbs-Social-Farm-Carlow-710674299374823](https://www.facebook.com/Webbs-Social-Farm-Carlow-710674299374823)

- Dry felting (painting with wool) (p/t) – block of specific classes
- Mosaic art (p/t) – weekly classes
- Offering one day workshops and classes

### Glenn Lucas Woodturning

Flander's Cross, Knockclonegad,  
Bagenalstown, Co. Carlow

**Tel:** 059 972 7070

**Web:** [www.glennlucaswoodturning.com](http://www.glennlucaswoodturning.com)

Woodturning classes and workshops for all levels (one-to-one tuition and group classes) (p/t)

## CREATIVE ARTS

### Graigenamanagh Library

Convent Lane, Graigenamanagh

**Tel:** 056 779 4178

You can join the library for free

**Web:** [www.kilkennylibrary.ie](http://www.kilkennylibrary.ie)

For further information or advice about our Online Library etc. please contact Library H.Q on

**Tel:** 056 779 4160

**Email:** [info@kilkennylibrary.ie](mailto:info@kilkennylibrary.ie)

#### Online Free Resources Available Pressreader

Free access to thousands of global newspapers

- Listen - The audio feature lets you listen to articles while you're on the go
- Share - Social sharing is easy with Pressreader.
- Stay Current - Titles hit Pressreader as soon as they're published, so you always have access to the freshest content.
- Local and International - Choose from thousands of publications, from local content to major international titles

**FREE App available:** App Store, Google

### Grennan Mill Craft School

Island Mill, Thomastown, Co. Kilkenny

**Tel:** 056 772 4557

**Web:** [www.grennanmillcraftschool.com](http://www.grennanmillcraftschool.com)

- QQI Level 5 Art, Craft and Design (f/t) \* ^
- QQI Level 6 Advanced Certificate in Art, Craft and Design (f/t) \* ^
- Summer courses in various Arts and Crafts (p/t)

### HCT Learning

Unit 2 Purcellsinch Business Park, Dublin Road, Kilkenny

**Tel:** 056 777 0761

**Web:** [www.hctlearning.ie](http://www.hctlearning.ie)

- QQI Level 4 Woodcraft (p/t)

### KCAT Art Centre

Mill Lane, Callan, Co. Kilkenny

**Tel:** 056 775 5115

**Web:** [www.kcat.ie](http://www.kcat.ie)

- Courses available from September to May 2021 – Full time

#### Monday

**Roots:** painting and drawing mixed media and painting techniques

#### Tuesday

**Ceramics Open Studio:** an open space to work on individual projects

#### Wednesday

**Open Studio:** facilitate artists own works

#### Thursday

**Sculpture:** create 3D works in stone or wood

**Acting:** essential acting skills for stage and play development

#### Friday

**Dance:** learn sole and group pieces

Open Studio and Textiles

Ceramics for beginners

### Kilkenny City Library

John's Quay, Kilkenny

**Tel:** 056 779 4174

You can join the library for Free

**Web:** [www.kilkennylibrary.ie](http://www.kilkennylibrary.ie)

For further information or advice about our Online Library etc. please contact Library H.Q on

**Web:** 056 779 4160

**Email:** [info@kilkennylibrary.ie](mailto:info@kilkennylibrary.ie)

Online Free Resources Available

- Download bestselling ebooks and e-audiobooks for FREE.
- Choose from thousands of titles from popular authors and different genres.
- Easy to read with different fonts sizes and backgrounds - including Dyslexic.
- Easy listening with sleep timer function and adjustable playback speeds.
- Use on smartphones and tablets or on PC and ereader devices

**FREE App available:** App Store, Google Play,

CREATIVE  
ARTS

Graigueullen Parish Centre

Tel: 059 914 1833  
Knitting Club gather weekly in the parish centre

Hacketstown Core Centre

Hacketstown, Co. Carlow  
Email: hacketstowncore@gmail.com  
Facebook: Hacketstown Community Group

- Art and Craft classes (p/t)
- Jewellery Making (p/t)
- Flower Arranging (p/t)

Jacinta Crowley-Long

Aghold Rectory, Tullow  
Tel: 086 824 4632  
Web: www.crowley-long.com

Weekend oil painting classes at the Rectory and day Master classes in Altamont Gardens (p/t)

Killougternane Community Hall

Borris, Co. Carlow  
Tel: 086 229 0018  
Web: www.facebook.com/Killougternane-Hall-124528537624721

Please contact Cornelia for more information on the art group classes

Leighlin Craft Group

Leighlin Parish Centre  
Tel: 059 9728549  
Web: www.leighlinparish.ie/2011/09/craft-knitting-club/

Craft and Knitting Club

Made in Carlow

139 Tullow Street, Carlow  
Tel: Maurice O Reilly 087 614 9874  
Web: www.facebook.com/MadeinCarlow

- Art classes (p/t)

Mulvarra House

Bauck, St. Mullins  
Tel: 051 424 936  
Web: www.mulvarra.com

- Art courses and retreats (p/t)

Orchard Craft Studio

Dunleckney, Bagenalstown, Co. Carlow  
Tel: 083 038 0329  
Web: www.orchardcraftstudio.com

- Evening and weekend sewing classes (p/t)

Pitman Training

Wexford Road Business Park, Carlow  
Tel: 059 918 2415 / (085) 1639351  
Email: carlow@pitman-training.ie  
Web: www.pitman-training.ie/our-centres/carlow

- Advanced Software and Web Developer Diploma \*
- Digital Marketing Diploma with the Digital Marketing Institute \*
- Graphic Design Diploma with Adobe ACA \*
- Web Developer Diploma \*
- Web Design Specialist Diploma \*

Red Apple Art Studio

Carlow  
Tel: 087 676 9051  
Web: www.lorrainefenlon.com

Evening art classes (Tuesdays and Wednesdays) and day classes (Fridays) (p/t)

Slaney Quilting Studio

Rathvilly, Co. Carlow  
Tel: 085 774 9774  
Web: www.slaneyquiltingstudio.com

- Basic sewing skills and craft sewing (p/t)
- Six-week patchwork quilt making classes (p/t)
- Weekly drop-in classes in patchwork quilt making on Wednesdays 10.30am - 12.30pm and Thursdays 7pm -9pm (p/t)

CREATIVE  
ARTS

Mary Gaine

Tel: 056 776 2582  
Email: gainemary@gmail.com

Painting classes taught by experienced local artist in watercolour, oil and acrylic. Suitable for adults and children of all abilities, including beginners. Courses run for eight weeks, starting in September, with one two hour classes each week.

Minerva Patchwork and  
Needlework

Margaret McEvoy  
Tel: 056 776 2691  
Email: mgmtmcevoy22@gmail.com

Group meets every Tuesday night at 7.30 p, September to end of May.

Mosaic Mandala

Judith Ashton  
Tel: 087 697 6395

Mosaic workshops

Crafting beautiful colourful mosaics allows participants to deeply relax and open to their innate creativity.

In 3 sessions you will how to cut and glue tiles, make your own unique piece and then grout and polish.

Ormonde College of  
Further Education

Ormonde Road, Kilkenny  
Tel: 056 776 3321  
Web: www.ormondecollege.ie

- QQI Level 5 Certificate in Art with Animation Studies (f/t) \* ^
- QQI Level 5 Certificate in Art (Fine Art – Portfolio Preparation) (f/t) \* ^
- QQI Level 5 Media Studies (f/t) \* ^
- QQI Level 6 Advanced Certificate in Fine Art (with Animation Options) (f/t) \* ^

Patchwork Course  
Ferrybank Library

Tel: 051 897 200  
Email: ferrybank@kilkemmylibrary.ie  
Web: www.ferrybank.ie

Club meets at the library, Ferrybank on Tuesday at 11 am

Sheila Jordan

1 John's Green, Kilkenny  
Tel: 056 779 4138 / 4924  
Email: opencirclearts@gmail.com  
Web: OpenCircleArts.ie

Open Circle Community Arts Blended learning

Open Circle is a small community arts organisation based in Kilkenny City which seeks to make the arts available and accessible to woman of all ages and from all walks of life, living in Kilkenny City and County. The heart of the project is our community art space the Open Circle Art House, in Kilkenny City. We offer a varied programme throughout the year, see our website for details.

- Arts and Culture
- Art Classes
- Hobbies and Interests
- Arts and Crafts

South Midlands Branch of the  
Irish Patchwork Society  
Margaret McEvoy / Alison Baxter

St. Patrick's Parish Centre, Loughboy, Kilkenny  
Tel: 056 776 2691 / 051 648 924  
Email: mgmtmcevoy22@gmail.com

This group meets monthly, has a speaker and occasional trips, shop selling equipment and fabrics. Weekend workshops for members. New members welcome, especially young people. Meets second Thursday of the month, 7.30 pm to 9.30 pm, September to June.



## CREATIVE ARTS

### St. Catherine's Community Services Centre

St. Joseph's Road, Carlow

**Tel:** 059 913 8706

**Web:** www.catherines.ie

- Evening art and interior design classes (p/t)

### Training Services Kilkenny and Carlow ETB – Community Training

4 Danville Business Park, Ring Road, Kilkenny

**Tel:** 056 781 3031 / 087 973 8303

**Web:** www.kcetbtraining.ie

- QQI Level 3 Certificate in Employability Skills with Crafts (f/t) \* ^ **Venue:** Carlow Youth Training

### VISUAL Arts Centre

College Street, Carlow

**Tel:** 059 917 2400

**Web:** www.visualcarlow.ie

- Workshops and classes in the Arts

## MUSIC

### Askea Church Choir

**Tel:** (059) 914 2565

**Web:** www.askeaparish.ie

### Aspiro Choir

**Tel:** Mary 087 653 6143

**Web:** www.aspirochoir.ie

Community Programme Friday morning zoom

### Ballinabranna Church Choir

**Tel:** 059 972 2607

**Tel:** Bernadette Dunne 087 792 8929

**Web:** www.leighlinparish.ie

New members are always welcome

### Borris Church Choir and Borris Men's Vocal Choir Art

**Tel:** 086 884 3845

**Web:** www.borrisparish.ie

New members are always welcome

### Carlow Cathedral Choirs

**Tel:** 059 914 1267

**Web:** www.carlowcathedral.ie

Cathedral Parish Choir, Youth Choir and Cathedral Schola - welcomes new members, both vocal and instrumental

### Carlow Choral Society

**Tel:** Miriam 087 942 2608

**Web:** www.carlowchoralsociety.net

### Carlow College of Music

**Tel:** Majella Swan 059 914 0676

**Web:** www.carlowcollegeofmusic.ie

Tuition in a wide range of instruments from strings, woodwind, brass, piano to voices

### Carlow Pipe Band

**Tel:** Hugh 083 870 8333

**Email:** carlowpipeband@gmail.com

**Web:** www.facebook.com/carlowpipeband

All new members are welcome

### Comhaltas Ceoltóirí Éireann South Carlow

**Email:** southcarlow@comhaltas.net

**Venue:** Killoughternane Hall

Contact Joanne on 087 416 0504 / joannemurray108@gmail.com or the Killoughternane Hall Facebook page for more information - www.facebook.com/Killoughternane-Hall-124528537624721

- Traditional Irish Music lessons in Whistle, Flute, Fiddle, Button Accordion, Banjo and Mandolin (p/t)

## CREATIVE ARTS

### The Mill Family Resource Centre

Main Street, Urlingford, Co. Kilkenny

**Tel:** 056 883 8466

**Web:** www.millfrcurlingford.com

**Email:** millfrcmc@gmail.com

The knitting and crochet circle meet in the centre weekly each Wednesday from 2 pm until 4.30 pm.

Anyone welcome to come along and join.

### Vocational Training Opportunities Scheme VTOS Bishop Birch Training Institute

Waterford Road, Kilkenny

**Tel:** 056 776 4719

**Web:** www.vtoskk.ie

- QQI Level 5 Art, Craft and Design (f/t) \* ^
- QQI Level 5 Furniture Design and Making (f/t) \* ^

## MUSIC

### Cairdeas Kilkenny Parkinson Choir

**Ann Moylan**

Kilkenny City

**Tel:** 086 604 5409

Every Wednesday between 7 pm and 9 pm

### St. Patricks Parish Centre

Comhaltas Ceoltoiri Eireann, Craobh Osrai, Curragh

Tullaroan, Co. Kilkenny

**Tel:** 086 824 9618

**Email:** noreenon@eircom.net

**Web:** www.comhaltas.ie

Traditional Irish Music lessons in Whistle, Flute, Fiddle, Button Accordion, Concertina, Banjo, Mandolin for adults and children (p/t)

### Guitar and Ukulele School

Mark Anthony McGrath

**Tel:** 085 7132946

**Web:** www.guitarmcgrath.com

**Web:** www.markanthonymcgrath.com

Classical, Folk, Contemporary, Traditional, Popular, Theory - Junior and Leaving Cert, all levels, beginners to professional, children and adult classes, groups and individuals (p/t)

### Harpist - Singer – Pianist

Ann 086 371 0706

Available for wedding ceremonies. Vast repertoire of beautiful music for both church and registry office weddings.

Vocal duets, flute and oboe also available on request.

### Kilkenny Academy of Music and Singing

Ormonde Road, Kilkenny

**Tel:** 086 896 2865

**Web:** www.kilkennyacademyofmusicandsinging.com

Tuition available for adults and children, beginners to advanced, in drama, singing – individual and group, junior and senior choir, theory, piano – individual and paired classes, keyboard, violin – individual and group, guitar and cello (p/t)\*

### Kilkenny Choir

Presentation School, Kilkenny

**Tel:** 056 776 9524

**Web:** www.kilkennychoir.webs.com

The choir meets weekly for rehearsals and welcomes new members in September and January (p/t)

### Kilkenny Gospel Choir

Kilkenny

**Tel:** 087 292 7958

**Email:** www.kilkennygospelchoir.com

The choir sings in churches around the county and all over Ireland. Open to men and women, practice is on Wednesdays at 8pm in St. Fiace's Church (p/t)

## CREATIVE ARTS

### The Mill Family Resource Centre

Main Street, Urlingford, Co. Kilkenny

**Tel:** 056 883 8466

**Web:** www.millfrcurlingford.com

**Email:** millfrcmc@gmail.com

The knitting and crochet circle meet in the centre weekly each Wednesday from 2 pm until 4.30 pm.

Anyone welcome to come along and join.

### Vocational Training Opportunities Scheme VTOS Bishop Birch Training Institute

Waterford Road, Kilkenny

**Tel:** 056 776 4719

**Web:** www.vtoskk.ie

- QQI Level 5 Art, Craft and Design (f/t) \* ^
- QQI Level 5 Furniture Design and Making (f/t) \* ^

## MUSIC

### Cairdeas Kilkenny Parkinson Choir

**Ann Moylan**

Kilkenny City

**Tel:** 086 604 5409

Every Wednesday between 7 pm and 9 pm

### St. Patricks Parish Centre

Comhaltas Ceoltoiri Eireann, Craobh Osrai, Curragh

Tullaroan, Co. Kilkenny

**Tel:** 086 824 9618

**Email:** noreenon@eircom.net

**Web:** www.comhaltas.ie

Traditional Irish Music lessons in Whistle, Flute, Fiddle, Button Accordion, Concertina, Banjo, Mandolin for adults and children (p/t)

### Guitar and Ukulele School

Mark Anthony McGrath

**Tel:** 085 7132946

**Web:** www.guitarmcgrath.com

**Web:** www.markanthonymcgrath.com

Classical, Folk, Contemporary, Traditional, Popular, Theory - Junior and Leaving Cert, all levels, beginners to professional, children and adult classes, groups and individuals (p/t)

### Harpist - Singer – Pianist

Ann 086 371 0706

Available for wedding ceremonies. Vast repertoire of beautiful music for both church and registry office weddings.

Vocal duets, flute and oboe also available on request.

### Kilkenny Academy of Music and Singing

Ormonde Road, Kilkenny

**Tel:** 086 896 2865

**Web:** www.kilkennyacademyofmusicandsinging.com

Tuition available for adults and children, beginners to advanced, in drama, singing – individual and group, junior and senior choir, theory, piano – individual and paired classes, keyboard, violin – individual and group, guitar and cello (p/t)\*

### Kilkenny Choir

Presentation School, Kilkenny

**Tel:** 056 776 9524

**Web:** www.kilkennychoir.webs.com

The choir meets weekly for rehearsals and welcomes new members in September and January (p/t)

### Kilkenny Gospel Choir

Kilkenny

**Tel:** 087 292 7958

**Email:** www.kilkennygospelchoir.com

The choir sings in churches around the county and all over Ireland. Open to men and women, practice is on Wednesdays at 8pm in St. Fiace's Church (p/t)

CREATIVE  
ARTS

Community Piano

Tel: 059 912 9705  
Web: www.carlowlibraries.ie

A Yamaha piano is available for public use and housed in the GB Shaw Room in Carlow Central Library. Individuals, local schools, youth agencies, music and community groups are encouraged to use the piano and the library can provide a much-needed free venue for recitals, workshops, and concerts. The piano must be reserved for use, membership is required to make a booking, and bookings are at the discretion of the library. Usage policy and booking forms are available at the desk.

Killeshin Pipe Band

Tel: Ann Keogh 086 320 7707  
Web: www.facebook.com/KilleshinPipeBand

New members, both drumming and piping, always welcome

Leighlinbridge Church Choir

Helen Lynch 086 3195113 | 059 972 1350

Choir meets after 9.30 am Mass on Sunday. All new members welcome

Web: www.leighlinparish.ie

Newtown Church Choir

Tel: 059 972 7303  
Web: www.bagenalstownparish.ie

All new members are welcome

Rathanna Marching Band

Tel: Patsy 085 772 0100  
Web: www.facebook.com/rathannamarchingband

All new members are welcome

Rathvilly Church Choir

Tel: 059 916 1114  
Web: www.rathvillykilteganparish.ie

All new members welcome

St. Andrew’s Church  
(Bagenalstown)

Tel: 059 972 1154  
Web: www.bagenalstownparish.ie

- St. Andrew’s Men Choir, Folk Choir and Pentecost (Women’s Choir)

St. Clare’s Choir Graiguecullen

Tel: 059 914 1833  
Web: www.graiguecullenkilleshin.com/choirs

Ladies and male Choir. New members welcome

Tullow Church Choir

Tel: 059 915 1277  
Web: www.tullowparish.com

All new members welcome

Online/ Blended Learning

Aspiro Choir  
www.aspirochoir.ie

Ballon and Business Training Services  
www.ballonbts.com

Barrow Training  
www.barrowtraining.ie

Glenn Lucas Woodturning  
www.glennlucaswoodturning.com

Pitman Training Carlow Kilkenny  
www.pitman-training.ie/our-centres/carlow

CREATIVE  
ARTS

Kilkenny Musical Society

Watergate Theatre, Kilkenny  
Web: www.kilkennymusicalsociety.com

This adult group puts on an annual musical in the Watergate Theatre. New members welcome (p/t)

Kilkenny Violin Studio

Carl Rochford  
Tel: 087 7826522  
Web: www.kilkennyviolinstudio.com

- Violin classes for all levels and ages (p/t) \*

Music Therapy and Piano /  
Keyboard Lessons  
Ann Moylan

Kilkenny City  
Tel: 086 604 5409

Piano and Keyboard Classes for all ages. Music Therapy /Music and Memories groups for people with Parkinson’s/ Dementia. Voice coaching for auditions/events/Leaving Cert (p/t)

Music Tuition

Jane Pearson  
Tel: 086 403 9689  
• Cello and Violin classes for adults and children (p/t)

Rhythm Riot Music

Co. Kilkenny  
Tel: 087 233 5684  
Web: www.rhythmriotmusic.com

Brazilian Carnival Arts, Samba Drumming for Groups, Mask, Costume design and making workshops,

- One to One Conga and Latin American percussion masterclasses (p/t)

Soulful Spirit Choir

Kilkenny  
Tel: 086 163 9922  
Web: www.soulfulspiritchoirkilkenny.com

This is a thriving and energetic choir who perform at numerous church, civic and community events. New members are always welcomed and supported. Rehearsals on Tuesday nights at 8 pm in O’ Loughlins GAA Club.

The Unity Singers

St. Kieran’s College  
Kilkenny  
Tel: 087 279 7804  
• New members are welcome and the choir meet every Thursday at 8pm from September to May (p/t)

Thukolo Gospel and  
Spiritual Choir

St. Johns Parish Day Centre  
Kilkenny City  
Tel: 087 2322110  
Web: www.thukolo.com  
• Meets on Tuesday nights for rehearsals at 8pm and new members are always welcome (p/t)

Online Courses Art

Libraries Ireland  
www.librariesireland.ie/elibrary

The Art Institute  
www.theartinstitute.ie/

The Open College  
www.theopencollege.com/

▲ DENOTES MAJOR AWARD

\* CERTIFIED COURSE (F/T) FULLTIME COURSE (P/T) PARTTIME COURSE  
UNLESS OTHERWISE STATED LEVEL 3 TO 6 REFERS TO QQI

▲ DENOTES MAJOR AWARD

\* CERTIFIED COURSE (F/T) FULLTIME COURSE (P/T) PARTTIME COURSE  
UNLESS OTHERWISE STATED LEVEL 3 TO 6 REFERS TO QQI





## SPOTLIGHT ON POST LEAVING CERTIFICATE: **FURNITURE DESIGN AND MAKING**



My name is Samson and I have just accepted a CAO offer to study a Higher Education Level 7 Award in Timber Product Technology at Technological University of Dublin (TUD). I also run a family hair saloon business.

My Father was a local carpenter and he taught me the basics of using hand-tools to cut and shape wood into pieces of furniture. Since then it was always my dream to become a professional furniture maker. In recent years I have been carrying out home repairs, restoring old furniture and customised furniture for homes of friends and family.

After several appointments with an Adult Education Guidance Counsellor I decided to follow my passion and started a QQI Level 5 in Furniture Design and Making at Kilkenny and Carlow ETB Carlow Institute of Further Education and Training (CIFET). Here, I gained core skills such as wood turning on a lathe, making lamps and mirror frames. Computer design and technical design skills were also developed while the valuable business communication skills I learned are used on a daily basis. My next step was to study a QQI Level 6 in advanced Furniture Design and Making in Dún Laoghaire Further Education Institute (DFEi). Here I gained valuable skills in antique furniture restoration, polishing, dying and spraying, freehand drawing as well as Computer Aided Design (CAD). Extended time in the workshop allowed me to knowledge and experience of cutting and machinery used in furniture manufacture.

Returning to Education has helped to channel me towards my long-time desired discipline.

I have gained great confidence in handling wood based materials and tools so that I know that I can meet the customers' demands in every sense.

After completion of my degree I would like you find a full time job as a Furniture maker and designer where I custom design furniture for clients or set up my own business. In terms of self-employment a QQI Level 5 Security Studies course I studied in Kilkenny and Carlow ETB Ormonde College, Kilkenny in 2010 gave me valuable skills in legal studies, customer service, behavioural studies and safety and health at work.

Finance and time have been the two greatest challenges in my learning journey to date. If not for the help of the Education Fund with St. Vincent De Paul it would have been difficult to achieve the Dublin Based awards particularly in terms of Transport costs.

Nothing is too late to be done; knowledge is the key to success, courage, perseverance and focus can bring you closer to your dreams even more quickly than you realise it. Even when I'm tired and almost giving up I think of the time and energy that I have invested and how this profession will make my life easier by giving me a sense of satisfaction and belonging.

To register go to [www.fetchcourses.ie](http://www.fetchcourses.ie)



CUSTOMER SERVICE AND RETAIL

Back to Education Initiative BTEI Kilkenny and Carlow ETB

1B Meadow Court, Burrin Street, Carlow

Tel: 059 913 9532

Web: www.kcetb.ie

- QQI Level 4 Certificate in Customer Service (p/t) \*

Barrow Training

High Street, Bagenalstown

Tel: 059 972 1416

Web: www.barrowtraining.ie

- QQI Level 5 Certificate in Customer Service (p/t) \*
- QQI Level 5 Certificate in Retail Selling (p/t) \*
- QQI Level 5 Certificate in Fashion Buying and Merchandising (p/t) \*
- QQI Level 5 Certificate in Food Safety and HACCP (p/t) \*
- QQI Level 6 Certificate in Customer Service (p/t) \*
- Retail Customer Care Awareness (p/t)
- Certified Principles of HACCP and Food Safety (p/t)
- Food Allergen Awareness (p/t)
- Serving Alcohol Sensibly (p/t)
- Selling Alcohol Sensibly (p/t)

Carlow Institute of Further Education and Training

Kilkenny Road, Carlow

Tel: 059 913 4230

Web: www.carlowifet.ie

- QQI Level 5 Certificate in Pharmacy Assistant/ IPU Medicines Certificate (f/t) \* ^
- QQI Level 5 Certificate in Travel and Tourism (f/t) \* ^

CUSTOMER SERVICE / RETAIL

Back to Education Initiative BTEI Kilkenny and Carlow ETB

7 Danville Business Park, Ring Road, Kilkenny

Tel: 056 770 1020

Web: www.kcetb.ie

- QQI Level 5 Reception and Front line skills in Office Administration (p/t) \* ^ (Danville Evening)

Barrow Training

Kilkenny

Tel: 059 972 1416

Web: www.barrowtraining.ie

- QQI Level 4 Tourism Visitor Care (p/t) \*
- QQI Level 5 Restaurant Hospitality (p/t) \*
- QQI Level 5 Tourism Principles and Practice (p/t) \*
- Event Management and Marketing Workshop (p/t)
- Hospitality IT Workshop (p/t)
- Hospitality Social Media Workshop (p/t)
- Reception Skills Workshop (p/t)

DCM Learning

Tel: 01 524 1338

Email: dublin@dcmllearning.ie

Web: www.dcmllearning.ie/courses/

Our highly practical 1 Day Customer Service Training has the ultimate goal of providing your staff with the tools to provide a consistently high quality customer experience, this will be achieved by building and maintaining effective relationships with customers to increase loyalty. Everyone will leave the course with clear objectives, skills and frameworks that they can use to make immediate improvements to interactions with customers and outside suppliers.

Location and Timetable: This course is run every 2 months in Kilkenny.

Duiske College

Graiguenamanagh, Co. Kilkenny

Tel: 059 972 4177

Web: www.duiskecollege.ie

- QQI Level 5 Business with Digital Marketing (f/t) \* ^
- QQI Level 6 Business with Tourism (f/t) \* ^

FRS Training

Kilkenny

Tel: 0505 31586

Web: www.frstraining.com

- QQI Level 5 Customer Service (p/t) \*
- QQI Level 5 Retail Administration (p/t) \*
- QQI Level 5 Retail Sales (p/t) \*
- QQI Level 6 Supervisory Management (p/t) \*
- QQI Level 6 Training Delivery and Evaluation (p/t) \*

Pitman Training Carlow Kilkenny

Wexford Road Business Park, Carlow, R93 K260

Tel: 059 918 2415 / 085 163 9351

Email: carlow@pitman-training.ie

Web: www.pitman-training.ie/our-centres/carlow

Customer Care

This one-day seminar is perfect for anyone who feels they need to obtain a greater understanding of the importance of providing exceptional customer care. During the seminar you will learn more about what customers expect and how best to handle customers if they are dissatisfied with the service they receive.

Overview

This is a one-day tutor-led workshop designed for individuals or businesses that want to develop processes and teamwork to enhance the key relationship between staff and customers.

HCT Learning

Unit 2 Purcellsinch Business Park Dublin Road, Kilkenny

Tel: 056 777 0761

Email: info@hctllearning.ie

Web: www.hctllearning.ie

- QQI Level 5 Customer Service (p/t) \*
- QQI Level 5 Reception and Frontline Office Skills (p/t) \*
- QQI Level 5 Retail Selling (p/t) \*
- QQI Level 5 Communications (p/t) \*

CUSTOMER SERVICE AND RETAIL

Training Services Kilkenny and Carlow ETB – Community Training

4 Danville Business Park, Ring Road, Kilkenny

Tel: 056 781 3031 / 087 9738 303  
Web: www.kcetbtraining.ie

- QQI Level 4 Certificate in Retail and Office Skills (f/t) \* ^ Venue: National Learning Network

Online/ Blended Learning

Barrow Training  
www.barrowtraining.ie

Fetch Courses  
www.fetchcourses.ie

Kilkenny and Carlow ETB Training Services  
www.kcetbtraining.ie

CUSTOMER SERVICE / RETAIL

Moving On

Ferrybank, Waterford

Tel: 086 794 2442  
Web: movingonproject@wap.ie  
Web: www.wap.ie

This programme provides learners with the knowledge, skills, and accreditation necessary to enter or re-enter employment and/or progress to further education and training within the Community/Social Care and Health Sectors.

- QQI Level 4 Award in Retail Skills (40 wks) (f/t) \*

Newpark Close Family Resource Centre

Newpark Lower, Kilkenny

Tel: 056 772 3309  
Email: newparklti@gmail.com  
Web: www.newparkclosefrc.com

- QQI Level 4 Retail Skills Irish Pharmacy Union customised training (p/t; 9 am-2pm 43 wks)\* ^

Noreside Education Centre

3 St. Canice’s Court Dean Street, Kilkenny

Tel: 056 776 2146 / 056 776 4667  
Web: www.noresidecentre.ie  
Email: noresideeducation@gmail.com

- QQI Level 5 Communications (p/t) \*
- QQI Level 5 Desktop Publishing (p/t) \*
- QQI Level 5 Business Studies (p/t) \*
- QQI Level 5 Teamworking (p/t) \*
- QQI Level 5 Reception and Frontline Office Skills (p/t) \*
- Night Classes in Payroll (Manual and Computerised)

Ormonde College of Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321  
Web: www.ormondecollege.ie

- QQI Level 5 Tourism and Event Management (f/t) \* ^
- QQI Level 5 Certificate in Office Administration (with Medical Terminology) (f/t) \* ^

Online / Blended Courses

Barrow Training  
www.barrowtraining.ie/

CMIT  
www.cmit.ie/admin-and-customer-service-distance-learning/

DCM Learning  
www.dcmlearning.ie/courses/

Fetch Courses  
www.fetch.ie

HCT Learning  
www.hctllearning.ie/

Open College  
www.openstudycollege.com/

Pitman Training  
www.pitman-training.ie/our-centres/carlow

Premier Training  
www.premiertraining.ie/training-courses/customer-service-training

GENERAL LEARNING SKILLS FOR RETURN TO WORK AND EDUCATION

Adult Education Guidance and Information Service Carlow

1a Meadow Court, Burrin Street, Carlow, R93 XR12

Tel: 059 913 3123  
Email: info@carlowadultguidance.ie  
Web: www.carlowadultguidance.ie

The Service provides free, confidential and independent advice to individuals who wish to explore their education and training options and is available to help adults make informed educational, career and life choices.

Adults can start from where they left off in education and the Guidance Service will support the adult from where she or he is right now.

**Service Offers:**  
Information on education and training opportunities, full-time, part-time, locally and nationally  
Help with applications to Third Level Colleges and Further Education Institutes  
Information and assistance with applications for grant support and allowances e.g. SUSI/BTEA  
Help with job search skills for the adult learner, CV and Interview preparation

Adult Learning Service

Tullow Road, Carlow

Tel: 059 913 5544  
Email: info@carlowadultlearningcentre.ie  
Web: www.kcetb.ie

- One to One and group classes to support reading, writing, spelling, numeracy and computer skills (p/t)
- DriverTheoryTest Preparation (p/t)
- Courses in Family Learning to support the development of reading, writing and learning skills in the home (p/t)
- QQI Level 1 Certificate in Mathematics (p/t) \*
- QQI Level 1 Certificate in Personal Development (p/t) \*
- QQI Level 1 Certificate in Reading (p/t) \*
- QQI Level 1 Certificate in Writing (p/t) \*
- QQI Level 2 Certificate in Mathematics (p/t) \*
- QQI Level 2 Certificate in Personal Development (p/t) \*
- QQI Level 2 Certificate in Reading (p/t) \*

- QQI Level 2 Certificate in Writing (p/t) \*
- QQI Level 3 Certificate in Communications (p/t) \*
- QQI Level 3 Certificate in Mathematics (p/t) \*
- QQI level 3 Certificate in Personal Development (p/t) \*

Back to Education Initiative BTEI Kilkenny and Carlow ETB

1B Meadow Court, Burrin Street, Carlow

Tel: 059 913 9532  
Web: www.kcetb.ie

The BTEI provides free part-time accredited Further Education programmes for young people and adults. The aim is to give participants an opportunity to combine a return to learning with family, work, and other responsibilities.

Courses are free to anyone without a Leaving Certificate or to anyone who is in receipt of, or is the dependant of, a person in receipt of a social welfare payment or medical card holders.

Barrow Training

High Street, Bagenalstown

Tel: 059 972 1416  
Web: www.barrowtraining.ie

- Range of Personal Development courses (p/t)

Carlow County Development Partnership (CCDP)

Main Street, Bagenalstown, County Carlow

Tel: 059 972 0733  
Email: reception@carlowdevelopment.ie  
Web: www.carlowdevelopment.ie

CCDP provides a wide range of services including training and development, work placements under Tús and Rural Social Scheme (RSS), supports and advice for both individuals (SICAP and Jobs Club) and community groups (LEADER and SICAP). It provides a number of wraparound supports to adults who wish to increase their work readiness and employment prospects. These include:

- Job search and CV preparation
- Pre-development supports
- SafePass, First Aid, Manual Handling
- Social enterprise
- Start your own business
- Supported training

GENERAL LEARNING SKILLS FOR RETURN TO WORK AND EDUCATION

Adult Education Guidance and Information Service

Kilkenny Adult Guidance Service  
Lower New Street, Kilkenny

Tel: 056 776 4448  
Email: adultguidance@kkadulded.ie  
Web: www.kcetb.ie

Carlow Adult Guidance Service  
1a Meadow Court, Burrin Street, Carlow

Tel: 059 913 3123  
Email: info@carlowadultguidamce.ie  
Web: www.carlowadultguidance.ie

The Service provides free, confidential and independent advice to individuals who wish to explore their education and training options and is available to help adults make informed educational, career and life choices. Adults can start from where they left off in education and the Guidance Service will support the adult from where she or he is right now.

**Service Offers:**  
Information on education and training opportunities, full, part-time, locally and nationally  
Help with applications to 3rd level Colleges, Further Education Institutes  
Information and assistance with applications for grant support and allowances SUSI/BTEA  
Help with job search skills for the adult learner, CV and Interview preparation

Adult Literacy Service Kilkenny

43 Upper Patrick Street  
Kilkenny and Carlow ETB

Tel: 056 776 3149  
Email: wordaid@kkadulded.ie  
Web: www.kcetb.ie

The Adult Literacy Service offers assistance with; reading, writing, spelling and maths. They also offer help and support with preparing for health and safety, driver theory and driving tests. All courses and activities are specifically designed to meet the needs of the adult basic learners and are offered on a part time basis.

Back to Education Initiative BTEI Kilkenny and Carlow ETB

7 Danville Business Park, Ring Road, Kilkenny

Tel: 056 770 1020  
Web: www.kcetb.ie  
Email: btei@kkadulded.ie

The Back to Education Initiative provides part-time Further Education programmes for young people over the age of 16 years and adults. The aim is to give people the opportunity to combine a return to learning with family, work and other responsibilities. Courses take place in a friendly, supportive atmosphere with experienced tutors. BTEI courses are available in the mornings, afternoons and evenings. Priority is given to those whose education is below Leaving Certificate (or equivalent) level.

Courses are free to anyone without a Leaving Certificate or anyone who is in receipt of, or is the dependant of a person in receipt of a social welfare payment or medical card.

- Courses running in Callan**
- QQI Level 4 and 5 Horticulture (p/t) \*  
Courses running in Kilkenny City
  - QQI Level 4 and 5 Horticulture (p/t) \*
  - QQI Level 5 and 6 Childcare (p/t) \*
  - QQI Level 5 Healthcare (p/t) \*
  - QQI level 5 Office Administration (p/t) \*  
Course venues in Castlecomer, Callan, Danville, Ferrybank and Urlingford
  - QQI Level 5 Healthcare (p/t) \*

Barrow Training

Kilkenny

Tel: 059 972 1416  
Web: www.barrowtraining.ie

- Range of Personal Development courses (p/t)



GENERAL LEARNING SKILLS FOR RETURN TO WORK AND EDUCATION

Carlow County Library Service

Tel: 059 912 9705  
Web: www.carlowlibraries.ie

Work Matters is a nationwide library initiative offering business and employment support services and is available in Carlow Town, Borris, Bagenalstown and Tullow libraries. There is free access to books, eBooks and e-Magazines, language courses, online courses, computers, internet, free wi-fi, printing and scanning.

Universal Class is a FREE Online Continuing Education Service offering 400 educational and leisure courses. Participants can enrol for up to five courses with six months to complete each one. Each course has a real instructor who you may communicate with using email. Contact your local library for more details (p/t)

Carlow Institute of Further Education and Training

Kilkenny Road, Carlow

Tel: 059 913 4230  
Web: www.carlowifet.ie

- QQI Level 5 Certificate in General Studies - Pre-University Arts and Humanities (f/t) \* ^

Carlow Jobs Club

The Royal Mews, 9 Dublin Street, Carlow

Tel: 059 913 5534 / 059 972 0733  
Email: reception@carlowdevelopment.ie  
Web: www.carlowdevelopment.ie

Carlow Jobs Club is a free and confidential service providing advice, support and assistance on employment, job seeking and training. The aim of the Jobs Club is to enable clients to take positive steps towards planning, actively seeking and achieving employment and training opportunities.

The Jobs Club offers a three-week Group Programme by DEASP Intreo referral, designed to offer support in the job-seeking process. It covers areas of motivation, self-awareness, and confidence-building, stress reduction, drafting Letters of Application, Interview Techniques and Mock Interviews and how to design a winning CV.

One-to-one services by appointment include reviewing existing CV's, CV writing, drafting Letters of Application, Sourcing Employment or Training Information, and sending Job Applications or Online Applications.

The Jobs Club in Carlow also offers a drop-in service, allowing jobseekers to avail of their facilities such as the internet, telephone, or photocopying, at their own convenience and without charge. The Jobs Club services can be accessed either by appointment or walk-in.

GENERAL LEARNING SKILLS FOR RETURN TO WORK AND EDUCATION

Community Education Service

Lower New Street  
Kilkenny

Tel: 056 778 6896  
Web: www.kcetb.ie

Community education is a process of learning and change. It takes place within the community and is based on the needs of individuals and their communities. It provides part-time flexible, learning options for people in their own local area.

Kilkenny County Library Service

Tel: 056 779 4160  
Web: www.kilkennylibrary.ie

Kilkenny County Library Service offers free access to books, eBooks and eMagazines, language courses, online courses, computers, internet, free wifi, printing and scanning.

Public Library Career and Employment Supports Work Matters; The library have a broad collection relating to job seeking and employment including how to build a CV and interview skills, as well as daily newspapers, PCs and online access to help you search for employment opportunities and prepare your application.

Many public libraries also run career and employment related events throughout the year to help build your existing skills, and learn new ones.

Public Library Business Supports

If you're thinking about starting or growing your business, public libraries are an ideal starting point. They will support you in finding the information you need, whatever the nature of your business.

In addition to resources on starting and running a business, public libraries have a full range of stock on all interests from craft and design to food, technology, environment and much more.

Kilkenny Employment for Youth KEY

Garden Row, High Street, Kilkenny

Tel: 056 776 2774  
Web: www.keyctc.ie

Kilkenny Employment for Youth KEY is a Community Training Centre CTC provide training to early school leavers aged between 16 and 21, who are most in need of basic vocational training.

This training provision is offered through in centre learning and linked work experience. Courses lead to a range of Major awards at NFQ Levels 3 and 4.

Courses offered:

- Information Technology and Office Skills
- Hairdressing and Barbering
- Woodwork
- Design and Graphics
- Catering and Art
- Catering

Kilkenny Leader Partnership KLP

8 Patrick's Court, Patrick Street, Kilkenny

Tel: 056 775 2111  
Web: www.cklp.ie

Kilkenny Leader Partnership (KLP) is a non-profit, independent, community-led, local development organisation which provides a wide range of services including training, work placements, grants and advice. KLP provides a number of supports to adults who wish to increase their work readiness and employment prospects.

KLP offers a range of programmes in the following areas:

- Enterprise
- Community Support
- Training (including Kickstart Work Placement)
- Unemployment Service
- Rural Social Scheme (RSS)
- Sustainable Energy Community
- Kilkenny Leader Partnership has outreach offices in Castlecomer, Callan, Ferrybank, Thomastown, Graigueanamanagh and Piltown (p/t) \*

GENERAL LEARNING SKILLS FOR RETURN TO WORK AND EDUCATION

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre,  
Athy Road, Carlow

Tel: 059 913 2152  
Web: www.carlowkilkennyskillnet.ie

- Competency Based Interviews (p/t)
- ResilienceTraining (p/t)
- Speaker School (p/t)
- Time Management (p/t)

Carlow Local Enterprise Office (LEO)

Enterprise House, O’Brien Road, Carlow

Tel: 059 912 9783  
Web: www.localenterprise.ie/Carlow

Local Enterprise Offices provide supports to local businesses that are starting up or in development. They provide training programmes and start your own business courses as well as mentoring and financial supports.

- Start Your Own Business (p/t)

Community Employment (CE) Scheme

Carlow Intreo Office,  
Kennedy Avenue, Carlow

Tel: 059 917 0170

The Community Employment (CE) programme is designed to assist adults who are long-term unemployed to get back to work by offering part-time and temporary placements in jobs based within local communities. Job listings are available at [www.jobsireland.ie](http://www.jobsireland.ie)

Hacketstown Core Centre

Hacketstown, Co. Carlow

Email: [hacketstowncore@gmail.com](mailto:hacketstowncore@gmail.com)  
Facebook: Hacketstown Community Group

- Personal Development Course (p/t)

GENERAL LEARNING SKILLS FOR RETURN TO WORK AND EDUCATION

Local Enterprise Board Kilkenny Kilkenny County Council

County Hall, John Street,  
Kilkenny City, R95 A39T

Tel: 056 775 2662  
Email: [info@leo.kilkennycoco.ie](mailto:info@leo.kilkennycoco.ie)

The LEO Start your Own Business programme focuses on:

- Anyone with a business idea they want to develop
- Anyone looking at self-employment as a realistic career option
- Anyone who has recently started a business

The programme will guide you through the various aspects of business and business planning. The objective is to assist you in assessing your idea, its viability and to decide if you should proceed or take a step back.

Programme Modules:

The following is the typical content and breakdown of a Start your own Business training programme.

Modules include:

- Starting up / getting started
- Identifying, understanding and researching your target market
- Tax, law and insurance
- Financial planning (pricing, costing)
- Sources of funding
- Promoting your business
- Sales and service
- Basic bookkeeping
- Developing your Business Plan

Business Idea Generation Workshops

**Training Aim:** To give the participants an understanding of what innovation is. This workshop aims to explain some of the key innovation and creative thinking tools; show how they work and how to use them. The participants will leave with samples, examples and ‘how to’ so they can become practical innovators.

Moving On

Ferrybank, Waterford

Tel: 086 794 2442  
Email: [movingonproject@wap.ie](mailto:movingonproject@wap.ie)  
Web: www.wap.ie

This programme provides learners with the knowledge, skills, and accreditation necessary to enter or re-enter employment and/or progress to further education and training within the Community/Social Care and Health Sectors.

- QQI Level 5 Award in General Studies (f/t) \*

Newpark Close Family Resource Centre

Newpark Lower, Kilkenny

Tel: 056 772 3309  
Email: [newparklti@gmail.com](mailto:newparklti@gmail.com)  
Web: www.newparkclosefrcc.com

- QQI Level 4 Retail Skills Irish Pharmacy Union customised training (p/t; 9 am-2pm 43 wks) \* ^

Pitman Training

Wexford Road Business Park,  
Carlow, R93 K260

Tel: 059 9182415 / Mob: 087 642 9664  
Web: [www.pitman-training.ie/our-centres/carlow](http://www.pitman-training.ie/our-centres/carlow)

- Appraisal Skills – one day seminar
- Customer Care – one day tutor workshop
- Presentation Skills – two day tutor workshop
- Successful Meetings and Minutes – blended learning
- The Computer Skills Award - blended learning
- Time Management Seminar – one day seminar

Skillnet Carlow Kilkenny

Carlow Gateway Business Centre  
Athy Road. Strawhall, Carlow

Tel: 059 913 2152  
Email: [admin@carlowkilkennyskillnet.ie](mailto:admin@carlowkilkennyskillnet.ie)  
Email: [www.carlowkilkennyskillnet.ie/](http://www.carlowkilkennyskillnet.ie/)

- Communication Skills (p/t)
- GDPR Compliance (p/t)
- Manual Handling (p/t)
- Time Management (p/t)

GENERAL LEARNING SKILLS FOR  
RETURN TO WORK AND EDUCATION

KCASES (EmployAblity Services  
Kilkenny/ Carlow)

Doyles Corner, Lower Pollerton Road, Carlow

Tel: 059 913 5564  
Web: www.kcases.ie

KCASES provides a range of supports to people with a disability, through Job Coaches. The range of supports includes: Individual Needs Assessment, Vocational Profiling and Career Planning, Individual Employment Plan, Job Sourcing and Job Matching, On-the-job Support and Coaching, Follow-up Support and Mentoring

Kilkenny and Carlow ETB Training  
Services – Community Training

4 Danville Business Park,  
Ring Road, Kilkenny

Tel: 056 781 3031 / 087 973 8303  
Web: www.kcetbtraining.ie

- QQI Level 3 Certificate in Employability Skills (with options Catering, Childcare, Craft or Health and Fitness) (f/t) \* ^ based in Carlow Youth Training
- QQI Level 3 Certificate in Employability Skills (p/t) \* ^ Making Connections based in St. Catherine's Community Services Centre (This programme provides support for people recovering from substance misuse, homelessness or coming from a probationary background)
- QQI Level 4 Certificate in Employment Skills (f/t)

\* ^ Moving on Programme for Mothers based in St. Catherine's Community Services Centre (This programme is specifically designed for mothers aged 16 to 45 years who may have left school early and would like support and guidance in accessing mainstream education and employment opportunities.)

- QQI Level 4 Certificate in Retail and Office Skills (f/t) \* ^ National Learning Network (The course is designed to help eligible learners get a job in retail but includes reception, general office skills, computer applications and work safety modules to improve your skills for work. At least one day a week will be spent in the retail environment so that learners will get a real-life work experience)

Pitman Training

Wexford Road Business Park,  
Carlow, R93 K260

Tel: 059 918 2415 / 085 163 9351  
Web: www.pitman-training.ie/our-centres/carlow

- Applying for Jobs
- Successful Job Interview Seminar

St. Catherine's Community  
Services Centre

St. Joseph's Road, Carlow

Tel: 059 913 8706  
Web: www.catherines.ie

- QQI Level 3 Certificate in General Learning (p/t) \* ^ Learning for Everyday Life
- QQI Level 3 Certificate in Preparation for Work – Internet and Email skills and Work Experience (p/t) \*

GENERAL LEARNING SKILLS FOR  
RETURN TO WORK AND EDUCATION

Employment Law Updates

www.eventbrite.ie/e/employment-law-covid-19-compliance-issues-and-solutions-tickets-119063613473

Redundancy and Reorganisation

www.eventbrite.ie/e/reorganisation-redundancy-tickets-119078810929

Skillnet Carlow Kilkenny offer a large range of free online courses also.

Supported Employment  
Service (KCASES)

Desart House, New Street, Kilkenny

Tel: 056 776 3903

KCASES is funded by the Department of Social Protection and offers a free confidential service that assists people who need extra support to access and maintain employment in the open labour market. This includes people with physical, sensory and intellectual disabilities, people who are managing a mental health difficulty and those recovering from illness (p/t)

The Grow Project Ferrybank

Waterford

Mob: 085 859 7784  
Tel: 051 832 002  
Email: gmullen@wap.ie  
Web: www.wap.ie

This award winning programme provides learners with the knowledge, skills and competence to obtain entry level employment in the horticulture sector or to progress to further education and training.

- QQI level 4 Horticulture (f/t) \* ^
- QQI Level 5 Horticulture (f/t) \* ^

The Mill Family

Resource Centre, Mail Street,  
Urlingford, Co. Kilkenny

Tel: 056 883 8466  
Email: coordinator.mfrclti@gmail.com

The aim of this programme is to provide learners with the knowledge, skills and competence to obtain entry level employment and/or progress to further education and training.

- QQI Level 4 General Learning (p/t; 9am-2pm 40 wks) \* ^

Training Services Kilkenny  
and Carlow ETB

Unit 4, Danville Business Park, Kilkenny

Tel: 056 781 3014  
Email: tsu.recruit@kilkennycarlowetb.ie

- Bus Driving D Licence (p/t) \* ^ 18 Saturday classes 9am – 5 pm
- Heavy Goods Vehicle - HGV Rigid 10 weeks (f/t) \*
- Linked Work Experience - Kilkenny Employment for Youth (f/t) \*
- Skills to Compete - Prepare for Work in Construction (5 week course) (f/t) \*
- QQI Level 3 Skills to Compete - Prepare for Work in Hospitality (f/t) \* ^
- QQI Level 4 Pathway to Employment - Delivery Driver Training – Urlingford (f/t) \* ^

Vocational Training Opportunity  
Scheme VTOS Bishop Birch  
Training Centre

Nuncio Road, Kilkenny

Tel: 056 776 4719  
Web: www.vtoskk.ie

V.T.O.S. provides full time second chance education to jobseekers and other eligible groups. Participants must be over 21 years of age and will retain their Social Welfare entitlements while on the programme. Support towards childcare and travel/meal allowance may also be available. Courses are free of charge, course materials and exam fees are covered.

Leaving Certificate

Options one group – Introduction to Computers and General Learning

Options Two group – Intermediate Computers to include City and Guilds



GENERAL LEARNING SKILLS FOR  
RETURN TO WORK AND EDUCATION

Youthreach

Tullow Road, Carlow

Tel: 059 914 2032

Web: [www.kcetb.ie](http://www.kcetb.ie)

- QQI Level 4 Certificate in Employment Skills (f/t) \* ^
- QQI Level 4 Certificate in General Learning (f/t) \* ^
- Leaving Certificate (Established/ Vocational Programme) (f/t) \* ^

Vocational Training Opportunities  
Scheme VTOS

1-3 Granby Row, Carlow

Tel: 059 914 0311

Web: [www.vtoscarlow.ie](http://www.vtoscarlow.ie)

VTOS provides full time second chance education to jobseekers and other eligible groups. Participants must be over 21 years of age and will retain their Social Welfare entitlements while on the programme. Support towards travel/meal allowance may also be available. Courses are free of charge.

- QQI Level 3 Certificate in Return to Learning for Adults (f/t) \* ^
- QQI Level 5 Certificate in General Studies (f/t) \* ^

Online / Blended Learning

Barrow Training

[www.barrowtraining.ie](http://www.barrowtraining.ie)

Carlow Kilkenny Skillnet

[www.carlowkilkennyskillnet.ie](http://www.carlowkilkennyskillnet.ie)

Carlow County Library Service

[www.carlowlibraries.ie](http://www.carlowlibraries.ie)

FETCH courses

[www.fetchcourses.ie](http://www.fetchcourses.ie)

Local Enterprise Office Carlow

[www.localenterprise.ie/Carlow](http://www.localenterprise.ie/Carlow)

Pitman Training

[www.pitman-training.ie/our-centres/carlow](http://www.pitman-training.ie/our-centres/carlow)

GENERAL LEARNING SKILLS FOR  
RETURN TO WORK AND EDUCATION

Young Irish Film Makers

St. Joseph's Studios,  
Waterford Road, Kilkenny

Tel: 056 775 1405

Email: [assistant.lti@yifm.com](mailto:assistant.lti@yifm.com)

Web: [www.yifm.com](http://www.yifm.com)

National Youth Film and Animation  
School August 2020

Online Film and Animation Course for 16 – 19 year olds. This is the ideal camp for young filmmakers and animators interested in building their skills, creating work with like-minded people or preparing a portfolio for college.

Youthreach Kilkenny

Lower New Street, Kilkenny

Tel: 056 772 3550

The aim of Kilkenny Youthreach is to provide a second chance education for early school leavers aged between 15 and 20. Youthreach offers Leaving Certificate and Leaving Cert Applied (f/t) \*

Online Courses

Barrow Training

[www.barrowtraining.ie/](http://www.barrowtraining.ie/)

Fetch Courses

[www.fetchcourses.ie](http://www.fetchcourses.ie)

Skillnet Carlow/Kilkenny

[www.carlowkilkennyskillnet.ie/](http://www.carlowkilkennyskillnet.ie/)

Springboard Courses

[www.springboardcourses.ie/](http://www.springboardcourses.ie/)

GENERAL SUPPORT SERVICES

Addiction, Alcohol, Drug and Gambling Services

**Al-Anon**  
Free helpline number 01 873 2699 (available 10am-10pm daily)  
**Email:** info@alanon.ie  
**Web:** www.alanon.ie

Al-Anon offers understanding and support for families and friends of problem drinkers in an anonymous environment.

Meetings in St. Catherine’s Community Services Centre on Mondays @ 8pm and in Askea Parish Community Centre on Thursdays @ 8pm

**Alcoholic Anonymous Ireland**  
**Tel:** 01 842 0700  
**Web:** www.alcoholicsanonymous.ie

Alcoholics Anonymous is a Twelve Step Fellowship dedicated to helping anyone suffering because of their drinking.

**County Carlow Drugs Initiative**  
The Community Based Drugs Worker is Angela Kehoe and can be contacted at 085 789 7303 / angela@carlowys.ie

This service provides support to individuals, families, and communities to overcome issues related to substance misuse through the provision of information and education, referral, group, and individual supports.

**Web:** www.carlowrys.com

**Drugs Outreach Worker**  
Monastery Hostel, Dublin Road, Carlow  
**Tel:** 085 788 8326  
**Email:** patrick.connaughton@svp.ie

**Gamblers Anonymous**  
**Tel:** 01 8721133  
**Web:** www.gamblersanonymous.ie

Please call or refer to the website for up-to-date information on meetings in the Carlow area.

**HSE Services**  
**Web:** www.hse.ie

**Alcohol and Drug Counselling Service**  
**Tel:** 059 917 8020 Extn. 6820

**Ardú Substance Misuse Service – Carlow**  
**Tel:** 056) 778 4638 / 1890 464 600

**HSE Drug and Alcohol Helpline**  
Freephone: 1800 459 459

**Making Connections Carlow**  
**Supporting recovery through education and training**

Based in St. Catherine’s Community Services Centre

**Tel:** 059 913 8799 / 085 805 3316  
**Web:** www.catherines.ie

**Narcotics Anonymous**  
**Web:** www.na-ireland.org

Narcotics Anonymous (NA) members learn from one another how to live drug-free and recover from the effects of addiction in their lives. For general information and meeting details please refer to their website and for information solely of receiving directions to local meetings please call 086 862 9308.

**You Are Not Alone Family Support Group**  
**Tel:** 085 787 2730  
**Web:** www.youarenotalonecarlow.org

Family support group for the recovery of families affected by problem substance use

**Alzheimer / Dementia Support**  
**The Alzheimer Society of Ireland**  
Bethany House, Barrack St., Carlow  
**Tel:** 059 913 4736  
**Web:** www.alzheimer.ie

**Online Services:**  
**National Helpline** helpline@alzheimer.ie / 1800 341 341

**Virtual Dementia Nurse**

**Online Family Carer Training**  
Online Support Group for Family Carers of People with Dementia

GENERAL SUPPORT SERVICES

Alcohol, Drug and Gambling Addiction Services

**Aiseiri Aislinn**  
Ballyragget, Kilkenny  
**Tel:** 056 883 777  
**Email:** info@aiseiri.ie  
**Web:** www.aiseiri.ie

**Aislinn Adolescent Addiction Treatment Centre**  
Ballyragget, Kilkenny

**Rehab and treatment Services Provided:**  
Aftercare Counselling Family Support Programme  
Group therapy Inpatient Treats alcohol drugs gambling prescription drug addictions for people aged 15-21 years old

**ARDÚ House Substance Misuse Service**  
Kickham Street, Kilkenny  
**Tel:** 056 778 4638  
**Email:** arducarlowkilkenny@hse.ie

**Community Addiction Treatment Service**  
St. Luke’s General Hospital, Freshford Road, Kilkenny  
**Tel:** 056 776 367  
**Email:** Mark.Downey@hse.ie

**Recovery College South East**  
Greenshill, Kilkenny  
**Tel:** 056 770 3666  
**Email:** recoverycollegssoutheast@gmail.com  
**Web:** www.recoverycollegesoutheast.com

Workshops held including: Let’s Talk Anxiety, Wellness Recovery Action Plan (WRAP), Let’s Talk Addictions, Self Esteem, Building my Self Confidence, Living Well with Depression, Diagnosis and Beyond, The Emotion of Anger, Advocacy and Empowerment, Understanding the Mental Health Service, Service User and Family Member Involvement Training and Growing for Wellbeing (Gardening Programme).

**Social Inclusion: Kilkenny Asylum Seekers Services**  
056 770 3401

**Addiction Services**  
056 778 4600

**Addiction Counselling Services**  
056 776 367

**South East Regional Drug Helpline**  
051 373 333

**Alzheimers Support**  
**Alzheimer Society of Ireland**  
The Village Day Care Centre, 1 Father Walsh Close, Cootes Lane, Kilkenny  
**Tel:** 056 777 1230  
**Web:** www.alzheimer.ie

**Autism / Aspergers Support**  
**Aspire Aspergers Association of Ireland**  
**Email:** admin@aspireireland.ie  
**Web:** www.aspireireland.ie

**Saplings School**  
Goresbridge, Co Kilkenny  
**Email:** saplingsgoresbridge@hotmail.com

**The Jonah Project School**  
Slieverue, Co Kilkenny  
**Email:** thejonahproject@hotmail.com

**Bereavement Services**  
**Kilkenny Bereavement Support,**  
Villa Maria, Talbots Inch, Freshford Road, Kilkenny  
**Tel:** 056 775 6538  
**Web:** www.kilkennybereavementsupport.com

**Rainbows**  
**Trained facilitators support children and young people through loss and grief**  
Fr McGrath Family Resource Centre, St. Joseph’s Road, Kilkenny  
**Tel:** 056 7751988

GENERAL SUPPORT SERVICES

Memory Clinic Carlow  
Day Hospital

Sacred Heart Hospital,  
Old Dublin Road, Carlow

Tel: 059 913 6492 / 059 913 6300

The Memory Clinic is a specialised service for people with memory loss, changes in cognitive function and dementia. Diagnosis and treatments are provided for those concerned about changes in their memory and memory disorders, including dementia. Referral-based service which is also available for people under 65.

Memory Matters - Memory Technology  
Resource Room  
Day Hospital

Sacred Heart Hospital,  
Old Dublin Road, Carlow

Visit by appointment only, please call  
Occupational Therapist Katie Redmond on  
Tel: 087 385 5339

The Memory Technology Resource Room has assistive technology products on display. People with memory difficulties and their families/ carers will have an opportunity to see a range of products and how they work. It is also a resource for staff/family working with or caring for people with memory difficulties or dementia.

Bereavement Services:  
Irish Hospice Foundation

Tel: 1800 80 70 77  
Web: www.hospicefoundation.ie

A free confidential bereavement support line is available 10 am - 1 pm (Monday to Friday)

Pieta

Freephone: 1800 247 247 Text Help to 51444  
Web: www.pieta.ie

Pieta provides a professional one-to-one therapeutic service to people who are in suicidal distress, those who engage in self-harm, and those bereaved by suicide. All their services are provided free of charge and no referral is needed.

Rainbows Ireland

Web: www.rainbowsireland.ie

Group support for children and young people impacted by bereavement, significant family change following parental separation, relationship breakdown and divorce. It is a free service in local communities - schools, family resource centres and youth projects. It is an early intervention listening support service.

For Rainbows in Carlow contact:

Rainbows Carlow c/o Askea Parish Centre,  
Brownshill Road, Askea, Carlow  
Tel: 087 663 6499 or Forward Steps Family  
Resource Centre, Tullow Tel: 059 915 2776

Regional Suicide Resource Office

Tel: 051 874 013  
Web: www.hse.ie

The Resource Office works in the area of suicide prevention, intervention and postvention. The Resource Office provides the HSE Bereavement Counselling Service for Traumatic Deaths, for more information please email: bereavementSRO@hse.ie

Cancer Support Services:  
Eist Centre (charity affiliated to the Irish  
Cancer Society)

The Waterfront, Mill Lane, Carlow

Tel: 059 913 9684 / 085 144 0510  
Web: www.eistcarlowcancersupport.ie

Together 4 Cancer Concern

Freephone: 1800 200 700

Telephone support with cancer counsellors. Links to nationwide community cancer support centres and a team of clinical psychologists.

GENERAL SUPPORT SERVICES

Cancer Support Services

Cois Nore

Walkin Street, Kilkenny  
Tel: 056 775 2222  
Web: www.coisnore.ie  
Hours: Mon to Fri 10am to 4pm

Sport / Fitness Clubs / Societies

Archery

Tel: 056 776 1791  
Web: www.countrysideleisureactivitycentre.ie

Athletics

Adele's Eat Train Live 087 938 4521  
Athletic Club Kilkenny City Harriers  
Juvenile and Senior Tel: 086 858 2381  
Athletics Club 086 858 2381  
FitforLife Kilkenny 086 778 4500  
Graigue Ballycallan Athletics  
www.facebook.com/Graigue-Ballycallan-Athletics-Club-1438857793048824/

Badminton

Badminton Club 056 776 4540

Basketball

Basketball club 056 772 8480

Bowling

K Bowl Kilkenny 056 778 8200

Boxing

Callan Boxing club 056 772 5528

Camogie

www.kilkennygaa.ie

Canoeing

Go with the flow river adventures 087 252 9700

Clay Pigeon Shooting

Country Leisure Activity Centre 056 776 1791

Cycling

Cycle Trails 056 775 2111

Golf Clubs

Kilkenny 056 776 5400  
Callan 056 772 5136  
Gowran 056 772 6225  
Castlecomer 056 444 1139

ICA

Irish Country Women's Association (ICA)  
051 643 521

Macra na Feirme

Tel: 086 835 9891  
Web: www.macra.ie

Martial Arts

Budo Martial Arts Centre 086 366 8669  
Chikara Karate Club 086 262 1853  
Dragon Lair Martial Arts 087 246 5442  
Evolution Martial Arts 086 841 4815  
Kilkenny Judo Club 085 816 1630

Photography

Amanda Burke 086 067 7875  
Kilkenny Photographic Society 083 347 1566

Rugby Club

Kilkenny Rugby Club 056 772 1728

Soccer Clubs

Callan United: 087 796 1933  
Dean Celtic: Via Messenger on Facebook  
Evergreen FC: 087 309 0006  
Freebooters FC: Via Messenger on Facebook  
River Rangers AFC: Via Messenger on Facebook  
Thomastown United: Via Messenger on Facebook

Tennis Club

Kilkenny County and City Lawn Tennis Club  
Tel: 056 772 1728

Childcare

Cuidiu Kilkenny

Scouts Den, Bennettsbridge Road, Kilkenny

Tel: 056 777 2961  
Email: info@cuidiu.ie

A parent to parent voluntary support charity - providing online support

Kilkenny County Childcare Committee

Kilkenny Education Centre Campus  
Seville Lodge, Callan Road, Kilkenny

Tel: 056 775 2865  
Email: mail@kkccc.ie  
Web: www.kkccc.ie



GENERAL SUPPORT SERVICES

Childcare:  
Carlow County Childcare Committee

Enterprise House, O’Brien Road,  
Carlow, R93YOY3  
**Tel:** 059 914 0244  
**Email:** nfo@carlowccc.ie  
**Web:** www.carlowccc.ie

Providing support and advice on qualification requirements for the Early Learning and Care and School Age Childcare sector.

Providing information on local childcare facilities and information on parent networks.

Citizens Information Centre

Citizens Information provides a free and confidential information, advice, and advocacy service on a wide range of topics.

Carlow CIC  
**Tel:** 0761 07 5130  
**Email:** carlow@citinfo.ie  
**Web:** www.citizensinformation.ie

Clubs and Societies:  
Blackstairs Film Society

Rathanna Community Hall  
**Web:** www.blackstairsfilmsociety.com/

Carlow Little Theatre Society  
**Tel:** 086 385 9818 / 085 725 4280  
**Web:** www.carlowlittletheatre.com

New members welcome for onstage, backstage and technical positions

Irish County Women’s Association (ICA) –  
Carlow Federation  
Currently 11 Guilds in County Carlow  
**Web:** www.ica.ie/federations/carlow

Macra na Feirme  
(4 clubs in Carlow)  
**Web:** www.facebook.com/carlow.macra

Community Centres / Family  
Resource Centres:  
Bagenalstown Family Resource Centre

Moneybeg, Royal Oak Road,  
Bagenalstown, Co Carlow  
**Tel:** 059 972 2028 / 086 370 0829  
**Email:** bagenalstownfrc70@gmail.com  
**Web:** www.bagenalstownfamilyresourcecentre.ie

The Bagenalstown Family Resource Centre provides information, advice and support on services including advice on accessing rights and entitlements and one-to-one support to families. They act as a focal point for onward referrals to mainstream services and provide many services to local families such as Parent and Toddler groups, Parenting programmes, Bereavement groups and affordable counselling and play therapy services. Preschool, Creche and After-school activities provided for children may include sports, arts, and homework clubs. In co-operation with Kilkenny and Carlow ETB, classes for adults such as arts and crafts, computer/ IT as well as in fitness and wellbeing may be provided. Bagenalstown Family Resource Centre also works with older people's groups organising social groups and the cosy lunch club. They are embedded in the local community and work with all the statutory agencies and the local volunteer groups.

Ballinkillen Lorum Community Centre  
Ballinkillen, Bagenalstown R21 ED29  
**Tel:** 059 977 5175 / 089 257 8122  
**Email:** officeblccc@gmail.com

Suitable for events and functions, classes, sports, wellness, conferences, and other activities. Visit or contact the office between 9.30 am - 2.30 pm Mon-Weds, 9.30 am - 2.00 pm Friday. The office is closed on Thursday, Saturday, and Sunday.

Ballon and Business Training Services  
The Old School, Ballon, Carlow  
**Tel:** 059 915 9447  
**Email:** ballonbts@gmail.com  
**Web:** www.ballonbts.com

Borris Focus Centre  
The Old School, Lower Main Street, Borris  
**Tel:** 083 826 7871  
**Email:** borrisfocuscentre12@gmail.com  
**Web:** www.facebook.com/borrisfocuscentre

GENERAL SUPPORT SERVICES

Counselling Services in  
Kilkenny

Grow  
World Community Mental Health  
Movement in Ireland, Barrack St., Kilkenny  
**Tel:** 056 7761624 / 1890 474474  
**Email:** info@grow.ie  
**Web:** www.grow.ie

HSE Child and Adolescent  
Service Kilkenny  
Community Services,  
James Green, Kilkenny

**Email:** Mairead.phelan@hse.ie  
Kilkenny Counselling

**Tel:** 085 160 0999  
**Email:** info@one2onecounselling.ie  
**Web:** www.kilkennycounselling.ie

Kilkenny Counselling offers counselling appointments for Individuals, Couples, Adolescents and Children.

Looking for a counsellor / therapist:  
**Web:** www.naturaltherapyforall.com  
**Web:** www.irish-counselling.ie

HSE Website for mental health:  
**Web:** www.yourmentalhealth.ie

Samaritans Kilkenny / Carlow  
2 Abbeyside, Dean Street, Kilkenny  
**Tel:** 056 776 5554  
**Web:** www.thesamaritans.org

Teac Tom  
15 Ormonde Road  
**Tel:** 056 779 6592  
**Email:** thethomashayestrust@gmail.com  
**Web:** www.thethomashayestrust.com

Mon - Fri 9.30am-4pm or by appointment.

The Good Shepherd Centre  
Church Lane, Kilkenny  
**Tel:** 056 770 3652  
**Email:** info@shine.ie  
**Web:** www.shine.ie

Mon – Fri. 9am – 5pm

Disability Services  
Irish Wheelchair Association  
Claddagh Court, College Road, Kilkenny  
**Tel:** 056 776 2775  
**Web:** www.iwa.ie

Irish Wheelchair Association (IWA) provide a range of services to people with physical and sensory disabilities and acquired brain injury

MS Society  
Walkin Street, Kilkenny  
**Tel:** 056 777 7771  
**Web:** www.ms-society.ie

Providing information, support and advocacy services for the MS community.

Rehabcare  
Kilkenny  
**Tel:** 056 779 7555  
**Web:** www.rehabcare.ie

Supporting individuals with a wide range of disabilities.

S.O.S Kilkenny  
Archersleas, Callan Road, Kilkenny  
**Tel:** 056 776 4000  
**Web:** www.soskilkenny.com

S.O.S. Provides Day and Residential Services for Adults with Intellectual Disability in Kilkenny and surrounding areas, including the provision of a service, based on Christian principles, recognising the dignity and potential of the person with a learning disability. S.O.S is informed and led by the fact that the quality of life is greatly enhanced through opportunities for social inclusion; and it is guided by the belief that the empowerment of service users is the most effective means of ensuring a person centred service of the highest standards.

St Patrick’s Centre  
Kells Road, Kilkenny

**Tel:** 056 772 2170  
**Email:** info@stpatrickskilkenny.com  
**Web:** www.stpatrickskilkenny.com

Offers services for adults and children with intellectual disabilities.

GENERAL SUPPORT SERVICES

Carlow Public Participation Network

Town Hall, Carlow, R93 E7R7

Tel: 059 917 2495

Email: info@carlowppn.ie

Web: www.facebook.com/CarlowPPN

Web: www.carlowppn.ie

Carlow PPN facilitates public participation and engagement by communities in decision making at local level contributing to wellness and sustainability.

Forward Steps Resource Centre

Chapel Lane, Tullow, Co. Carlow

Tel: 059 915 2776 / 086 793 7321

Email: receptionforwardsteps@gmail.com

Web: www.forwardstepsfrc.com

Forward Steps Family Resource centre works in partnership and collaboration with many local groups and organisations to provide a broad range of services, supports and programmes in the local community. The project facilitates multi-cultural community and needs based education and training opportunities for a broad geographic area through the Kilkenny and Carlow ETB. In addition, the project facilitates Kilkenny and Carlow ETB to provide an Adult Education guidance outreach service. A Traveller women's group, Multi-cultural group and Syrian families and Refugees participate in centre activities while parent and toddler group and parental support is provided on an outreach basis through TUSLA Parenting Champion. Therapeutic services include Rainbows programme for children, Parents Plus, Play Therapy, Art Therapy, and adult counselling. Our early years' service Little Steps provide play school, after schools and homework support as well as additional support to Parents. Other groups, organisations and agencies and Health services deliver services and supports through the use of our rooms and facilities.

Hacketstown Core Centre

Hacketstown, Co. Carlow

Email: hacketstowncore@gmail.com

Facebook: Hacketstown Community Group

Killougternane Community Hall

Borris, Co. Carlow

Tel: 086 229 0018

Web: www.facebook.com/Killougternane-Hall-124528537624721

Myshall Community Centre

Email: myshallcommunitycentre@gmail.com

Facebook: Myshall News

Various courses run throughout the year based on demand (p/t)

New Oak Community Centre

New Oak Estate, Carlow

Web: www.facebook.com/NewOakcommunity

Rathanna Community Hall

Rathanna, Co. Carlow

Web: www.facebook.com/rathannacommunityhall

Rathanna Community Hall is a venue for clubs, committees or individuals for events, meetings, classes, or courses.

St. Catherine's Community Services Centre

St. Joseph's Road, Carlow

Tel: 059 913 8700

Email: info@catherines.ie

Web: www.catherines.ie

Web: www.facebook.com/stcatherinescarlow

The main services provided by St. Catherine's are services for older people; Early Years Childcare; Family Support; Teen Parent Support programme; Education, Training and Development including Learning for Everyday Life and Preparation for Work, evening classes and adult education; Education and training programmes for young people; Making Connections one to one educational support for people who have become disconnected from mainstream training and education; Traveller Programmes and New Communities support including the Carlow Refugee Resettlement Project.

Counselling Services

ACCORD Relationship Counselling

St. Catherine's Community Services Centre, St. Joseph's Road, Carlow

Tel: 059 914 2590

Email: accordcarlow@gmail.com

Web: www.accord.ie

GENERAL SUPPORT SERVICES

Domestic Violence Services

Amber Kilkenny Women's Refuge

Acorn, Lacken House, Dublin Rd, Lacken, Kilkenny, R95 NY04

Tel: 056 7771404 / 1850 424 244

Web: www.kilkennywomensrefuge.ie

Service for men affected by domestic violence

AMEN

Tel: 046 902 3718

Web: www.amen.ie

National Office for the Prevention of Domestic, Sexual and Gender based Violence

Web: www.cosc.ie

Women's Aid

Tel: 1800 341 900

Web: www.womensaid.com

Drama Clubs

Barnstorm Theatre Company

The Good Shepherd Centre, Church Lane, Kilkenny

Tel: 056 7751266

Email: admin@barnstorm.ie

Web: www.barnstorm.ie

KATSTheatre Group

Parliament Street, Kilkenny

Email: katstheatregrp@gmail.com

Web: www.katstheatregrp.com

Kilkenny Musical Society

Watergate Theatre, Parliament Street, Kilkenny

Email: info@kilkennymusicalsociety.com

Web: www.kilkennymusicalsociety.com

The Devious Theatre Company

Unit 2, The Maltings, Tilbury Place, Kilkenny,

Tel: 086 104 8191

Web: www.devioustheatre.com

Email: info@devioustheatre.com

Employment Services / Recruitment Agencies

Turas Nua

Lower New Street, Kilkenny

Tel: 056 776 335

Email: hello@turasnua.ie

Web: www.turasnua.ie

KASES

Employability Service Kilkenny

Unit 1, 3rd Floor, Desart House, New Street, Kilkenny

Tel: 056 776 3903

Email: kases@eircom.net

Web: www.kcases.ie

Recruitment Agencies

Bluebird Care www.bluebirdcare.ie

CPL Healthcare www.cplhealthcare.ie

Hartley People www.hartleypeople.ie

Lacreme www.lacreme.ie

Optimize Recruitment www.optimize recruitment.ie

FRS Recruitment www.frsrecruitment.com/

Festivals

Cat Laughs Festival

This June Bank Holiday Kilkenny City will play host to a number of Irish and International comedy acts, with events taking place all weekend across several venues. Visit the website www.thecatlaughs.com for more information.

European Film Festival

Subtitle is Ireland's newest film festival, and a unique opportunity to catch some of the most popular European films that can't be found at the multiplex. And a chance to meet their makers and stars! If you're looking for provocative, funny, accessible and smart European films, then this is the festival for you. Visit the website www.subtitlefest.com for more information.



GENERAL SUPPORT SERVICES

Bagenalstown Family Resource Centre

Tel: 059 972 2028 / 086 370 0829  
Web: www.bagenalstownfamilyresourcecentre.ie

Therapeutic services include bereavement groups, affordable counselling and play therapy services.

Connect - HSE National Counselling Service for Adults Abused in Childhood

Freephone: 1800 477 477  
Web: www.connectcounselling.ie/

Follaine Youth Counselling Services

Carlow Regional Youth Service

Tel: 085 278 0307  
Web: www.carlowrmys.com/

Follaine provides a confidential one to one counselling service for young people from 12-18years to help them come to terms with problems in their lives.

Forward Steps Family Resource Centre

Tel: 059 915 2776  
Web: www.forwardstepsfrc.com

Therapeutic services include Rainbows programme for children, Parents Plus, play therapy, art therapy and adult counselling.

Helplink Mental Health

Tel: 0818 99 88 80  
Web: helplink.ie/

A charitable organisation providing accessible counselling, information, and education mental health services.

My Mind

Tel: 076 680 1060  
Web: mymind.org/

Online counselling service offering a scale of rates based on employment with reduced rates available for those who are not in full-time employment.

Teach Bhride Holistic Education Centre

Tel: 059 915 2465

In terms of psychotherapy and counselling a wide range of therapy services including counselling for individuals, couples' therapy, family therapy which involves whole families as well as child and adolescent therapy is provided.

Professional Mediation is available to support those struggling with and seeking to resolve interpersonal, group or family conflicts and disputes.

Turn2Me

Tel: www.turn2me.ie

Provides counselling online by video, email, voice or chat

Disability Services

HSE Disability Services – Carlow

Web: www.hse.ie/eng/services/list/1/lho/carlowkilkenny/disability-services

Disability Services are provided to persons with an intellectual, physical, sensory and/or those with an autism spectrum disorder within the 0-65 age range.

- The Liaison Public Health Nurse for Children and Adult with Physical and Sensory Disabilities - Carlow Tel: 076 108 2203
- The Liaison Public Health Nurse for adults with Learning Disabilities, Carlow/Kilkenny. Tel: 056 778 4702
- Liaison Nurse Autism Team Services Tel: 056 778 4767

KCASES (EmployAblity Services Kilkenny/ Carlow)

Doyles Corner, Lower Pollerton Road, Carlow

Tel: 059 913 5564  
Web: www.kcases.ie

KCASES provides a range of supports to people with a disability, through Job Coaches.

National Learning Network

Tel: 059 913 1696  
Web: www.nln.ie

NLN provides a range of free courses to people who have had an accident, illness, injury or have a disability and extra support needs.

Rehab Care

Killeshin Road, Carlow

Tel: 059 913 2266  
Web: www.rehab.ie

RehabCare's community-based resource centre in Carlow assists people with disabilities to achieve their full potential and a better quality of life.

GENERAL SUPPORT SERVICES

Kilkenomics

Kilkenomics, the world's first economics festival brings together some of the world's leading economists, financial analysts and media commentators with some of the funniest, sharpest standup comedians. Visit the website [www.kilkenomics.com](http://www.kilkenomics.com) for more information.

Libraries

Library H.Q. Administration and Local Studies

John's Green House, Johns' Green, Kilkenny

Tel: 056 779 4160  
Email: [info@kilkennylibrary.ie](mailto:info@kilkennylibrary.ie)

Callan Library

Clonmel Rd, Callan

Tel: 056 779 4183  
Email: [callan@kilkennylibrary.ie](mailto:callan@kilkennylibrary.ie)

Castlecomer Branch

Kilkenny Street, Castlecomer

Tel: 056 444 0561  
Email: [castlecomer@kilkennylibrary.ie](mailto:castlecomer@kilkennylibrary.ie)

Ferrybank Branch

Ferrybank Shopping Centre, Waterford

Tel: 051 897 200  
Email: [ferrybank@kilkennylibrary.ie](mailto:ferrybank@kilkennylibrary.ie)

Graiguenamanagh Branch, Convent Road, Graiguenamanagh

Tel: 056 7794178  
Email: [graiguenamanagh@kilkennylibrary.ie](mailto:graiguenamanagh@kilkennylibrary.ie)

Loughboy Branch

Loughboy Shopping Centre Waterford Rd, Kilkenny

Tel: 056 779 4176  
Email: [loughboy@kilkennylibrary.ie](mailto:loughboy@kilkennylibrary.ie)

Thomastown Branch

Marshes St, Thomastown

Tel: 056 7794331  
Email: [thomastown@kilkennylibrary.ie](mailto:thomastown@kilkennylibrary.ie)

Urlingford Branch

The Courthouse, Urlingford

Tel: 056 779 4182  
Email: [urlingford@kilkennylibrary.ie](mailto:urlingford@kilkennylibrary.ie)

For Mobile Library and Schools Library Service contact Library H.Q.

Library H.Q. John's Green House Johns' Green Kilkenny

Tel: 056 779 4160  
Email: [info@kilkennylibrary.ie](mailto:info@kilkennylibrary.ie)  
Web: [www.kilkennylibrary.ie](http://www.kilkennylibrary.ie)

Marriage and Relationship Counselling

Accord Kilkenny

Seville Lodge, Callan Road, Kilkenny

Tel: 056 772 2674  
Email: [accordkilkenny@gmail.com](mailto:accordkilkenny@gmail.com)  
Web: [www.accord.ie](http://www.accord.ie)

Mental Health Services

Breda Gardner

Insight Natural Health Clinic, 15 Upper Patrick Street, Kilkenny

Tel: 087 202 5753  
Web: [www.bredagardner.com](http://www.bredagardner.com)

- Positive Affirmations courses (p/t)

HSE Mental Health Services in Kilkenny

HSE Website for mental health:

Web: [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

Department of Psychiatry Unit, St Luke's Hospital, Kilkenny: 056 778 5109

St Gabriel's Ward, St Canice's Hospital, Kilkenny: 056 778 4008

St Canice's Hospital, Kilkenny: 056 778 5109

Mental Health Day Services:

Tuiscint Day Hospital, St Canice's Hospital, Kilkenny: 056 778 440



GENERAL SUPPORT SERVICES

Autism / Aspergers Support

Carlow Autism Support Group  
Tel: 085 740 4617  
Facebook Page: 'Carlow Autism Support'  
Supporting families with autism

Delta Sensory Gardens  
Strawhall, Carlow  
Tel: 059 914 3527  
Web: www.deltasensorygardens.com

Saplings School  
Killeshin, Carlow  
Tel: 059 914 7570  
Web: www.saplings.org

Domestic Violence Support Services

Carlow and South Leinster Rape Crisis Centre  
72 Tullow Street, Carlow  
Freefone: 1800 727 737  
Tel: 059 913 3344  
Web: www.carlowrapecrisis.ie

The Centre supports survivors through helplines, advocacy, counselling, medical or legal processes. Outreach service available in Kildare.

Carlow Women's Aid  
7 Old Dublin Road, Carlow  
Helpline: 1800 444 944  
Tel: 059 917 3552  
Web: www.carlowwomensaid.ie

Provides support and information for adult women who are experiencing or have experienced domestic violence in the home or in close personal relationships.

MEND [Men Ending Domestic Violence]  
Carlow/ Kilkenny, Laois/ Offaly and Kildare MEND  
Tel: 087 716 8674 or 051 878 866  
Email: michael@mensnetwork.ie  
Web: mensnetwork.ie/mend-programme/

This is a programme for men, who have been violent or abusive within their intimate partner relationships.

Employment Services/ Recruitment Agencies

Carlow County Development Partnership (CCDP)  
Main Street, Bagenalstown, Co. Carlow  
Tel: 059 972 0733  
Email: reception@carlowdevelopment.ie  
Web: www.carlowdevelopment.ie

CCDP provides a wide range of services including training and development, work placements under Tús and Rural Social Scheme (RSS), supports and advice for both individuals (SICAP and Jobs Club) and community groups (LEADER and SICAP). It provides a number of wraparound supports to adults who wish to increase their work readiness and employment prospects.

Carlow County Library Service  
Tel: 059 912 9703  
Web: www.carlowlibraries.ie

Work Matters is a new national pilot project offering employment support services at Carlow Central Library and is operating in four service points in Carlow Town, Borris, Bagenalstown and Tullow libraries.

Carlow Jobs Club  
The Royal Mews, 9 Dublin Street, Carlow  
Tel: 059 9135534 / 059 972 0733  
Email: reception@carlowdevelopment.ie  
Web: www.carlowdevelopment.ie

Carlow Jobs Club is a free and confidential service providing advice, support and assistance on employment, job seeking and training.

Community Employment (CE) Scheme  
Carlow Intreo Office, Kennedy Avenue, Carlow  
Tel: 059 917 0170

The Community Employment (CE) programme is designed to assist adults who are long-term unemployed to get back to work by offering part-time and temporary placements in jobs based within local communities. Job listings are available at www.jobsireland.ie

GENERAL SUPPORT SERVICES

Adult Community Mental Health Teams:  
Kilkenny North: 059 778 5079  
Kilkenny West: 056 778 5088  
Kilkenny East: 056 778 5080  
Psychiatric of Later Life (Psychiatry of Old Age): 056 778 4008

Janet E. Sahafi  
Thomastown, Co. Kilkenny  
Web: www.janetesahafi.com  
Tel: 086 3401833

Courses for individuals on Mindfulness. Sessions available on the use of journal writing for clarity in working through difficult emotions or muddled thinking. Short term counselling also available (p/t)

Kilkenny Involvement Centre  
Colliers Lane, Kilkenny  
Tel: 086 047 3968  
Email: involvementkk@gmail.com

Workshops are held on various mental health related topics (p/t)

Recovery College South East  
Greenshill Kilkenny  
Tel: 056 770 3666  
Email: recoverycollegesoutheast@gmail.com  
Web: www.recoverycollegesoutheast.com

Workshops held including: Let's Talk Anxiety, Wellness Recovery Action Plan (WRAP), Let's Talk Addictions, Self Esteem, Building my Self Confidence, Living Well with Depression, Diagnosis and Beyond, The Emotion of Anger, Advocacy and Empowerment, Understanding the Mental Health Service, Service User and Family Member Involvement Training and Growing for Wellbeing (Gardening Programme).

TASK  
Abbey Business Centre, Abbey Street, Kilkenny  
Tel: 056 777 1959  
TASK is part of the Kilkenny Mental Health Services and is a rehabilitative training programme for people experiencing mental health difficulties (p/t)

Teac Tom  
Ormonde Road, Kilkenny  
Tel: 056 779 6592

Teac Tom offer a unique service within the community in the provision of immediate counselling and support.

Support Groups  
Active Retirement Group  
20 Groups in Kilkenny  
Tel: 01 873 3836  
Email: info@activeirl.ie  
Web: www.activeirl.ie

Callan Men's Shed  
Olive Maher  
Tel: 056 775 5660 ext 1

- Droichead Family Resource Centre  
Callan
- Callan Men's Shed runs weekly on Friday afternoons from 2pm.
  - Droichead Friends Shed runs on a Thursday 10am-1pm, open to all.
  - Breakfast and Bowls every Friday Morning from 9am – 11am.

Kilkenny Women's Club  
Meets at the Pembroke Hotel  
Catherine Duff  
Tel: 056 776 4838

Castlecomer and District Men's Shed  
Richard Brennan / Tom Lynch  
Tel: 087 061 8119 / 087 962 0485

D.G.K Men's Shed  
Jim O'Brien  
Tel: 086 777 7465

Fen Mens Shed  
Liam Lanigan  
Tel: 056 772 3309

GENERAL SUPPORT SERVICES

Department of Employment Affairs and Social Protection – INTREO

**Web:** www.gov.ie  
**INTREO Centre Carlow:**  
**Tel:** 059 917 0170 **Email:** carlow@welfare.ie  
**Muine Bheag Social Welfare Branch Office:**  
**Tel:** 059 972 2940 **Email:** bo.mnbheag@welfare.ie  
**Tullow Branch Office**  
**Tel:** 059 915 2500 **Email:** bo.tullow@welfare.ie

INTREO offers practical, tailored employment services and supports to jobseekers

KCASES (EmployAblity Services Kilkenny/ Carlow)

Doyles Corner, Lower Pollerton Road, Carlow  
**Tel:** 059 913 5564  
**Web:** www.kcases.ie

KCASES provides a range of supports to people with a disability, through Job Coaches.

Turas Nua

The Waterfront, Mill Lane, Carlow  
**Tel:** 059 917 3544  
**Web:** www.turasnua.ie

Delivering the JobPath Service on behalf of DEASP

Recruitment Agencies

**Web:** www.elkreuitment.com  
**Web:** www.flexsource.ie/  
**Web:** www.frsrecruitment.com  
**Web:** www.matrixrecruitment.ie

Finance and Budgeting Support  
Carlow Money and Budgeting Service (MABS)

72D Tullow Street, Carlow  
**Tel:** 0761 07 2070  
**Email:** carlow@mabs.ie  
**Web:** www.mabs.ie

MABS is a free, confidential, independent service that provides help and expert advice to people who are experiencing difficulty in managing their money.

Libraries

**Borris Library:** 059 977 1605  
**Carlow Central Library:** 059 912 9701  
**Local Studies / Library Headquarters:** 059 912 9705  
**Muinebheag Library:** 059 912 9703  
**Tullow Library:** 059 913 6299  
**Email:** library@carlowcoco.ie  
**Web:** www.carlowlibraries.ie

Men’s Sheds

**Web:** www.menssheds.ie

Borris Men’s Shed

Ballytiglea, Borris, County Carlow R95 R981  
**Tel:** 087 279 5450  
**Email:** mensshedborris@gmail.com

**Venue:** Leinster Mart Building, Fenagh Road, Borris, County Carlow

Activities: a large social space with tea making facilities and a separate workshop for woodwork and metalwork activities. Suggestions for new activities are most welcome.

Carlow Men’s Shed

Askea Business Park, O'Brien Road, Rathnapish, Carlow

**Facebook page:** www.facebook.com/carlowmensshed

Carlow Traveller’s Men’s Shed

**St. Catherine’s Community Services Centre**  
St. Joseph’s Road, Carlow  
**Tel:** 086 772 1920 / 059 913 8700

Leighlin Parish Men’s Shed

Parish Centre, Leighlin, County Carlow  
**Tel:** 059 972 2607

GENERAL SUPPORT SERVICES

Ferrybank Men’s Shed

Gerry Hughes  
**Tel:** 086 882 8066

Graiguenamanagh Men’s Shed

Vincent Doran/William Crean  
**Tel:** 087 631 8390  
**Email:** billcrean1933@gmail.com

Kilmanagh Men’s Shed

John Phelan  
**Tel:** 087 252 9219

National Association of Widows in Ireland

Kilkenny Branch, Clubhouse Hotel, Patrick Street, Kilkenny  
**Tel:** 01 872 8814  
**Email:** info@nawi.ie  
**Web:** www.nawi.ie

The Mens Shed

Ann Jones  
**Tel:** 056 772 2566

Thomastown Men’s Shed

Bob Wemyss / Colin Castle  
**Tel:** 087 251 2562 / 087 218 6309

Support for Survivors of Institutional Abuse

**Caranua**  
**Tel:** 1890 212477  
**Email:** info@caranua.ie  
**Web:** www.caranua.ie

Young Adults Supports

Enable Ireland

O’Neill Centre, St. Joseph’s Road, Kilkenny  
Paula Rudkins, Service Manager  
**Tel:** 056 776 2326  
**Email:** prudkins@enableireland.ie

Enable Ireland Kilkenny services include personal assistants, advocacy development, supported employment, mainstream education and training, and support during transition to adulthood from children’s services. Enable Ireland Kilkenny work with the person, helping them to access additional supports in their community and promoting valued roles for them within it. They do this by providing services within the community and not in isolation from it.

Foróige

The Drum Youth Centre, McDonagh Junction Shopping Centre, Kilkenny  
**Tel:** 056 778 8134

Drop-in Youth Café. A place where young people ages 12-18 can meet friends in a relaxed and safe environment.

Facilities Offered:

- A music/band rehearsal room for young people
- A drop in style youth café
- Special interest groups
- One to one supports
- Educational Programmes
- Health Information and support
- School holiday programmes

Mentoring Programmes with officers based at the centre

Irish Wheelchair Association

Claddagh Court, College Road, Kilkenny  
**Tel:** 056 776 2775  
**Web:** www.iwa.ie

Irish Wheelchair Association (IWA) provide a range of services to people with physical and sensory disabilities and acquired brain injury



GENERAL SUPPORT SERVICES

Mental Health Supports

AWARE

Tel: 1800 804 848  
Web: www.aware.ie

AWARE provides information, understanding and support, both for individuals who experience anxiety, mild to moderate depression, bipolar disorder and mood related conditions as well as family members supporting a loved one.

Carlow Mental Health Association

Web: www.carlowmentalhealth.ie  
Facebook: www.facebook.com/Carlow-Mental-Health-Association-135234249830942/

Carlow Mental Health Association is affiliated to Mental Health Ireland and is run by volunteers with an interest in promoting positive mental health in Carlow.

GROW Mental Health Recovery Support Group

Tel: 1890 474 474  
Web: www.grow.ie

Interested in registering for an online group, please ring Kate on 086 031 6937 or use this link www.grow.ie/grow-group-meetings-now-available-online/

HSE Mental Health Services in Carlow

Web: www.hse.ie/eng/services/list/1/lho/carlowkilkenny/mental-health-services

Adult Community Mental Health Carlow North Team: 059 913 6360

Adult Community Mental Health Carlow South Team 059 913 6373

Child and Adolescent Community Mental Health - CAMHS Teams 1 and 2 - St Dymphna's Hospital 059 917 8033

HSE Greenbanks Crisis House 059 913 6324

Mental Health Day Services - St Dymphna's Day Hospital: 059 913 6373

Residential Units in Carlow - Elm Park Drive 059 917 9927 / Greenbanks Hostel 059 913 6324 / Kelvin Court 059 917 8072 / Parklodge Hostel 059 913 6345 / Sacred Heart Hostel 059 913 5322

St Dymphna's Hospital, Carlow: 059 913 6300

Helplink Mental Health

Tel: 0818 99 88 80  
Web: www.helplink.ie/

A charitable organisation providing accessible counselling, information, and education mental health services.

Involvement Centre

St Dymphna's Hospital, Athy Road, Carlow

Tel: 059 913 6342 / 087 634 1157  
Email: belindacoyleinvolvementcc@gmail.com  
Facebook Page: Involvement Centre Carlow  
Open: Monday to Friday 10.30 am to 1.30 pm.

The Involvement Centre is a peer led recovery focused space run by volunteers. It offers a warm, welcoming place, in which mental health difficulties are understood to be part of life and are accepted in a non-judgmental way. People can drop in for a cup of tea, a chat and get involved. Volunteers and visitors to the centre develop the programmes and activities in line with the expressed needs of those who visit the centre.

LGBT Ireland

Helpline: 1890 929 539  
Web: www.lgbt.ie/

LGBT provides a helpline, instant messaging services, and peer support groups.

Pieta

Freephone: 1800 247 247 Text Help to: 51444  
Web: www.pieta.ie

Pieta provides a professional one-to-one therapeutic service to people who are in suicidal distress, those who engage in self-harm, and those bereaved by suicide. All their services are provided free of charge and no referral is needed.

Recovery College South East

Tel: 056 770 3666 / 086 174 6330  
Email: recoverycollegesoutheast@gmail.com  
Web: www.recoverycollegesoutheast.com  
Venue: Involvement Centre, St. Dymphna's Hospital, Athy Road, Carlow

Example of workshops held throughout the year – these are currently available online: What is this they call recovery? Returning to work in the COVID 19 world; Making changes: where to start and how to maintain; Let's talk social media and wellbeing; Mind over mood; Staying well and making plans – managing the ups and downs;

GENERAL SUPPORT SERVICES

KCASES Kilkenny Services

Kilkenny Office, Unit 1, 3rd floor, Desart House, New Street, Kilkenny

Tel: 056 776 3903  
Email: kasesmail@eircom.net

KCASES provides the people of Kilkenny with disability or varying abilities by means of the physical and social support they need to obtain and maintain integrated competitive and paid employment. A range of supports to people with a disability, through Job Coaches. The range of supports includes:

- Individual Needs Assessment
- Vocational Profiling and Career Planning
- Individual Employment Plan
- Job Sourcing and Job Matching
- On-the-job Support and Coaching
- Follow-up Support and Mentoring

Kilkenny Employment for Youth (KEY)

Garden Row, High Street Kilkenny

Tel: 056 776 2774  
Web: www.keyctc.ie

KEY is a Community Training Centre that offers young people, aged 16-21, who are out of school, and unemployed a chance to participate in training and education courses.

Programmes offered include:

- QQI Catering and Art (f/t) \*
- QQI Level 3 Construction and Apprenticeship Preparation (f/t) \*
- QQI Level 3 Employability Skills (f/t) \*
- QQI Level 4 Design and Graphics (f/t) \*
- QQI Level 4 Hairdressing and Barbering (f/t) \*
- QQI Level 4 Information technology and Office Skills (f/t) \*

KRSP – Kilkenny Recreation and Sports Partnership

John's Green House, John's Green, Kilkenny, R95 CX92

Tel: 056 779 4991  
Email: info@krsp.ie  
Web: www.krsp.ie/wp-content/uploads/2011/10/KRSP-Strategic-Plan-2015-2019.pdf

Kilkenny Recreation and Sports Partnership (KRSP) was established by the Irish Sports Council (Sport Ireland) as a Local Sports Partnership in 2004 to plan, lead and co-ordinate the development of sport and physical activity in County Kilkenny. KRSP strives to achieve this through working closely with sporting bodies, community and voluntary groups and statutory agencies

KRSP provides a leadership role for the coordination, development and delivery of sports and physical activity opportunities in Kilkenny. Our work is categorised into three main functions – the provision of information, the facilitation of education and training opportunities and the development and implementation of programmes and events that encourage increased levels of participation.

While we seek to support and increase participation by all Kilkenny people in sport and physical activity, KRSP will focus on children, young people, women and teenage girls, people who are unemployed and sedentary adults. Priority will be given to supporting those with low levels of participation due to additional barriers such as People with a Disability, Disadvantaged Communities, Ethnic Minorities and Older Adults.

Significant partnerships have been developed with local key stakeholders including: Kilkenny County Council, local schools, the HSE, Family Resource Centres, Youth Organisations, County Kilkenny Leader Partnership, Trail Kilkenny, Kilkenny Traveller Integration Group, County Kilkenny Age Friendly Alliance, Smarter Travel in addition to sports groups and clubs and National Governing Bodies. This is fundamental to the capacity of KRSP to deliver and support a range of participation programmes and events.



GENERAL SUPPORT SERVICES

Making connections – building confidence in social situations; Talking and listening, it works both ways; Practical facilitation skills; Take charge of your life; Music for mood; Positive thinking – practicing wellbeing; Understanding and living with addictions; Understanding recovery for families; Understanding self-esteem; Good stress/ bad stress; Working together – co-production; Understanding and living with voices; Understanding and living with paranoia; Loneliness and isolation; Assertiveness; Understanding self-harm; WRAP (Wellness Recovery Action Plan); Understanding and living with anxiety; Introduction to mindfulness; Recovery principles and practice; Understanding sleep - getting a good night’s sleep; Learning self-compassion and kindness for myself; Building my self confidence

Samaritans

Tel: 116 123  
Web: www.samaritans.org

Samaritans provides confidential non-judgmental support, 24 hours a day for people experiencing feelings of distress or despair, including those which could lead to suicide.

Suicide or Survive

Tel: 1890 577 577  
Web: www.suicideorsurvive.ie/

Offers programmes on mental health maintenance and wellness

Text About IT

Web: www.text50808.ie

Is a free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis - big or small. If you are experiencing a personal crisis, are unable to cope and need support text HELLO to 50808.

Turn2Me

Web: www.turn2me.ie

Online peer and support groups and also providing counselling online by video, email, voice or chat

Sports / Fitness Clubs

Cricket Clubs

**Bagenalstown Cricket Club**  
www.cricketleinster.ie/clubs/bagenalstown  
**Carlow Cricket Club**  
www.carlowcricket.club

Cycling Clubs

**Carlow Road Cycling Club**  
www.facebook.com/CarlowRoadCyclingClub

**Killeshin Wheelers**  
www.facebook.com/killeshin.wheelers

**Mount Leinster Wheelers Club**  
www.facebook.com/mountleinsterwheelers

**The ML Syndicate Mountain Biking Club**  
www.facebook.com/themlsyndicate

**Racing 795 is a Mountain Biking and Triathlon club**  
www.racing795.com/clubinfo

**Slaney Valley Cycling Club**  
www.slaneyvalleycc.ie

Fitness Gyms

**Énergie Fitness**  
www.energiefitness.com/carlow Tel: 059 910 4030

**Jump for Joy:**  
www.facebook.com/jumpforjoycarlow

**Mount Wolseley (Tullow)**  
www.mountwolseley.ie/membership-and-classes.html Web: 059 918 0100

**Patric Fitness (Kilcarrig)**  
www.facebook.com/PatricFitness / 089 959 2304

**Supreme Fitness (Eire Og GAA Club)**  
www.supremefitnesscarlow.com 059 916 4923

**Seven Oaks Leisure Club (Seven Oaks Hotel Carlow)**  
www.sevenoakshotel.com/leisure-club-facilities.html Tel: 059 913 1308

**Talbot Fitness Carlow**  
www.talbotfitness.ie/talbot-fitness-carlow.html Tel: 059 915 3838

**Valhalla Gym (Tullow)**  
www.facebook.com/ValhallaTullow

Golf Clubs / Courses

Carlow Golf Club - www.carlowgolfclub.ie / (059) 9131695 Deerpark Course/ Oakpark Course

GENERAL SUPPORT SERVICES

Kilkenny Talking Newspaper Association for the Blind

Breda Dowling  
7 Ormonde Rd., Kilkenny  
Tel: 056 778 6816  
Email: breda.dowling@ncbi.ie  
Web: www.ncbi.ie

Kilkenny Talking Newspaper Association for the Blind was founded in October 1992 and is a registered charity. The first edition was recorded on 12 May 1993. Any person who is registered with the National Council for the Blind can receive the usb key. To receive a usb key, contact the Community Resource Worker for the Blind and Visually impaired. The Association is made up of volunteers who meet on a weekly basis to record the usb keys. The keys are recorded at the National Council for the Blind and are sent Freepost courtesy of An Post that night. The service is completely free of charge.

Volunteers are needed to edit, record and read the paper. If interested, please contact us

Kingsriver Community

Ennisnag, Stonyford, Co. Kilkenny  
Tel: 056 7728234  
Email: info@kingsriver.ie

Kingsriver Community Kilkenny provides residential and day services including quality person centred, opportunities in a range of areas including woodwork, arts and craft, health related exercise, independent living skills and horticulture. All programmes are developed in response to the identified needs of those attending on a daily basis and our core group of residents. Programmes are validated and lead to awards by QQI.

- The community provides a safe and comfortable living environment, a warm and welcoming atmosphere in a life-sharing model.
- Creating an environment where all members of the household are valued equally.
- Providing a range of activities and experiences that enable each person to develop and reach their full potential.
- Supporting each person to be active in the local and wider community.

K.I.T.E. Service

Mary Mulrooney, Service Manager  
Tel: 056 771 2913 / 771 2883

The K.I.T.E. service is a H.S.E. outreach support service for adults with a diagnosis of Autism Spectrum Disorder. K.I.T.E.’s remit covers the areas of Carlow, Kilkenny and South Tipperary.

KITE provides supports to adults between the ages of 18 and 65 years through its day and outreach support services.

KITE Autism Service objectives are to recognise:

- The Individuality of each person with Autism
- Their right and capacity to benefit from education, training, work and to participate in society
- Their right to live a satisfying and happy life in the community in a supporting and stimulating environment.

K.I.T.E.’s role includes the provision of support, guidance and training to service providers in the development and delivery of services to adults with a diagnosis of Autism Spectrum Disorder. The service also offers direct services to adults with high functioning autism / Asperger’s syndrome through the provision of focused training programmes in areas such as social skills development, stress management, anger management, independent living skills and self-organisation. K.I.T.E. provides social support evening programmes and person-centred, individual support programmes at times of transition or challenge in a service user’s life.

L’Arche Kilkenny

**Community Leader/Manager:** 056 7727628  
**Work-Shop Coordinator:** 056 7725628  
**Email:** admin@larchekilkenny.org or kilkenney@larche.ie  
**Web:** www.larche.ie

L’ Arche Kilkenny provide a service of care and support for their community members who have intellectual disabilities. They are committed to ensuring the greatest quality of life that enables each one to achieve their full potential. They work in partnership with the relevant authorities to ensure that their practices are in compliance with the highest international and national standards.

## GENERAL SUPPORT SERVICES

### Borris Golf Club

www.borrisgolfclub.ie **Tel:** 059 977 3310

### Mount Wolseley (Tullow)

www.mountwolseley.ie/golf.html  
**Tel:** 059 918 0100

### Martial Arts/ Boxing Clubs

#### ATTIC Brazilian Jiu-Jitsu

www.atticbjj.com **Tel:** 085 844 7393

#### Carlow Karate Club

www.facebook.com/CARLOWKARATECLUB

#### Carlow Martial Arts Sanctuary

www.facebook.com/carlowmartialartssanctuary  
**Tel:** 087 237 6903

#### Carlow Muaythai (Bagenalstown)

www.facebook.com/CarlowMuaythai/  
**Tel:** 086 226 6241

#### Japanese Martial Arts Centre (Bagenalstown)

www.facebook.com/JapaneseMartialArtsCenterCarlow  
**Tel:** 086 609 7834

#### Krav Maga Carlow

www.kravmagacarlow.ie **Tel:** 086 804 1820

#### Raging Bull Boxing Club

www.facebook.com/ragingbull62/  
**Tel:** 087 958 7365

#### Tullow Tae Kwon Do Academy

www.facebook.com/TullowTaeKwonDoAcademy /  
**Tel:** 087 611 9590

### Rugby Clubs

**Carlow Rugby Club** www.carlowrugby.ie

**Tullow Rugby Club** www.tullowrfc.com

### Running Clubs

#### Carlow Town Park Run

www.parkrun.ie/carlowtown

#### Hacketstown Running Club

www.latest.facebook.com/hrcrunningclub  
**Tel:** 087 619 5093

#### St. Laurence O'Toole and Fit 4 Life (Askea, Carlow)

www.facebook.com/SLOTFit4Life

#### Tullow Park Run

www.parkrun.ie/tullow

### Soccer Clubs

**Information available:** www.carlowsoccer.ie

**Ardattin FC** 087 935 8431

**Bagenalstown FC** **Tel:** 086 386 7465

**Ballymurphy Celtic (Borris)** 087 900 0902

**Burrin Celtic FC (Ballon)** **Tel:** 085 239 8500

**Carlow Rovers** **Tel:** 085 175 8859

**Castle Rangers FC** **Tel:** 087 249 6345

**Dolmen Celtic FC** **Tel:** 085 822 2239

**Hanover Harps AFC** **Tel:** 086 199 3771

**Kilree Celtic AFC (Bagenalstown)** **Tel:** 083 821 9931

**Nurney Villa AFC** **Tel:** 087 692 8579

**Parkville United FC (Tullow)** **Tel:** 085 174 2184

**Slaney Rovers AFC (Rathvilly)** **Tel:** 085 735 9229

**St Fiacc's FC (Graiguecullen)** **Tel:** 085) 736 3880

**St Joseph's AFC (Tinryland)** **Tel:** 087 798 1805

**Vale Wanderers AFC (Leighlinbridge)** **Tel:** 085 736 7090

**Village AFC (Old Leighlin)** **Tel:** 087 141 3779

### Swimming Pools

**Bagenalstown Swimming Pool** (outdoor pool open June-September) **Tel:** 059 915 8860

#### Graiguecullen Swimming Pool (St. Fiacc's)

www.graiguecullenkillleshin.com/st-fiaccs-swimming-pool **Tel:** 059 914 0330

**Mount Wolseley (Tullow)** www.mountwolseley.ie/membership-and-classes.html **Tel:** 059 918 0100

#### Talbot Fitness (Talbot Hotel Carlow)

www.talbotcarlow.ie/gym-and-beauty.html  
**Tel:** 059 915 3000

#### Seven Oaks Leisure Club (Seven Oaks Hotel Carlow)

www.sevenoakshotel.com/leisure-club-facilities.html **Tel:** 059 913 1308

### Tennis Clubs

#### Carlow Tennis Club (Tennis, Badminton and Squash)

**Web:** www.carlowltc.com **Tel:** 059 914 3775

#### Tullow Tennis Club

**Web:** www.tullowtennis.com/ 087 152 4051

## GENERAL SUPPORT SERVICES

### Moving On – Ferrybank

Ferrybank, Co. Waterford

**Tel:** 086 794 2442

**Email:** movingonproject@wap.ie

**Web:** www.wap.ie

This programme provides learners with the knowledge, skills, and accreditation necessary to enter or re-enter employment and /or progress to further education and training within the Community/Social Care and Health Services

- QQI Level 4 Retail Skills (4M1998)
- QQI Level 5 General Studies (5M3114)

### Music Generation

Lower New Street, Kilkenny

Sinéad Blanchfield, Music Development Officer

**Tel:** 056 778 6896 **ext:** 211

Music Generation is Ireland's national music education programme, initiated by Music Network and co-funded by U2, The Ireland Funds, the Department of Education and Skills and Local Music Education Partnerships. The programme seeks to transform the lives of children and young people ages 0-18 by creating access to high quality, affordable music tuition in their localities.

### National Learning Network Kilkenny – NLN

Regent House, William Street Kilkenny

**Tel:** 056 779 7500

**Email:** Vivienne.brady@nl.nie

**Web:** www.nln.ie / facebook.com/NLNirelandLearn

National learning Network in Kilkenny offer a range of free courses to give learners the skills they need to increase their confidence and to progress to further education or employment. Their courses combine classroom-based learning and on-the-job training and offer personalised support to facilitate learners to gain a QQI qualification.

- QQI Level 4 Pathways to Employment (with Tourism and Trade)

### Ormonde College of Further Education

Ormonde Road, Kilkenny

**Tel:** 056 776 3321

**Email:** info@ormondecollege.ie

- QQI Level 5 Youth Work and Addiction Studies (f/t) \*

### Ossory Youth Kilkenny

Desert Hall, Lower New St, Gardens, Kilkenny

**Tel:** 056 776 1200

**Web:** www.ossoryyouth.com/

Ossory Youth is a voluntary youth work organisation, which has young people at its heart.

### Services that are provided

- CITY Youth Work
- Garda Youth Diversion
- Rural Youth Work
- Traveller Youth
- Adult Counselling
- LGBTI+
- Art / Creative
- ASD – Autism Spectrum

### Training Services

Kilkenny and Carlow, Danville Business Park, Ring Road Kilkenny

**Tel:** 056 781 3014

**Web:** www.fetchcourses.ie

### Career Traineeships

- Hospitality / Engineering / Culinary Skills Professional

- Bus and Coach Driving (f/t)

### Training Courses

Warehouse Operative, HGV Driving, Van Delivery Driver, Warehouse Operative, Basic Welding, DIY and Retail Pharmacy and Office Administration (f/t) \*

GENERAL SUPPORT SERVICES

Walking Clubs / Groups

Web: [www.getirelandwalking.ie/findgroup](http://www.getirelandwalking.ie/findgroup)

The Blackstairs Ramblers

Web: [www.blackstairsramblers.com/](http://www.blackstairsramblers.com/)  
Email: [blackstairsramblers@outlook.com](mailto:blackstairsramblers@outlook.com)

Rambling Rovers

Walks on Mondays and Wednesdays at 8pm. Meet at Youth Centre (Green Lane).

River Deep Mountain High Trekkers (Myshall/ Bagenalstown) Email: [andyjenny@yahoo.com](mailto:andyjenny@yahoo.com)  
Tel: 087 267 9907

Tullow Mountaineering Club

Web: [www.tullowmountaineeringclub.ie](http://www.tullowmountaineeringclub.ie)  
Tel: 086 277 2633

Walk This Way (Carlow Town Group)

Email: [celineoreilly09@gmail.com](mailto:celineoreilly09@gmail.com)  
Tel: 086 226 8141

Walk and Talk (Carlow Town Group)

Web: [www.facebook.com/walktalkcarlow](http://www.facebook.com/walktalkcarlow)  
Tel: 085 121 3230

Water Based Clubs

Carlow Dragon Boat Club

[www.carlowdragons.com](http://www.carlowdragons.com)

Carlow Rowing Club

[www.facebook.com/carlowrowingclub](http://www.facebook.com/carlowrowingclub)

Tullow Kayak Club

[www.facebook.com/tullow.kayakclub](http://www.facebook.com/tullow.kayakclub)

GENERAL SUPPORT SERVICES

Vocational Training Opportunities Scheme (VTOS) Kilkenny and Carlow ETB

Bishop Birch Training Centre, Nuncio Road, Kilkenny

Tel: 056 776 4719  
Web: [www.vtoskk.ie](http://www.vtoskk.ie)

The Vocational Training Opportunities Scheme is a special range of courses designed to meet the education and training needs of unemployed people.

VTOS will offer the learner:

- A chance to continue your education and training.
- A chance to develop new skills.
- A change to gain certification at a range of levels.
- A chance to find good employment.

To be eligible for a place you must be:

- over 21 years of age
- And in receipt of at least one of the following:
- Jobseekers Allowance/Benefit (or signing for credits) for 6 months or more.
- One Parent Family Allowance for 6 months or more.

Financial Supports:

- VTOS Training Allowances
- Travel Allowance
- Meal Allowance
- National Childcare Scheme (NCS)

Young Irish Film Makers

St. Joseph's Studios, Waterford Road, Kilkenny, R95 D8HT

Tel: 056 776 4677  
Email: [info@yifm.com](mailto:info@yifm.com)

Young Irish Film Makers (YIFM) programme provides learners with the skill, knowledge and competence to obtain entry employment or progress to further education and training in the area of creative digital media.

- QQI Level 5 Multi Media Production (5M2146)

Youth Office Kilkenny

ETB Lower New Street Kilkenny  
Saoirse Prendergast - Youth Officer

Tel: 086 049 4652  
Email: [sprendergast@kcteb.ie](mailto:sprendergast@kcteb.ie)

The Local Youth Club Grant Scheme (LYCGS) supports volunteer-led youth club/group activities at a local level. Funding for the Scheme is provided by the Department of Children and Youth Affairs (DCYA) and is administered locally by Education and Training Boards (ETBs) on behalf of DCYA.

The Scheme supports voluntary youth club/ group activities for young people; with priority given to clubs/groups catering for young people aged 10–21. The primary focus of the Scheme is to assist local, volunteer-led youth clubs/ groups that provide a programme of youth work activities for young people. In addition, other clubs/groups that work with young people, but are not specifically providing youth work, are also entitled to apply for funding under the Scheme.

- Adult Dependent Allowance for 6 months or more.
- Disability Allowance for 6 months or more.
- Invalidity Pension



GENERAL SUPPORT SERVICES

Young Adults

Carlow Regional Youth Services

Montgomery House, Athy Road, Carlow

Tel: 059 913 0476

Web: www.carlowrys.com/

CRYS works with young people aged between 8-23 years delivering programmes and services to young people in County Carlow.

Carlow Youthreach

Tullow Road, Carlow

Tel: 059 914 2032

Web: www.kcetb.ie

Youthreach provides a second chance to early school leavers aged 15-20 by offering the opportunity to gain a qualification and become more confident.

Carlow Youth Training

Unit 5, Askea Business Park, O’Brien Road, Carlow

Tel: 059 913 2245

Web: www.carlowyouthtraining.org

Carlow Youth Training is dedicated to providing early school leavers with quality training and self-development.

Kilkenny and Carlow ETB Youth Office – Carlow

1a Meadowcourt, Burrin Street, Carlow

Tel: 059 917 9465

Web: www.kcetb.ie

GENERAL SUPPORT SERVICES

Youthreach

Lower New Street, Kilkenny

Tel: 056 772 3550

Youthreach is a Department of Education and Skills official education, training and work experience programme that gives a second chance to early school leavers aged 15-20. It offers young people the opportunity to identify options within adult life and provides them with opportunities to gain a qualification and become more confident. As it operates on a full-time, year-round basis, Youthreach has a continuous intake policy.

Youthreach is open to:

- People between 15 and 20 years
- Have left school for at least 6 months

Courses available:

- Leaving Certificate
- Leaving Certificate Applied (LCA)
- Work experience is an important part of the courses available and operates at intervals throughout the year

Financial Supports:

- Training Allowance
- Travel Allowance
- Meal Allowance
- National Childcare Scheme
- Department of Employment and Social Protection Training Support Grant

HAIRDRESSING / BEAUTY /  
COMPLEMENTARY THERAPIES

Bagenalstown Family  
Resource Centre

Royal Oak Road, Moneybeg,  
Bagenalstown, Co. Carlow

Tel: 059 972 2028

Web: [www.bagenalstownfamilyresourcecentre.ie](http://www.bagenalstownfamilyresourcecentre.ie)

- Aromatherapy and Relaxation (p/t)

Carlow Institute of Further  
Education and Training

Kilkenny Road, Carlow

Tel: 059 913 4230

Web: [www.carlowifet.ie](http://www.carlowifet.ie)

- QQI Level 5 Certificate in Makeup Artistry / City and Guilds (f/t) \* ^
- QQI Level 5 in Beauty Therapy / ITEC (f/t) \* ^
- QQI Level 5 Certificate in Barbering / City and Guilds (f/t) \* ^
- QQI Level 5 in Hairdressing / City and Guilds/ SEC Junior Trade (f/t) \* ^
- QQI Level 6 Advanced Certificate in Makeup Artistry / City and Guilds / ITEC (f/t) \* ^
- QQI Level 6 Professional Diploma in Beauty Therapy / CIDESCO / ITEC (f/t) \* ^

St. Catherine’s Community  
Services Centre

St. Joseph’s Road, Carlow

Tel: 059 913 8706

Web: [www.catherines.ie](http://www.catherines.ie)

Evening classes:

- Make-up, Skincare and Nail Art (p/t)

Kilkenny and Carlow ETB  
Training Services – Community  
Training

4 Danville Business Park  
Ring Road, Kilkenny

Tel: 056 781 3031 / 087 973 8303

Web: [www.kcetbtraining.ie](http://www.kcetbtraining.ie)

- VTCT Level 2 Diploma in Beauty Specialist Techniques (f/t) \* ^ Carlow Youth Training
- VTCT Level 2 Diploma in Hairdressing Services (f/t) \* ^ Carlow Youth Training

Tai Chi and Wellness Academy

Tel: 087 078 9241

Web: [www.taichiandwellnessacademy.com](http://www.taichiandwellnessacademy.com)

Course: Tai Chi Teacher Training Course (p/t)

- Classes, day workshops and weeklong retreats – Tai Chi, Wellness and Meditation

Online/ Blended Learning

Bagenalstown Family Resource Centre

[www.bagenalstownfamilyresourcecentre.ie](http://www.bagenalstownfamilyresourcecentre.ie)

FETCH Courses

[www.fetchcourses.ie](http://www.fetchcourses.ie)

HAIRDRESSING BEAUTY AND  
COMPLEMENTARY THERAPIES

Eyrebrushed Clinic

7 William Street, Kilkenny

Tel: 056 772 0799

Web: [www.eyrebrushed.ie](http://www.eyrebrushed.ie)

- Makeup Artistry blended courses (p/t)

Kilkenny College of Beauty and  
Sports Therapy

4 Patrick Street, Kilkenny

Tel: 056 7761891

Web: [www.kilkennycbt.com](http://www.kilkennycbt.com)

Blended Learning

- Full – Time Beauty Therapy Course (f/t) \*
- Part – Time Evening Beauty Specialist (p/t) \*
  - 1: LEVEL 3 ITEC Theatre Media and Fashion (p/t) \*
  - 2: ITEC Level 4 in Skincare (p/t) \*
  - 3: ITEC and CIBTAC Body Therapy
- ITEC Beauty Specialist with Body Massage Diploma (p/t) \*
- CIDESCO Diploma in Beauty Therapy (Post Graduate) (f/t) \*
- CIDESCO Facial therapy course (p/t) \*
- CIDESCO Body Therapy Course (p/t) \*
- ITEC Beauty Specialist with Body Massage Diploma (p/t) \*
- ITEC Certificate in Make Up (p/t) \*
- ITEC Nail Technician Diploma (p/t) \*
- ITEC Certificate in Manicure (p/t) \*
- ITEC Eye Lash and Eye Brow Technician (p/t) \*
- ITEC Certificate in Microdermabrasion (p/t) \*
- ITEC Diploma in Laser and Intense Pulsed Light Treatments (p/t) \*
- ITEC Holistic Massage Diploma (p/t) \*
- ITEC Sports Massage Level 3 and Sports Therapy Level 4 (p/t) \*
- ITEC Diploma in Education and Training (p/t) \*
- ITEC Certificate in Assessing Vocational Achievement (p/t) \*

Kilkenny Employment for  
Youth KEY

Garden Row, Kilkenny

Tel: 056 776 2774

Web: [www.keyctc.ie](http://www.keyctc.ie)

- QQI Level 4 VTCT Diploma in Hairdressing and Certificate in Barbering \*

Ormonde College of Further  
Education

Ormonde Road, Kilkenny

Tel: 056 776 3321

Web: [www.ormondecollege.ie](http://www.ormondecollege.ie)

- QQI Level 5 Certificate in Beauty Therapy and Makeup Artistry awarded by / ITEC / CIBTAC (f/t) \* ^
- QQI Level 5 Hairdressing with Barbering Techniques (f/t) \* ^
- QQI Level 6 Advanced Beauty Therapy (with Make Up Artistry and Spa Therapy) / ITEC / CIBTAC / CIDESCO (f/t) \* ^
- QQI Level 6 Hairdressing and Barbering Techniques (f/t) \* ^

Online Courses

Alison

[www.alison.com/course/](http://www.alison.com/course/)

Blended Courses

Eyrebrushed Clinic

[www.eyrebrushed.ie/](http://www.eyrebrushed.ie/)

Kilkenny College of Beauty and Sports Therapy

[www.kilkennycbt.com/](http://www.kilkennycbt.com/)

^ DENOTES MAJOR AWARD

\* CERTIFIED COURSE (F/T) FULLTIME COURSE (P/T) PARTTIME COURSE  
UNLESS OTHERWISE STATED LEVEL 3 TO 6 REFERS TO QQI

^ DENOTES MAJOR AWARD

\* CERTIFIED COURSE (F/T) FULLTIME COURSE (P/T) PARTTIME COURSE  
UNLESS OTHERWISE STATED LEVEL 3 TO 6 REFERS TO QQI

HEALTH AND SAFETY / SECURITY

Back to Education Initiative BTEI Kilkenny and Carlow ETB

1B Meadow Court, Burrin Street, Carlow

Tel: 059 913 9532

Web: www.kcetb.ie

- QQI Level 5 Certificate in Safety and Health at Work (p/t) \*

Barrow Training

High Street, Bagenalstown, Co. Carlow

Tel: 059 972 1416

Web: www.barrowtraining.ie

- QQI Level 4 Certificate in Guarding Skills (p/t) \*
- QQI Level 4 Certificate in Workplace Safety (p/t) \*
- QQI Level 5 Certificate in Health and Safety at Work (p/t) \*
- QQI Level 5 Certificate in Health Related Cleaning Skills (p/t) \*
- QQI Level 5 Certificate in Laundry Skills (p/t) \*
- QQI Level 5 Certificate in Workplace Statutory Policies and Procedures (p/t) \*
- QQI Level 6 Certificate in Instructing Manual Handling (p/t) \*
- QQI Level 6 Certificate in Instructing People Handling (p/t) \*
- QQI Level 6 Certificate in Safety Management (p/t) \*

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre, Athy Road, Carlow

Tel: 059 913 2152

Web: www.carlowkilkennyskillnet.ie

- QQI Level 6 in Manual Handling Instructor (p/t) \*
- QQI Level 6 in Safety Management (p/t) \*

Focused Training Ireland

Tullow Business Centre, Bunclody Rd, Tullow, Co. Carlow

Tel: 059 911 8912 / 089 400 9937

Web: www.focusedtrainingireland.com

- Abrasive Wheels (p/t) \*
- Asbestos Awareness (p/t) \*
- Fire Marshall (p/t) \*
- Fire Marshall for Care Homes (p/t) \*
- Introduction to Personal Safety for Lone Workers (p/t) \*
- Manual Handling (p/t) \*
- Working within the Private Security Industry (p/t) \*

Hacketstown Core Centre

Hacketstown, Co. Carlow

Email: hacketstowncore@gmail.com

Facebook: Hacketstown Community Group

- Manual Handling (p/t) \*
- One day First Aid Course (p/t) \*

Hickson Safety Services

Rutland, Palatine, Co. Carlow

Tel: 086 826 2383

Web: www.hicksonsafety.ie/

- Abrasive Wheels Mounting Training (p/t) \*
- Confined Spaces Training (p/t) \*
- Fire Extinguisher Training (p/t) \*
- Industrial Plant and Equipment (p/t) \*
- Safe Pass Alliance – Quarry and Mining Industry Safety Passport Training (p/t) \*
- Safe Use of Lifting Equipment (novice and experienced operators) (p/t) \*
- Working at Heights – Harness Training (p/t)

HEALTH AND SAFETY / SECURITY

Ace Fire Protection

Andy Ramsbottom

Tel: 086 399 8081

Email: ramsbottomandy@hotmail.com

Provision of training courses

- Basic fire safety
- Fire Warden training
- Emergency Evacuation
- Also provide risk assessments

Barrow Training

Kilkenny

Tel: 059 972 1416

Web: www.barrowtraining.ie

Blended Courses

- QQI Level 4 Workplace Safety (p/t) \*
- QQI Level 5 Health and Safety at Work (p/t) \*
- QQI Level 5 Health Related Cleaning Skills (p/t) \*
- QQI Level 5 Laundry Skills (p/t) \*
- QQI Level 5 Workplace Statutory Policies and Procedures (p/t) \*
- QQI Level 6 Instructing Manual Handling (p/t) \*
- QQI Level 6 Instructing People Handling (p/t) \*
- QQI Level 6 Safety Management (p/t) \*
- Level 4 Guarding Skills (p/t) \*
- Certificate – Introduction to data Protection and GDPR (p/t) \*

Back to Education Initiative BTEI Kilkenny and Carlow ETB

7 Danville Business Park, Ring Road, Kilkenny

Tel: 056 770 1020

Web: www.kcetb.ie

- QQI Level 5 Safety and Health at Work in Healthcare Support – Ferrybank, Callan, Danville (p/t) \* ^

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre Athy Road, Carlow

Tel: 059 913 2152

Web: www.carlowkilkennyskillnet.ie/health-safety/

Carlow Kilkenny Skillnet provide a range of health and safety courses, throughout the year, and a host of online training modules, covering a range of health and safety topics and all our courses are provided by accredited health and safety trainers.

FRS Training

Tel: 0505 31586

Web: www.frstraining.com

Blended Courses

- QQI Level 4 Workplace Safety (p/t) \*
- QQI Level 5 Safety and Health at Work (p/t) \*

HCT Learning

Unit 2 Purcellsinch Business Park, Dublin Road, Kilkenny

Tel: 056 7770761

Web: www.hctlearning.ie

Blended Courses

- QQI Level 4 Workplace Safety (p/t) \*
- QQI Level 5 Health and Safety at Work (p/t) \*
- QQI Level 5 Occupational First Aid (p/t) \*

Kelron Health and Safety

Hebron Road, Kilkenny

Tel: 056 777 0447

Info: info@kelron.ie

Web: www.kelron.ie

- QQI Level 4 Workplace Safety (p/t) \*
- QQI Level 5 Health and Safety at Work (p/t) \*
- QQI Level 6 Manual Handling/People Moving and Handling Instructor (p/t) \*



HEALTH AND SAFETY / SECURITY

First Aid Responder (FAR) Pre-Hospital Emergency Care Council (PHECC) Course Providers

- Ali Active Training**  
Web: www.aliactivetraining.com Tel: 087 823 1276
- Back to Education Initiative Carlow (BTEI)**  
Web: www.kcetb.ie Tel: 059 913 9532
- Ballon Business and Training Services**  
Web: www.ballonbts.com Tel: 059 915 9447
- Barrow Training**  
Web: www.barrowtraining.ie Tel: 059 972 1416
- Carlow County Development Partnership**  
Web: www.carlowdevelopment.ie Tel: 059 972 0733
- Carlow Kilkenny Skillnets**  
Web: www.carlowkilkennyskillnet.ie Tel: 059 913 2152
- Irish Red Cross**  
Web: www.redcrosstraining.ie Tel: 1890 502 502
- Social Care Training Ireland**  
Web: www.socialcaretraining.ie Tel: 087 957 6221

- Safe Pass Course Providers**  
A basic standard of safety awareness in the construction industry
- Ballon Business and Training Services**  
Web: www.ballonbts.com Tel: 059 915 9447
- Hickson Safety Services**  
Web: www.hicksonsafety.ie Tel: 086 826 2383
- National Irish Safety**  
Web: www.niso.ie Tel: 01 465 9760

- Manual Handling Course Providers**- Ali Active Training**  
Web: www.aliactivetraining.com Tel: 087 823 1276
- Barrow Training**  
Web: www.barrowtraining.ie Tel: 059 972 1416
- Carlow County Development Partnership**  
Web: www.carlowdevelopment.ie Tel: 086 040 4053 / 059 972 0733
- Cathy's School of Motoring**  
Tel: 087 228 0039
- Focused Training Ireland**  
Web: www.focusedtrainingireland.com Tel: 059 911 8912 / 089 400 9937
- Hacketstown Core Centre**  
Email: hacketstowncore@gmail.com  
Facebook: Hacketstown Community Group
- Hickson Safety Services**  
Web: www.hicksonsafety.ie Tel: 086 826 2383
- Social Care Training Ireland**  
Web: www.socialcaretraining.ie Tel: 087 957 6221

HEALTH AND SAFETY / SECURITY

Lifesaver Training Michael Kinsella First Aid Instructor

- Kilkenny
- Tel: 087 2729794
- Email: lifesavertraining@hotmail.com
- AED Defibrillator Training (p/t) \*
- Basic First Aid Course (p/t)
- First Aid Response Course (p/t) \*
- First Aid Response Refresher (p/t) \*
- Paediatric First Aid Course (p/t) \*

Premier First Aid Training Kilkenny

- Tel: 087 966 4150
- Web: www.premierfirstaidtraining.ie
- QQI Level 5 Occupational First Aid Refresher (p/t) \*
- QQI Level 5 Occupational First Aid Training (p/t) \*
- Certificates in Basic First Aid; Sports First Aid; Cardiac First Responder.

Lifesaver Training Michael Kinsella First Aid Instructor Kilkenny

- Tel: 087 272 9794
- Email: lifesavertraining@hotmail.com
- AED Defibrillator Training (p/t) \*
- Basic First Aid Course (p/t)
- First Aid Response Course (p/t) \*
- First Aid Response Refresher (p/t) \*
- Paediatric First Aid Course (p/t) \*

- MD Safety Services**  
Clonaspoe, Dundrum  
Tipperary Town, Co. Tipperary, Ireland
- Tel: Martin - 087 1493726
- Email: info@safetyservicesmunster.ie

- First Aid Responders**- Carlow Kilkenny Skillnet**  
Web: www.carlowkilkennyskillnet.ie Tel: 053 313 2152
- David Lafferty** northwestfirstaidtraining@yahoo.ie Tel: 087 399 9794
- Kelron Health and Safety Training**  
www.kelron.ie 087 258 3978
- MKD Health and Safety Training**  
www.mkdsafety.com - 086 3548461
- Northwest First Aid Services**  
Web: www.northwestfirstaidtraining.com
- Irish Red Cross**  
Web: www.redcross.ie/firstaid Tel: 1890-502-502

Manual Handling Course Providers

- Barrow Training**  
www.barrowtraining.ie/courses Tel: 059 972 1416
- Carlow Kilkenny Skillnet**  
Web: www.carlowkilkennyskillnet.ie Tel: 059 913 2152
- Kelron Health and Safety Training**  
Web: www.kelron.ie Tel: 087 258 3978
- MKD Health and Safety Training**  
Web: www.mkdsafety.com Tel: 086 3548461
- Premier First Aid Training**  
Web: www.premierfirstaidtraining.ie Tel: 087 966 4150

HEALTH AND SAFETY / SECURITY

Online/ Blended Learning

Barrow Training  
www.barrowtraining.ie

Carlow Kilkenny Skillnet  
www.carlowkilkennyskillnet.ie

FETCH courses  
www.fetchcourses.ie

Focused Training Ireland  
www.focusedtrainingireland.com

HEALTH AND SAFETY / SECURITY

Safe Pass Training

Billy Moran  
Email: billmoran@eircom.net  
Tel: 087 268 3178

Damien Hardiman  
Email: damien@hardimansafety.com - 0878935161

Denis Greenall  
Email: scaffoldingtraining@eircom.net  
Tel: 086 3385688

FRS Training  
Web: www.frstraining.com  
Tel: 1890 201 000

Health and Safety Training  
Web: www.kelron.ie  
Tel: 087 258 3978

MKD Health and Safety Training

Kilmoganny, Co Kilkenny  
Tel: 086 354 8461  
Web: www.mkdsafety.com

- Cardiac First Response (p/t) \*
- Emergency First Aid (p/t) \*
- First Aid Responder (p/t) \*
- First Safety Awareness (p/t) \*
- Manual Handling (p/t) \*

Newpark Family Resource Centre

Local Training Initiative

Kilkenny  
Tel: 056 772 3309  
Email: newparklti@gmail.com  
Web: www.newparkclosefrc.com

- QQI level 3 Computer Literacy including Internet Security, Virtual Private Networks, Open DNS,
- Cloud Storage and Encryption

Order of Malta Ambulance Corps

Gillian Kelly, Officer in Charge  
Kilkenny Unit  
Tel: 087 239 5685

- AED (p/t) \*
- Basic First Aid (p/t) \*
- Cardiac First Response (p/t) \*
- First Aid Responder (p/t) \*
- Paediatric First Aid (p/t) \*

Ormonde College of Further Education

Ormonde Road, Kilkenny  
Tel: 056 776 3321  
Web: www.ormondecollege.ie

- QQI Level 5 Security Studies (f/t) \* ^

Online Courses

CMI Training  
www.cmi-ireland.com/part-time-courses/occupational-health-safety-diploma

NSAI Training  
www.nsaitraining.wixsite.com/security

Skillnet  
www.carlowkilkennyskillnet.ie/health-safety/

HEALTH, NUTRITION,  
SPORTS AND FITNESS

Ali Active Training

Mob: 087 823 1276  
Web: www.aliactivetraining.com

- First Aid (p/t) \*
- National Pool Lifeguard training (p/t) \*
- Swim Ireland Teacher Training Courses (Level 1 and 2) (p/t) \*

Bagenalstown Family  
Resource Centre

Royal Oak Road, Moneybeg  
Bagenalstown, Co. Carlow

Tel: 059 972 2028  
Web: www.bagenalstownfamilyresourcecentre.ie

- Fitness classes at various times throughout the year based on demand (p/t)

Ballinkillen Lorum  
Community Centre

Ballinkillen, Bagenalstown, R21 ED29  
Tel: 059 977 5175 / 089 257 8122  
Email: officeblccc@gmail.com

- Zumba classes (p/t)
- Fit4Mums (p/t)

Barrow Training

High Street, Bagenalstown, Co. Carlow  
Tel: 059 972 1416  
Web: www.barrowtraining.ie

- QQI Level 5 Certificate in Nutrition (p/t) \*
- QQI Level 5 Certificate in Recovery in Mental Health (p/t) \*
- QQI Level 5 Certificate in Recovery in Mental Health (p/t) \*

Carlow County Library Service

Tel: 059 912 9705  
Web: www.carlowlibraries.ie

Healthy Ireland at your Library is a nationwide initiative which seeks to encourage people to make positive choices to improve their physical and mental health, while also providing support and information to help people make more healthy choices. Carlow Library Service is involved in the initiative and services provided include enhanced health information with all library branches having books, eBooks, audio and e-Magazines on various issues such as healthy eating, positive ageing, childhood health and wellbeing.

Carlow Institute of Further  
Education and Training

Kilkenny Road, Carlow

Tel: 059 913 4230  
Web: www.carlowifet.ie

- QQI Level 5 Certificate in Food Science Health and Nutrition (f/t) \* ^
- QQI Level 5 Certificate in Holistic Health and Complementary Therapies / ITEC (f/t) \* ^
- QQI Level 5 Certificate in Sports, Fitness and Exercise / ITEC (f/t) \* ^
- QQI Level 5 Certificate in Sports, Fitness and Soccer / FAI (f/t) \* ^
- QQI Level 5 Certificate in Sports Therapy / ITEC (f/t) \* ^
- QQI Level 6 Certificate in Sports Science / ITEC (f/t) \* ^

FAI  
(Football Association of Ireland)  
Carlow Development Office

Tel: 086 795 4468  
Web: www.fai.ie

- Provides courses in Coach Education, Referee Education and Child Welfare (p/t)

Bookings at www.fai.ie/domestic "Book a Course"

HEALTH, NUTRITION,  
SPORTS AND FITNESS

Barrow Training

Kilkenny  
Tel: 059 972 1416  
Web: www.barrowtraining.ie

- QQI Level 5 Certificate in Nutrition

Breda Gardner  
Insight Natural Health Clinic

15 Upper Patrick Street, Kilkenny

Tel: 087 202 5753  
Web: www.bredagardner.com

Iridology, Homeopathy, Nutritional Advice and Positive Affirmations courses (p/t)

Cater Care Ltd

Kilkenny  
Tel: 061 469 008  
Web: www.catercare.ie

- QQI Level 5 Menu Planning and Applied Nutrition (p/t)

Cycle Trail Kilkenny

8 Patrick's Court, Kilkenny

Tel: 056 775 2111  
Email: trails@trailkilkenny.ie  
Web: www.trailkilkenny.ie

Four cycle trails have been developed by Trail Kilkenny

East Kilkenny Cycle Route 64 km

This route is a scenic cycling route linking the most historic and culturally significant towns in east Kilkenny. The towns are perfectly placed along the route to stop for lunch or a cup of coffee. The route uses quiet roads and laneways and provides stunning views of Brandon Hill, the River Barrow and the River Nore.

North Kilkenny Cycle Loop 27 km

Starting point: The Parade, Kilkenny and taking you via Dunmore and Castlecomer and back to Kilkenny City.

South Kilkenny Loop 41 km

Starting point: The Parade Kilkenny, taking you via Bennettsbridge and Kells, and back to the Kilkenny city.

North Kilkenny Cycle Route 82 km

This route is the most challenging in the Trail Kilkenny portfolio of cycling trails. It winds its way through rural North Kilkenny bringing the cyclist through beautiful villages like Freshford and Castlecomer.

Duiske College

Graiguenamanagh, Co. Kilkenny

Tel: 059 972 4177  
Web: www.duiskecollege.ie

- QQI Level 5 Outdoor Sports and Recreation (f/t) \*

Judith Ashton

Tel: 087 697 6395

Eliminating stress from your life

In 5 sessions you will learn many ways to eliminate stress from your life; including meditation, self-awareness, creativity and much more.

Meditation

Meditation is a non-religious practice which brings physical, mental and spiritual benefits to practitioners.

Evolution Fitness Institute

Reid Health and Fitness,  
Cillin Hill, Dublin Road, Kilkenny

Tel: 01 531 0533  
Email: info@evolutionfitness.ie  
Web: www.evolutionfitness.ie

Blended learning

VCTC ITEC Level 3 Diploma in Personal Training and Nutrition (p/t)

KCAT Art and Study Centre

Mill Lane, Callan, Co. Kilkenny

Tel: 056 775 5115  
Web: www.kcat.ie

Dance classes every Friday from 10.00 am to 4.30 pm September - May (p/t)



HEALTH, NUTRITION,  
SPORTS AND FITNESS

Hacketstown Core Centre

Hacketstown, Co. Carlow

Email: hacketstowncore@gmail.com

Facebook: Hacketstown Community Group

- Nutrition (p/t)

Mountain Adventures 74

Killcross, Tullow, R93TR83

Tel: 087 969 1193

Email: info@mountainadventures74.com

Web: www.mountainadventures74.com

Learn the skills to get out hiking; independently, safely, and responsibly in the mountains of Ireland. Course Provider for Mountaineering Ireland and MTA Wales.

- Mountain Skills 1 and 2 in the Blackstairs and Wicklow area (p/t) \*
- A guide service available taking people and groups on hikes all around Ireland

Myshall Community Centre

Email: myshallcommunitycentre@gmail.com

Facebook: Myshall News

- Keep Fit and Zumba classes (p/t)
- Additional fitness classes at various times throughout the year based on demand (p/t)

Sports Partnership

Carlow Sports Partnership, Carlow County Council, Athy Road, Carlow

Tel: 059 913 5207 / 087 214 5262

Web: www.carlowsports.ie

Carlow Sports Partnership provides a range of training and capacity building opportunities related to the governance, management, planning and delivery of sport. Training workshops include, but are not limited to, Safeguarding Children in Sport, Sports Leader Training, First Aid, Volunteer Management, Disability Inclusion Training and Committee Skills. There is also funding available to support and subsidise the development of capacity in the sports sector. Terms and conditions apply.

St. Catherine's Community  
Services Centre

St. Joseph's Road, Carlow

Tel: 059 913 8700

Web: www.catherines.ie

- Nutrition and Healthy Eating (p/t)

The Nutrition Clinic

Carlow Gateway Business Centre, Athy Road, Carlow

Tel: 086 388 2975

Web: www.nutritionclinic.ie

- Offering workshops in basic nutrition for everyday application as either 4 or 6 week duration (2 hours per class). Other specialist topics and one-off sessions also available. (p/t)

Training Services Kilkenny  
and Carlow ETB – Community  
Training

4 Danville Business Park,  
Ring Road, Kilkenny

Tel: 056 781 3031 / 087 973 8303

Web: www.kcetbtraining.ie

- QQI Level 3 in Employability Skills in Health and Fitness and VTCT Level 2 Diploma in Fitness Instructing (F/T) \* ^ Venue: Carlow Youth Training

Tullow Kayak Club

Ballymurphy Road, Tullow, Co Carlow

Web: www.facebook.com/tullow.kayakclub

- Kayaking courses for adults (p/t)

Online/ Blended Learning

Barrow Training  
www.barrowtraining.ie

Carlow Sports Partnership  
www.carlowsports.ie

FETCH Courses  
www.fetchcourses.ie

HEALTH, NUTRITION,  
SPORTS AND FITNESS

Kilkenny Archery Club

Michael Kelly

Tel: 086 061 3847

Email: lellymichael9@gmail.com

Occasional six week courses for beginners. All equipment provided. Club meets Thursday's, 8 pm to 10 pm.

Kilkenny College of  
Beauty Therapy

4 Patrick Street, Kilkenny

Tel: 056 776 1891

Email: www.kilkennycbt.com/

The Diet and Nutrition Diploma course is available either as an evening course or as a two morning weekly course. Participants will learn how diet affects health, how to ensure a balanced diet, how to use diet to maintain and improve health and about common eating disorders.

Ormonde College of Further  
Education

Ormonde Road, Kilkenny

Tel: 056 776 3321

Web: www.ormondecollege.ie

- QQI Level 5 Exercise and Health Fitness (f/t) \* ^
- QQI Level 5 Sports, Recreation, Exercise and Health Fitness (f/t) \* ^

Pat Shorthall  
FAI Referee Observer

Kilkenny

Tel: 087 286 7526

Referee Courses

The Mill Family Resource Centre

Main Street, Urlingford, Co. Kilkenny

Tel: 056 883 8466

Web: www.millfrcurlingford.com

Email: millfrcmc@gmail.com

The centre provides accredited and non-accredited free courses

- Aromatherapy
- Personal development
- Mindfulness
- Stress management

Training Services  
Kilkenny and Carlow ETB

Unit 4, Danville Business Park  
Kilkenny and Carlow ETB

Tel: 056 781 3014

Web: www.fetchcourses.ie

- Introduction to Sports and Recreation - Castlecomer (f/t) \*

Water Safety Ireland  
Kilkenny

Email: kwswaitinglist@gmail.com

Web: www.watersafety.ie/local-contacts/

Kilkenny County Committee of Water Safety Ireland run lifesaving courses for teenagers from 13 upwards at the Watershed, Kilkenny. To add a name to the waiting list, (must be over 13 yrs of age to go on waiting list.

Adult swimming lessons for beginners and improvers are also available on Monday nights from end September to May each year. Commencement dates will be advertised on Water Safety Ireland - Kilkenny Notice Board @ The Watershed, Kilkenny or on Facebook Page – Water Safety Ireland – Kilkenny.

Online / Blended Courses

Insight Natural Health Clinic  
www.bredagardner.com/

Kilkenny College of Beauty Therapy  
www.kilkennycbt.com/

Open Study College  
www.openstudycollege.com/variant/nutrition-consultant

Shaw Academy  
www.join.shawacademy.com/

The Nutrition Institute  
www.thenutritioninstitute.ie/

UCD College  
www.ucd.ie/online/courses/course-finder/foodandhealth/

Blended Courses

Evolution Fitness Institute  
www.evolutionfitness.ie/

The Institute of Massage and Sports Therapy  
www.imst.ie/



**SPOTLIGHT ON:****HEALTH / NUTRITION**

My name is Ivan and currently I am in preparation to return to Carlow Institute of Technology to begin my second year of a Third Level course, Higher Certificate in Physiology and Health Science.

When I began my return to education back in 2011, I had been out of a classroom for 14 years. I signed up for a part-time Horticulture course which was ran by the BTEI. It gave me the opportunity to re-familiarise myself back into a classroom setting, but this time as an Adult. I had left Secondary School after completing my Junior Certificate, because I felt school wasn't for me.

To date, I have achieved QQI modules in Level 3 and 4 in Horticulture, a QQI Level 5 module in Landscaping. I have a full QQI Level 5 Major Award in Healthcare Support, all through BTEI. In recent weeks, I have gained a QQI Level 5 Certificate in Nutrition, learning remotely through an online course.

Over time I have had some personal challenges in my learning journey, such as my inability to focus on study at times or to try fit study sessions in my daily schedule. Returning to full time education can also be difficult from a financial point of view, knowing what funding to apply for and also the lack of a good transport network and service around the counties of Kilkenny and Carlow makes it difficult to access education and work.

In returning to learning, I have broadened my prospects to get a full time job. I worked as a part-time Healthcare Assistant in a Centre for Adults with Intellectual Disabilities for three and a half years prior to applying for my current course. If I hadn't returned to education in 2011 and gained qualifications I wouldn't have been offered that job in S.O.S.

I have developed my team working skills, communication skills and timekeeping skills since returning to Adult Education. I also qualified as a First Aid Responder, which I feel was essential to gaining employment in healthcare.

Looking towards the future, I would like to complete the second year of this third level course, with an option to continue for a further two years to qualify in such occupations as Sports Scientist, Strength and Conditioning Coach or Sports Rehabilitation and AthleticTherapist.

In my experience, returning to education in my late twenties was a benefit. It was very different from my school days, in Adult Education the tutors treat you as such, like an adult. It is a great way of meeting new people, who have similar interests.

To register go to [www.fetchcourses.ie](http://www.fetchcourses.ie)



## HEALTHCARE

### Ali Active Training

**Tel:** 087 823 1276  
**Web:** aliactivetraining.com  
 • Manual and Patient Handling (p/t) \*

### Back to Education Initiative BTEI Kilkenny and Carlow ETB

1B Meadow Court,  
 Burrin Street, Carlow

**Tel:** 059 913 9532  
**Web:** www.kcetb.ie

- QQI Level 5 Certificate in Activities of Living Patient Care (p/t) \*
- QQI Level 5 Certificate in Care of the Older Person (p/t) \*
- QQI Level 5 Certificate in Care Skills (p/t) \*
- QQI Level 5 Certificate in Care Support (p/t) \*
- QQI Level 5 Certificate in Communications (p/t) \*
- QQI Level 5 Certificate in Healthcare Support (p/t) \* ^ **Venues:** Carlow and Tullow
- QQI Level 5 Certificate in Infection Prevention and Control (p/t) \*
- QQI Level 5 Certificate in Safety and Health at Work (p/t) \*
- QQI Level 5 Certificate in Work Experience (p/t) \*

### Barrow Training Online and Blended Learning

High Street, Bagenalstown

**Tel:** 059 972 1416  
**Web:** www.barrowtraining.ie

- QQI Level 5 Certificate in Healthcare Support (p/t) \* ^
- Manual and Patient Handling (p/t) \*
- Barrow Training also offer a large range of certified and non-certified Health and Medical related courses and workshops (p/t)
- Care planning
- Catheter care
- Covid back to work preparation
- Dealing with behaviour that is challenging
- Diabetes management

- End of life care
- Falls management
- Infection control
- Nursing delegation skills
- Safeguarding vulnerable people
- Wounds care management
- Healthcare Diplomas**
- Epilepsy Awareness
- Percutaneous Endoscopic GastronomyTube (Peg) Training
- Safe Administration of Medication
- Safe Administration of Medication Refresher

### Carlow Institute of Further Education and Training

Kilkenny Road, Carlow

**Tel:** 059 913 4230  
**Web:** www.carlowifet.ie

- QQI Level 5 Certificate – Healthcare Assistant (f/t) \* ^
- QQI Level 5 Certificate – Pharmacy Assistant (f/t) \* ^
- QQI Level 5 Certificate in Food Science – Health and Nutrition (f/t) \* ^
- QQI Level 5 Certificate in Nursing Studies (f/t) \* ^
- QQI Level 5 Certificate in Public Emergency Services (f/t) \* ^ / PHECC and Emergency Training Courses with the option of PHECC Emergency Medical Technician
- QQI Level 5 Certificate in Sports Therapy (f/t) \* ^
- QQI Level 6 Certificate in Sports Science (f/t) \* ^

### Focused Training Ireland

Tullow Business Centre, Bunclody Rd,  
 Tullow, Co. Carlow

**Tel:** 059 911 8912 / 089 400 9937  
**Web:** www.focusedtrainingireland.com

- Fire Marshal for Care Homes (p/t) \*
- Safeguarding Adults (p/t) \*

## HEALTHCARE

### Back to Education Initiative BTEI Kilkenny and Carlow ETB

7 Danville Business Park,  
 Ring Road, Kilkenny

**Tel:** 056 770 1020  
**Web:** www.kcetb.ie

**Venues:** Castlecomer, Danville, Ferrybank, Urlingford

- QQI Level 5 Care of the Older Person in Healthcare Support – Callan (p/t) \* ^
- QQI Level 5 Care of the Older Person in Healthcare Support – Castlecomer (p/t) \* ^
- QQI Level 5 Care of the Older Person in Healthcare Support – Danville (p/t) \* ^
- QQI Level 5 Care of the Older Person in Healthcare Support – Ferrybank (p/t) \* ^
- QQI Level 5 Care of the Older Person in Healthcare Support – Urlingford (p/t) \* ^
- QQI Level 5 Care Support in Healthcare – Danville (morning and evening) (p/t) \* ^
- QQI Level 5 Care Support in Healthcare - Urlingford (p/t) \* ^
- QQI Level 5 Communications in Healthcare Support – Danville (p/t) \* ^
- QQI Level 5 Infection Prevention in Healthcare Support – Castlecomer (p/t) \* ^
- QQI Level 5 Infection Prevention in Healthcare Support – Danville (p/t) \* ^
- QQI Level 5 Safety and Health at Work – Danville (p/t) \* ^
- QQI Level 5 Safety and Health at Work – Ferrybank (p/t) \* ^
- QQI Level 5 Safety and Health at Work – Urlingford (p/t) \* ^
- QQI Level 5 Work Experience in Healthcare Support – Danville (p/t) \* ^
- QQI Level 5 Work Experience in Healthcare Support – Ferrybank (p/t) \* ^
- QQI Level 5 Work Experience in Healthcare Support – Urlingford (p/t) \* ^

### Barrow Training

Kilkenny

**Tel:** 059 972 1416  
**Web:** www.barrowtraining.ie

#### Blended learning

- QQI Level 5 Anatomy and Physiology (f/t) \*
- QQI Level 5 Healthcare Support (f/t) \*
- QQI Level 5 Health Service Skills (f/t) \*

Barrow Training also offer a large range of certified and non-certified Health and Medical related courses and workshops (p/t)

- Care planning
- Catheter care
- Covid back to work preparation
- Dealing with behaviour that is challenging
- Diabetes management
- End of life care
- Falls management
- Infection control
- Nursing delegation skills
- Safeguarding vulnerable people
- Wounds care management

#### Healthcare Diplomas

- Epilepsy Awareness
- Percutaneous Endoscopic GastronomyTube (Peg) Training
- Safe Administration of Medication
- Safe Administration of Medication Refresher

### Ormonde College of Further Education

Ormonde Road, Kilkenny

**Tel:** 056 776 3321  
**Web:** www.ormondecollege.ie

- QQI Level 5 Community Care (with Social Studies) (f/t) \* ^
- QQI Level 5 Exercise and Health Fitness (f/t) \* ^
- QQI Level 5 Health Service Skills with EMT (f/t) \* ^
- QQI Level 5 Nursing Studies (f/t) \* ^



HEALTHCARE

Kilkenny and Carlow ETB Evening Classes

Venue: Colaiste Eoin, Hacketstown

Tel: 059 647 1198

Email: mairead.tompkins@ceh.ie

- QQI Level 5 modules in Healthcare Support (p/t) \* ^

Social Care Training Ireland

Unit 4, Lismard House, Tullow Street, Carlow

Mob: 087 957 6221

Web: www.socialcaretraining.ie

- Leadership and Management in Social Care (p/t)
- Professional Supervision Skills for Social Care Managers and Leaders (p/t)
- Safeguarding of Vulnerable Adults (p/t)

Training Services Kilkenny and Carlow ETB Online and Blended Learning Courses

Unit 4, Danville Business Park, Kilkenny

Tel: 056 781 3014 / 087 151 8113

Web: www.kcetbtraining.ie

- Prepare for Work in a Care Setting (f/t) 3-week course
- QQI Level 5 Certificate in Healthcare (p/t) \*

Online / Blended Learning

Barrow Training

www.barrowtraining.ie

FETCH Courses

www.fetchcourses.ie

Focused Training Ireland

www.focusedtrainingireland.com

Kilkenny and Carlow ETB Training Services

www.kcetbtraining.ie

HEALTHCARE

HCT Learning

Unit 2 Purcellsinch Business Park  
Dublin Road, Kilkenny

Tel: 056 777 0761

Web: www.hctlearning.ie

- HCT Learning offer a range of certified and non-certified courses in Healthcare (p/t) \*
- QQI Level 4 and 5 Communications (p/t) \*
- QQI Level 5 Safety and Health at Work (p/t) \*
- QQI Level 4 and 5 Work Experience (p/t) \*

Non QQI accredited Programmes

- CFR Community: Cardiac First Responders
- Challenging Behaviour
- FAR Refresher: First Aid Response Programme
- Fire Safety
- Health and Safety
- Manual Handling Certificate of Attendance
- Risk Assessment
- Risk Assessment Assessors Training

The Mill Family Resource Centre

Main Street, Urlingford, Co. Kilkenny

Tel: 056 883 8466

Web: www.millfrcurlingford.com

- The Mill Family Resource Centre offers Healthcare courses at QQI Level 4 and 5. Please contact the centre for details (p/t) \*

FRS Training Ltd

Kilkenny

Tel: 1890 201 000

Web: www.frstraining.com

Email: info@frstraining.com | mhickey@frstraining.com

FRSTraining offer a range of accredited Healthcare courses

Online learning

- QQI Level 5 Healthcare Support (f/t) \* ^
- QQI Level 5 Palliative Care Approach (p/t) \*
- Infection Prevention and Control (p/t)

Online / Blended Courses

Barrow Training

www.barrowtraining.ie

Chevron Training

www.chevrontraining.ie

FRS Training Ltd

www.frstraining.com

Progressive College

www.progressivecollege.ie

The Open College

www.theopencollege.com/qqi-healthcare-courses

LANGUAGE AND COMMUNICATIONS

Adult Learning Service

Tullow Road, Carlow

Tel: 059 913 5544  
Web: www.kcetb.ie  
Email: info@carlowadulthoodlearningcentre.ie

English language and literacy from beginners to upper intermediate level, daytime and evening classes with QQI accreditation (p/t) \*

Back to Education Initiative BTEI Kilkenny and Carlow ETB

1B Meadow Court, Burrin Street, Carlow

Tel: 059 913 9532  
Web: www.kcetb.ie

- QQI Level 4 Certificate in Communications (p/t) \*
- QQI Level 5 Certificate in Communications (p/t) \*

Barrow Training

High Street, Bagenalstown

Tel: 059 972 1416  
Web: www.barrowtraining.ie

- QQI level 3 to level 6 Communications modules (p/t) \*

Carlow Arts Office  
Carlow County Council

Athy Road, Carlow

Tel: 059 917 0300  
Web: www.carlow.ie/all-council-services/arts/

Carlow Writer in Residence Programme is lead and managed through the Arts Office of Carlow County Council in partnership with the Arts Council Ireland, Carlow College, St. Patrick's and Carlow County Library Service.

Carlow College

College Street, Carlow

Tel: 059 915 3200  
Web: www.carlowcollege.ie

- Part time creative writing modules for personal development (p/t)

Carlow County Library Service

Tullow Street, Carlow

Tel: 059 912 9705  
Web: www.carlowlibraries.ie

Transparent Language Online is a free service, teaching new languages using a wide variety of courses and activities such as typing and speaking practice. Working on virtually any Internet-connected device, or, computer, there are over 100 languages available including an extensive English collection. Contact your local library for more details (p/t)

Carlow Fáilte Isteach

Tel: 059 972 0733 / 086 410 8330  
Email: dthomas@carlowdevelopment.ie  
Web: www.carlowdevelopment.ie

- Conversational English classes delivered at three levels from Beginner to Advanced. Classes currently being facilitated via zoom on Thursday mornings 10 – 12, during term time in Carlow the Older Persons Forum, Barrack Street, Carlow (p/t)

Carlow Institute of Further Education and Training

Kilkenny Road, Carlow

Tel: 059 913 4230  
Web: www.carlowifet.ie

- QQI Level 5 Certificate in Digital Marketing (f/t) \* ^
- QQI Level 5 Certificate in Film and TV Production (f/t) \* ^
- QQI Level 5 Certificate in Graphic Design and Visual Communication (f/t) \* ^

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre  
Athy Road, Carlow

Tel: 059 913 2152  
Web: www.carlowkilkennyskillnet.ie

Online language tuition in 9 languages – English, French, German, Irish, Italian, Mandarin, Portuguese, Russian, Spanish (p/t)

LANGUAGE AND COMMUNICATIONS

Adult Learning Service

English Language Classes

ESOL – English for Speakers of other Languages

Tel: 056 776 3149  
Web: www.kcetb.ie

English language and literacy from beginners to upper intermediate level, daytime and evening classes with QQI accreditation (p/t) \*

This is a free confidential service that supports adults with reading, writing, spelling, basic numeracy and IT Skills. Tutor Training courses for volunteers and run annually (p/t) \*

Alliance Francaise

Kilkenny

Tel: 086 1690565  
Email: info@kilkenny.org  
Web: www.afkilkenny.org

French classes from First Class to Leaving Cert and also adult conversational classes from beginners to advanced (p/t)

Back to Education Initiative BTEI Kilkenny and Carlow ETB

7 Danville Business Park,  
Ring Road, Kilkenny

Tel: 056 770 1020  
Web: www.kcetb.ie

- QQI Level 5 Communications in Healthcare Support – Danville (p/t) \* ^

Barrow Training

Kilkenny

Tel: 059 9721416  
Web: www.barrowtraining.ie

- QQI level 3 to level 6 Communications modules from (p/t) \*

Carlow Kilkenny Skillnet

Jacqueline

Tel: 059 9132152  
Email: admin@carlowkilkennyskillnet.ie

Blended Courses

Language Tuition - 121 languages

Time: Personalised for each individual

Venue: Virtual Classrooms

Communication Skills

Any individuals interested in learning effective communication techniques in a business environment

Droichead Family Resource Centre

Old CBS School, West Street,  
Callan, Co. Kilkenny

Tel: 056 775 5660  
Web: www.doicheadfrc.ie

- Free conversational English classes every week (p/t)

Equinox Extended Learning

Tel: 087 997 5626  
Web: www.equinox4study.com

Facilitated by Equinox Education Services Ltd.

Evening Courses

- Cambridge English exam preparation classes (A1 to C2 Levels) for International Secondary School students (weekly Class over 10 weeks)
- Adult Evening English Language Course (twice a week x 10 Weeks)
- French Language Courses for Secondary School students and Adults (weekly Class over 10 weeks)
- On-Line Versions of these courses available for students outside Carlow/ Kilkenny area

Failte Isteach Programme

Fr McGrath Family Resource Centre  
Kilkenny

Web: www.frmcgrathcentre.ie

Conversational English classes run by volunteers every Wednesday morning from 10am – 12pm. Free Service (p/t)

## LANGUAGE AND COMMUNICATIONS

### e-College

**Tel:** 1800 855 831

**Web:** [www.ecollege.ie](http://www.ecollege.ie)

- Speak Irish With Me (p/t)

### Equinox Education Services Ltd

Carlow Gateway Business Centre,  
Athy Road, Carlow, R93 C7P6

**Tel:** 059 917 9340 / 085 725 4280

**Email:** [pdunne@equinox4study.com](mailto:pdunne@equinox4study.com)

**Web:** [www.equinox4study.com](http://www.equinox4study.com)

- Evening English Language courses (p/t)
- French Language courses (p/t)

### Glór Cheatharlach

Emma Uí Bhroin, Irish Language  
Development Officer

Áras na nÓg, Éire Óg,  
O'Brien Road, Carlow

**Tel:** 085 134 0047

**Email:** [emma@glorcheatharlach.ie](mailto:emma@glorcheatharlach.ie)

**Web:** [www.glorcheatharlach.ie](http://www.glorcheatharlach.ie)

Glor Cheatharlach is a local organisation committed to the promotion of the Irish language and culture in Carlow

### Irish Group:

**Caint Agus Comhrá (Is Leor Beirt)**

Weekly Irish Circle meet in Carlow County Museum on Wednesdays mornings (run via Zoom during Covid restrictions)

### Pitman Training

First Floor, 1 Tullow Street, Carlow

**Tel:** 059 918 2415 / 085 163 9351

**Web:** [www.pitman-training.ie/our-centres/carlow](http://www.pitman-training.ie/our-centres/carlow)

- Effective Business Communication (p/t) \*  
alphabetical amendments please
- Pitman English (p/t) \*
- Pitman English Diploma (p/t) \*

### St. Catherine's Community Services Centre

St. Joseph's Road, Carlow

**Tel:** 059 913 8706

**Web:** [www.catherines.ie](http://www.catherines.ie)

International Women's Group - this group is activity based, providing a space for participants to improve their English while developing friendships, skills and further integration into the local community (p/t)

## LANGUAGE AND COMMUNICATIONS

### Ferrybank Library Writers Group

Ferrybank Shopping Centre,  
Ferrybank, Via Waterford

**Tel:** 051 897 200

**Web:** [www.kilkennylibrary.ie](http://www.kilkennylibrary.ie)

You can join the library for free

For further information or advice about our Online Library etc. please contact Library H.Q. on

**Tel:** 056 779 4160

**Email:** [info@kilkennylibrary.ie](mailto:info@kilkennylibrary.ie)

Online Free Resources Available – Transparent Language Online

- Explore and learn a new language for FREE with Transparent Languages Online library
- 110+ language courses with Free, unlimited access
- 29 English language courses for speakers of different languages
- Activities and Learning materials for listening, speaking, reading and writing

### Gaelscoil Osraí

Loughboy, Kilkenny

**Tel:** 056 7765697

**Web:** [www.osrai.com](http://www.osrai.com)

Irish language classes provided for adult beginners, improvers and advanced.

Courses start in autumn subject to demand.

Ring mid-September for information.

Summer camp for senior primary school children in July.

### Gannet School Italian Classes

Claudio Lazzato, Kilkenny

**Tel:** 087 669 0598

**Email:** [info@gannetschool.it](mailto:info@gannetschool.it)

Private one to one or group classes in Italian, from beginners to advanced (p/t)

### HCT Learning

Unit 2 Purcellsinch Business Park  
Dublin Road, Kilkenny

**Tel:** 056 777 0761

**Web:** [www.hctlearning.ie](http://www.hctlearning.ie)

- QQI Level 4 and Level 5 Communications modules (p/t) \*

### iEnglish Centre

Abbey Business Centre,  
Abbey Street, Kilkenny

**Tel:** 085 867 2258

**Web:** [www.ienglishcentre.com](http://www.ienglishcentre.com)

General English classes are available from beginners to advanced, including Cambridge and IELTS examination preparation, individual lessons, English for work and Business English (p/t).

### Kilkenny Language Centre

44 Friary Street, Kilkenny

**Tel:** 087 747 7178

**Web:** [www.kilkennylanguage.com](http://www.kilkennylanguage.com)

Provides English language courses to speakers of other languages; General English and exam preparation (Cambridge, IELTS). Group and individual lessons available, all levels welcome (p/t) \*

### Kilkenny Toastmasters

Club House Hotel,  
Patrick St, Kilkenny

**Web:** [www.kilkennytoastmasters.ie](http://www.kilkennytoastmasters.ie)

**Email:** [kilkennytoastmasters@gmail.com](mailto:kilkennytoastmasters@gmail.com)

A public speaking club for enjoyment. Meetings include speeches and table topics.

Qualifications may be obtained (Competent Toast Master and Advanced Toast Master).

Meet 2nd and 4th Tuesday of the month, September to May, 8pm.

### Mackdonald Language Academy Ltd

The Village Campus,  
Waterford Road, Kilkenny

**Tel:** 087 9395106

**Web:** [www.mackdonald.com](http://www.mackdonald.com)

Private English classes for both adults and children (p/t)

## LANGUAGE AND COMMUNICATIONS

### Ferrybank Library Writers Group

Ferrybank Shopping Centre,  
Ferrybank, Via Waterford

**Tel:** 051 897 200

**Web:** [www.kilkennylibrary.ie](http://www.kilkennylibrary.ie)

You can join the library for free

For further information or advice about our Online Library etc. please contact Library H.Q. on

**Tel:** 056 779 4160

**Email:** [info@kilkennylibrary.ie](mailto:info@kilkennylibrary.ie)

Online Free Resources Available – Transparent Language Online

- Explore and learn a new language for FREE with Transparent Languages Online library
- 110+ language courses with Free, unlimited access
- 29 English language courses for speakers of different languages
- Activities and Learning materials for listening, speaking, reading and writing

### Gaelscoil Osraí

Loughboy, Kilkenny

**Tel:** 056 7765697

**Web:** [www.osrai.com](http://www.osrai.com)

Irish language classes provided for adult beginners, improvers and advanced.

Courses start in autumn subject to demand.

Ring mid-September for information.

Summer camp for senior primary school children in July.

### Gannet School Italian Classes

Claudio Lazzato, Kilkenny

**Tel:** 087 669 0598

**Email:** [info@gannetschool.it](mailto:info@gannetschool.it)

Private one to one or group classes in Italian, from beginners to advanced (p/t)

### HCT Learning

Unit 2 Purcellsinch Business Park  
Dublin Road, Kilkenny

**Tel:** 056 777 0761

**Web:** [www.hctlearning.ie](http://www.hctlearning.ie)

- QQI Level 4 and Level 5 Communications modules (p/t) \*

### iEnglish Centre

Abbey Business Centre,  
Abbey Street, Kilkenny

**Tel:** 085 867 2258

**Web:** [www.ienglishcentre.com](http://www.ienglishcentre.com)

General English classes are available from beginners to advanced, including Cambridge and IELTS examination preparation, individual lessons, English for work and Business English (p/t).

### Kilkenny Language Centre

44 Friary Street, Kilkenny

**Tel:** 087 747 7178

**Web:** [www.kilkennylanguage.com](http://www.kilkennylanguage.com)

Provides English language courses to speakers of other languages; General English and exam preparation (Cambridge, IELTS). Group and individual lessons available, all levels welcome (p/t) \*

### Kilkenny Toastmasters

Club House Hotel,  
Patrick St, Kilkenny

**Web:** [www.kilkennytoastmasters.ie](http://www.kilkennytoastmasters.ie)

**Email:** [kilkennytoastmasters@gmail.com](mailto:kilkennytoastmasters@gmail.com)

A public speaking club for enjoyment. Meetings include speeches and table topics.

Qualifications may be obtained (Competent Toast Master and Advanced Toast Master).

Meet 2nd and 4th Tuesday of the month, September to May, 8pm.

### Mackdonald Language Academy Ltd

The Village Campus,  
Waterford Road, Kilkenny

**Tel:** 087 9395106

**Web:** [www.mackdonald.com](http://www.mackdonald.com)

Private English classes for both adults and children (p/t)



LANGUAGE AND COMMUNICATIONS

Toastmasters

Web: [www.facebook.com/CarlowToastmasters](http://www.facebook.com/CarlowToastmasters)

Toastmasters enables people to improve their communication and leadership skills through supportive clubs. Carlow Toastmasters are currently holding meetings through Zoom on the 1st and 3rd Wednesday of the month.

Online/ Blended Learning

**Carlow County Library Service**  
[www.carlowlibraries.ie](http://www.carlowlibraries.ie)

**Carlow Fáilte Isteach Programme**  
[www.carlowdevelopment.ie](http://www.carlowdevelopment.ie)

**Carlow Kilkenny Skillnet**  
[www.carlowkilkennyskillnet.ie](http://www.carlowkilkennyskillnet.ie)

**e-College**  
[www.ecollege.ie](http://www.ecollege.ie)

**Equinox Education Services Ltd**  
[www.equinox4study.com](http://www.equinox4study.com)

**Gaelchultur**  
[www.gaelchultur.com](http://www.gaelchultur.com)

**NALA**  
Free courses in reading, writing, maths and technology  
[www.courses.nala.ie](http://www.courses.nala.ie)

**Pitman Training**  
[www.pitman-training.ie/our-centres/carlow](http://www.pitman-training.ie/our-centres/carlow)

LANGUAGE AND COMMUNICATIONS

Noreside Education Centre

3 St. Canice’s Court, Dean Street, Kilkenny

Tel: 056 776 2146 / 056 776 4667

Web: [www.noresidecentre.ie](http://www.noresidecentre.ie)

Email: [noresideeducation@gmail.com](mailto:noresideeducation@gmail.com)

- QQI Level 5 Communications (p/t) \* (one class per week)

Pitman Training

First Floor,  
1 Tullow Street, Co. Carlow

Tel: 059 918 2415

Web: [www.pitman-training.ie/carlow](http://www.pitman-training.ie/carlow)

Blended Courses

- Full Time, Part Time, Evening courses

- Interpersonal Communications (p/t) \*

Flexible Training

Moving you on from basic communication skills, this course considers key communication areas in depth to help you become more confident in the workplace as well as more effective.

Interpersonal Communications lasts between 20 - 30 hours and is provided in an e-learning format so you can learn at home, at a pace to suit you. Every Pitman Training centre also has Course Advisors, so there is always additional support on hand should you feel it necessary.

The course is highly practical in nature – it is packed with hints and tips to solve real-life work problems including quizzes to help reinforce your learning as you go.

Spanglish

Unit 2 Abbey Business Centre,  
Abbey Street, Kilkenny

Tel: 086 356 3306

Web: [www.spanglishkilkenny.ie](http://www.spanglishkilkenny.ie)

Email: [spanglishkilkenny@yahoo.ie](mailto:spanglishkilkenny@yahoo.ie)

Beginners, intermediate and conversation classes are available. Junior and Leaving Cert Grinds (p/t)

Young Irish Film Makers

St. Joseph’s Studios,  
Waterford Road, Kilkenny

Tel: 056 776 4677

Web: [www.yifm.com](http://www.yifm.com)

- QQI Level 4 Digital Media Technology (p/t) \*

- QQI Level 4 Teamworking (p/t) \*

- QQI Level 5 Visual Communications and Multimedia Production (f/t) \*

Online / Blended Courses

Language Courses

Alliance Francaise

[www.afkilkenny.org/about-us](http://www.afkilkenny.org/about-us)

Carlow / Kilkenny Skillnet

[www.carlowkilkennyskillnet.ie/training-programmes](http://www.carlowkilkennyskillnet.ie/training-programmes)

Libraries Ireland

[www.librariesireland.ie/elibrary/online-languages](http://www.librariesireland.ie/elibrary/online-languages)

Nala

[www.nala.ie/free-courses/](http://www.nala.ie/free-courses/)

Night Courses

[www.nightcourses.com/course-category/further-learning/languages](http://www.nightcourses.com/course-category/further-learning/languages)

Open University

[www.openuniversity.edu/welcome/the-open-university-in-ireland?](http://www.openuniversity.edu/welcome/the-open-university-in-ireland?)

Shaw Academy

[www.join.shawacademy.com/](http://www.join.shawacademy.com/)

Blended Learning Courses

Barrow Training

[www.barrowtraining.ie/courses](http://www.barrowtraining.ie/courses)

Carlow / Kilkenny Skillnet

[www.carlowkilkennyskillnet.ie/training-programmes](http://www.carlowkilkennyskillnet.ie/training-programmes)

Online Communication Courses

Distance Learning Courses

[www.cmit.ie/cmit-distance-learning-courses](http://www.cmit.ie/cmit-distance-learning-courses)

Night Courses

[www.nightcourses.com/course-category/further-learning/business/communications](http://www.nightcourses.com/course-category/further-learning/business/communications)

Skillnet Carlow/Kilkenny

[www.carlowkilkennyskillnet.ie/training-programmes](http://www.carlowkilkennyskillnet.ie/training-programmes)

PHOTOGRAPHY / DIGITAL MEDIA / VISUAL COMMUNICATIONS

Back to Education Initiative BTEI Kilkenny and Carlow ETB

1B Meadow Court, Burrin Street, Carlow

Tel: 059 913 9532

Web: www.kcetb.ie

- QQI Level 4 Certificate in Web Design (p/t) \*

Carlow Institute of Further Education and Training

Kilkenny Road, Carlow

Tel: 059 913 4230

Web: www.carlowifet.ie

- QQI Level 5 Certificate in Creative Media Production / Adobe Certified Associate (f/t) \* ^
- QQI Level 5 Certificate in Digital Marketing (f/t) \* ^
- QQI Level 5 Certificate in Film and TV Production (f/t) \* ^
- QQI Level 5 Certificate in Games and Apps Development (f/t) \* ^
- QQI Level 5 Certificate in Graphic Design and Visual Communication (f/t) \* ^
- QQI Level 5 Certificate in Music Performance (f/t) \* ^
- QQI Level 5 Certificate in Music Technology (f/t) \* ^
- QQI Level 5 Certificate in Production Arts (f/t) \* ^

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre, Athy Road, Carlow

Tel: 059 913 2152

Web: www.carlowkilkennyskillnet.ie

- QQI Level 5 Certificate in Digital Marketing (p/t) \*
- Social Media for Business (p/t)

Carlow Little Theatre Society

Tel: Paul 085 725 4280

Web: www.carlowlittletheatre.com

New members welcome for onstage, backstage, and technical positions

e-College

Tel: 1800 855831 Web: www.ecollege.ie

Courses in visual design using Adobe Photoshop; Graphic Design and Illustration using Adobe Illustrator; Print and Digital Media Publication using Adobe InDesign

Pitman Training

Wexford Road Business Park, Carlow, R93 K260

Tel: 059 918 2415 / (085) 1639351

Email: carlow@pitman-training.ie

Web: www.pitman-training.ie/our-centres/carlow

Pitman Training offer career-focused training courses to help students get the skills they need to grow or progress their careers. Their courses and diplomas offer industry standard certifications and CPD accredited training and are tailor-made for each student.

- Digital Marketing Diploma with the Digital Marketing Institute (p/t) \*
- Graphic Design Diploma with Adobe ACA (p/t) \*
- Marketing Assistant Diploma (p/t) \*
- Social Media for Business Diploma (p/t) \*
- Web Design Specialist Diploma (p/t) \*

PHOTOGRAPHY / DIGITAL MEDIA / VISUAL COMMUNICATIONS

Amanda Burke Photography

Kilkenny

Tel: 086 067 7875

Web: www.amandaburkephotography.com

Beginners and intermediate classes are available and take place in St. Patrick's parish centre in Loughboy (p/t)

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre Athy Road, Carlow

Tel: 059 913 2152

Web: www.carlowkilkennyskillnet.ie

- QQI Level 5 Digital Marketing (p/t) \*
- Social Media for Business (p/t)

Kilkenny Photographic Society

The Pembroke Hotel, Kilkenny, Mark Desmond

Tel: 083 3471566

Web: www.kilkennyphoto.net

Blended / Zoom

Meetings held weekly on Thursdays at 8pm (p/t)

Ormonde College of Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321

Web: www.ormondecollege.ie

- QQI Level 5 Media Production (f/t) \* ^

Visual Communications

There are 6 Colleges in Ireland that you can study Visual Communications

- Dun Laoghaire Institute of Art Design and Technology
- Letterkenny Institute of Technology
- Dublin Institute of Technology
- Athlone Institute of Technology
- Cork Institute of Technology
- National College of Art and Design

PHOTOGRAPHY / DIGITAL MEDIA /  
VISUAL COMMUNICATIONS

Training Services Kilkenny and  
Carlow ETB

Unit 4, Danville Business Park, Kilkenny

Tel: 056 781 3014 / 087 151 8113

Web: [www.kcetbtraining.ie](http://www.kcetbtraining.ie)

- Diploma in Digital Marketing – Website Creation  
City and Guilds (p/t) \*

Online / Blended Learning

e-College  
[www.ecollege.ie](http://www.ecollege.ie)

Carlow Kilkenny Skillnet  
[www.carlowkilkennyskillnet.ie](http://www.carlowkilkennyskillnet.ie)

FETCH Courses  
[www.fetchcourses.ie](http://www.fetchcourses.ie)

Training Services  
[www.kcetbtraining.ie](http://www.kcetbtraining.ie)

Pitman Training Carlow Kilkenny  
[www.pitman-training.ie/our-centres/carlow](http://www.pitman-training.ie/our-centres/carlow)

PHOTOGRAPHY / DIGITAL MEDIA /  
VISUAL COMMUNICATIONS

Young Irish Film Makers

LTI Digital Media, St. Joseph's Studios  
Waterford Road, Kilkenny

Helen Curtin

Tel: 056 775 1405

Email: [helen@yifm.com](mailto:helen@yifm.com)

- QQI Level 5 Multimedia Production (p/t) \*
- QQI Level 5 Multimedia Authoring (p/t) \*
- QQI Level 5 Multimedia Project Development  
(p/t) \*

Online Courses

e-College  
[www.ecollege.ie](http://www.ecollege.ie)

Carlow Kilkenny Skillnet  
[www.carlowkilkennyskillnet.ie](http://www.carlowkilkennyskillnet.ie)

FETCH Courses  
[www.fetchcourses.ie](http://www.fetchcourses.ie)

Training Services  
[www.kcetbtraining.ie](http://www.kcetbtraining.ie)

Pitman Training Carlow Kilkenny  
[www.pitman-training.ie/our-centres/carlow](http://www.pitman-training.ie/our-centres/carlow)



POSITIVE LIVING

AWARE

Tel: 1800 804848  
Web: www.aware.ie

The Life Skills Programme is aimed at individuals who are experiencing mild to moderate depression, stress and/or anxiety and would like to learn new ways to deal with life’s challenges. The programme is based on the principles of cognitive behavioural therapy (CBT), and is designed to help people learn more about how they think and how this can influence their actions in helpful or unhelpful ways.

Bagenalstown Family Resource Centre

Royal Oak Road, Moneybeg,  
Bagenalstown, Co. Carlow

Tel: 059 972 2028  
Web: www.bagenalstownfamilyresourcecentre.ie

- Aromatherapy and Relaxation (p/t)
- Managing Stress and Anxiety (p/t)

Carlow County Library Service

Tel: 059 912 9705  
Web: www.carlowlibraries.ie

Community Piano - A Yamaha piano is available for public use and housed in the GB Shaw Room in Carlow Central Library. Individuals and groups are encouraged to use the piano. The piano must be reserved for use, membership is required to make a booking, and bookings are at the discretion of the library. Usage policy and booking forms are available at the desk.

Healthy Ireland at your Library is a nationwide initiative which seeks to encourage people to make positive choices to improve their physical and mental health, while also providing support and information to help people make more healthy choices. Carlow Library Service is involved in the initiative and services provided include enhanced health information with all library branches having books, eBooks, audio and e-Magazines on various issues such as healthy eating, positive ageing, childhood health and wellbeing.

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre,  
Athy Road, Carlow

Tel: 059 913 2152  
Web: www.carlowkilkennyskillnet.ie

- Goal Setting (p/t)
- Mental Health First Aid (p/t)\* (on demand)
- Resilience Training (p/t)
- Speaker School (p/t)
- Wellbeing at Work (p/t)

Focused Training Ireland

Tullow Business Centre, Bunclody Rd,  
Tullow, Co. Carlow

Tel: 059 911 8912 / 089 400 9937  
Web: www.focusedtrainingireland.com

- Supporting individuals during a mental health crisis in work Level 3 (p/t) \* QNUK accreditation
- Understanding Mental Wellbeing in the Workplace Level 2 (p/t) \* QNUK accreditation
- Understanding your own mental health Level 1 (p/t) \* QNUK accreditation

Hacketstown Core Centre

Hacketstown, Co. Carlow

Email: hacketstowncore@gmail.com  
Facebook: Hacketstown Community Group

- Personal Development (p/t) \*

Involvement Centre

St Dympnás Hospital, Athy Road, Carlow

Tel: 059 913 6342 / 087 634 1157  
Email: belindacoyleinvolvementcc@gmail.com  
Facebook Page: Involvement Centre Carlow  
Open: Monday to Friday 10.30 am to 1.30 pm.

The Involvement Centre is a peer led recovery focused space run by volunteers. It offers a warm, welcoming place, in which mental health difficulties are understood to be part of life and are accepted in a non-judgmental way. People can drop in for a cup of tea, a chat and get involved. Volunteers and visitors to the centre develop the programmes and activities in line with the expressed needs of those who visit the centre. The Centre facilitated different activities before COVID 19 such as Music groups, Movie Club, Creative Writing Group, Crocheting and Personal Development Recovery Programmes and plan to run these activities in the future under COVID 19 guidelines.

POSITIVE LIVING

Aanahata Yoga Centre

Castlecomer Discovery Park,  
Castlecomer, Co. Kilkenny

Tel: 086 372 2653  
Web: www.aanahatayoga.ie

- Pilates, Meditation, Yoga, Art and Yoga Teacher Training classes (p/t) \*

Breda Gardner Insight Natural Health Clinic

15 Upper Patrick Street, Kilkenny

Tel: 087 2025753  
Web: www.bredagardner.com

- Iridology, Homeopathy, Nutritional Advice and Positive Affirmations courses (p/t)

Counselling Services in Kilkenny  
Web: www.naturaltherapyforall.com  
Web: www.irish-counselling.ie

HSE Website for mental health:  
Web: www.yourmentalhealth.ie

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre,  
Athy Road, Carlow

Tel: 059 913 2152  
Web: www.carlowkilkennyskillnet.ie

- Resilience Training (p/t)
- Wellbeing at Work (p/t)

Darver House Nursery

Jeninstown, Co. Kilkenny

Tel: 056 776 7028 / 086 807 2040  
Web: www.darverhousenursery.com

- Gardening for Wellbeing courses (p/t)

Droichead Family Resource Centre

Callan, Co Kilkenny

Tel: 056 775 5660  
Web: www.droicheadfrc.ie

- Courses in Yoga (p/t)

Janet E. Sahafi

Thomastown, Co. Kilkenny

Web: www.janetesahafi.com  
Tel: 086 340 1833

- Courses for individuals on Mindfulness. Sessions available on the use of journal writing for clarity in working through difficult emotions or muddled thinking. Short term counselling also available (p/t)

KCAT Art and Study Centre

Mill Lane, Callan, Co. Kilkenny

Tel: 056 775 5115  
Web: www.kcat.ie

- Acting classes every Thursday from 9.30am to 4.30pm September - June (p/t)

POSITIVE LIVING

Mulvarra House

St. Mullins, Carlow

Tel: 051 424 936

Web: www.mulvarra.com

Run weekend retreats and workshops primarily in the areas of yoga/ meditation, traditional arts and crafts, and food.

Recovery College South East

Tel: 056 770 3666 / 086 174 6330

Web: www.recoverycollegesoutheast.com

Venue: Involvement Centre, St. Dymphna's Hospital, Athy Road, Carlow

Example of workshops held throughout the year – these are currently available online: What is this they call recovery? Returning to work in the COVID 19 world; Making changes: where to start and how to maintain; Let's talk social media and wellbeing; Mind over mood; Staying well and making plans – managing the ups and downs; Making connections – building confidence in social situations; Talking and listening, it works both ways; Practical facilitation skills; Take charge of your life; Music for mood; Positive thinking – practicing wellbeing; Understanding and living with addictions; Understanding recovery for families; Understanding self-esteem; Good stress/ bad stress; Working together – co-production; Understanding and living with voices; Understanding and living with paranoia; Loneliness and isolation; Assertiveness; Understanding self-harm; WRAP (Wellness Recovery Action Plan); Understanding and living with anxiety; Introduction to mindfulness; Recovery principles and practice; Understanding sleep - getting a good night's sleep; Learning self-compassion and kindness for myself; Building my self confidence

The Regional Suicide Resource Office

Tel: 051 874 013

Web: www.hse.ie

START

Suicide Prevention Skills Online Programme (1.5 hour)

safeTALK

Suicide alertness training (3.5 hour)

ASIST

Applied Suicide Intervention Skills Training (2 day)

Understanding Self-Harm

Suicide Bereavement Workshop for Professionals - (1 day)

Suicide Bereavement Community Information

(2 hour)

Book into this training at [www.bookwhen.com/sro](http://www.bookwhen.com/sro) or email [trainingsro@hse.ie](mailto:trainingsro@hse.ie)

Teach Bhride Holistic Education Centre

Tullow, Co. Carlow

Tel: 059 915 2465

Email: [teachbhride@outlook.com](mailto:teachbhride@outlook.com)

Personal Development / Training Programmes - topics covered in these courses include: self-esteem/ self-confidence; communication skills; depression; fear/ anxiety; panic attacks; managing strong emotions / feelings; relationship development; anger management; bereavement support; support for people suffering with suicidal thoughts or families / people bereaved by suicide; addiction; spirituality; sexuality

Wake Up!

Tel: 087 415 0077

Email: [stephen@wakeup.ie](mailto:stephen@wakeup.ie)

Web: [www.wakeup.ie](http://www.wakeup.ie)

The Happy Programme – Make Life Better (p/t) - bookings for this programme at [www.wakeup.ie/happy-programme/](http://www.wakeup.ie/happy-programme/)

Yoga

Ballinkillen Lorum Community Centre

Tel: 059 977 5175 / 089 257 8122

Connie Byrne Yoga

[www.facebook.com/conniebyoga](https://www.facebook.com/conniebyoga) Tel: 083 441 5635

Maria Bermejo

Web: [www.mariabyoga.com](http://www.mariabyoga.com) Tel: 087 642 1820

Mulvarra House

Web: [www.mulvarra.com](http://www.mulvarra.com) Tel: 051 424 936

Pam Butler

Web: [www.pambutleryoga.com](http://www.pambutleryoga.com) Tel: 086 089 1141

St. Catherine's Community Services Centre

Web: [www.catherines.ie](http://www.catherines.ie) Tel: 059 913 8706

Teach Bhride Holistic Education Centre

Tel: 059 915 2465

Wellness with Wendy

Web: [www.facebook.com/wellnesswithwendyc0/](https://www.facebook.com/wellnesswithwendyc0/)

Tel: 086 151 1290

POSITIVE LIVING

Kilkenny Involvement Centre

Colliers Lane, Kilkenny

Tel: 086 047 3968

Email: [involvementkk@gmail.com](mailto:involvementkk@gmail.com)

- Workshops are held on various mental health related topics (p/t)

Kilkenny School of Yoga

Canal Square, Rose Inn Street, Kilkenny

Tel: 087 660 9654

Web: [www.kilkennyschoolofyoga.com](http://www.kilkennyschoolofyoga.com)

- Yoga Teacher training, over 10 months (1 weekend per month Sep - June). Classes from Mon - Sat, both group classes and one to one sessions (p/t) \*

National Learning Network NLN

William Street, Kilkenny

Tel: 056 779 7500

Web: [www.nln.ie](http://www.nln.ie)

National Learning Network is the training and employment division of the Rehab Group. NLN assists learners at a disadvantage in the labour market to learn the skills they need to build a lasting career or progress with their learning in an area that reflects their interests and abilities (f/t)

Recovery College South East

Greenshill, Kilkenny

Tel: 056 770 3666

Email: [recoverycollegesoutheast@gmail.com](mailto:recoverycollegesoutheast@gmail.com)

Web: [www.recoverycollegesoutheast.com](http://www.recoverycollegesoutheast.com)

Workshops are available online from September:

Let's Talk Anxiety, Wellness Recovery Action Plan (WRAP), Let's Talk Addictions, Self Esteem, Building my Self Confidence, Living Well with Depression, Diagnosis and Beyond, The Emotion of Anger, Advocacy and Empowerment, Understanding the Mental Health Service, Service User and Family Member Involvement Training and Growing for Wellbeing.

TASK

Abbey Business Centre, Abbey Street, Kilkenny

Tel: 056 777 1959

- TASK is part of the Kilkenny Mental Health Services and is a rehabilitative training programme for people experiencing mental health difficulties (p/t)

POSITIVE LIVING

Meditation/ Mindfulness

**Connie Byrne Yoga**  
www.facebook.com/conniebyoga/ **Tel:** 083) 4415635

**Hacketstown Core Centre**  
**Email:** hacketstowncore@gmail.com  
**Facebook:** Hacketstown Community Group

**Maria Bermejo**  
**Web:** www.mariabyoga.com **Tel:** 087 642 1820

**Mindfulness by Jack Byrne**  
www.mindfulnessbyjackbyrne.com **Tel:** 086 606 6087

**Mulvarra House**  
**Web:** www.mulvarra.com **Tel:** 051 424 936

**Recovery College South East**  
**Web:** www.recoverycollegesoutheast.com  
**Tel:** 086 174 6330

**Rosaleen Fadden**  
**Web:** www.taichiandwellnessacademy.com  
**Tel:** 086 078 9241

**Teach Bhride Holistic Education Centre**  
**Tel:** 059 915 2465

Pilates

**Empower Fitness**  
**Web:** www.empowerfitness.ie **Tel:** 087 738 2955

**Energie Fitness**  
**Web:** www.energiefitness.com **Tel:** 059 910 4030

**JFK Rehabilitation and Injury Clinic**  
**Tel:** 087 795 6977

**Pilates by Ciara**  
**Facebook:** www.facebook.com/pilatesbyciara  
**Tel:** 086 300 6871

**Realta Clinic Carlow**  
**Facebook:** www.facebook.com/starcarlow  
**Tel:** 059 9134779

**TM Pilates**  
**Web:** www.tmpilates.com **Tel:** 087 773 1106

Online / Blended Learning

**AWARE**  
**Web:** www.aware.ie

**Bagenalstown Family Resource Centre**  
**Web:** www.bagenalstownfamilyresourcecentre.ie

**Carlow County Library Service**  
www.carlowlibraries.ie

**Carlow Kilkenny Skillnet**  
www.carlowkilkennyskillnet.ie

**Recovery College South East**  
www.recoverycollegesoutheast.com

**Wake Up!**  
**Web:** www.wakeup.ie

POSITIVE LIVING

The Om Rooms

Tullamaine, Callan, Co. Kilkenny

**Tel:** 087 6962299  
**Email:** theomroomskilkenny@gmail.com

Meditation classes morning and evening, Wellness classes, Stress management, Kundalini Yoga, Wellness Retreats (p/t)

Wellbeing and Motivation - Blended Courses

These Wellbeing and Motivation courses are for both corporate and personal

Knocknamuck, Tullaroan, Co. Kilkenny

**Tel:** 083 333 7816  
**Email:** atworkmotivation@gmail.com  
**Web:** www.wellbeingandmotivation.ie/

Online / Blended Courses

**Wellbeing and Motivation**  
www.wellbeingandmotivation.ie/

**Breda Gardner**  
www.bredagardner.com/



SELF-EMPLOYMENT /  
ENTREPRENEURSHIP

Carlow County Development  
Partnership (CCDP)

Main Street, Bagenalstown, Co. Carlow

Tel: 059 972 0733

Email: reception@carlowdevelopment.ie

Web: www.carlowdevelopment.ie

Provides a support service for unemployed adults  
interested in starting their own business.

Carlow County Library Service

Tel: 059 912 9705

Web: www.carlowlibraries.ie

The Work Matters service at your library is a perfect  
place to explore, research and learn new skills if you  
are thinking of starting your own business. Services/  
information available:

- Business Research Supports
- StartYour Own Business
- Funding and Finance
- Intellectual Property Rights
- Access to Digital Resources through library  
membership

Carlow Local Enterprise Office  
(LEO)

Enterprise House, O’Brien Road, Carlow

Tel: 059 912 9783

Web: www.localenterprise.ie/Carlow

The Local Enterprise Offices provide supports  
to local businesses that are starting up or in  
development. They provide training programmes  
and start your own business courses as well as  
mentoring and financial supports.

- StartYour Own Business (p/t)

New Frontiers Entrepreneurial  
Development Programme

Web: www.newfrontiers.ie

New Frontiers is a national programme designed  
to develop entrepreneurs. It is delivered on behalf  
of Enterprise Ireland by Institutes of Technology  
and Universities across Ireland. New Frontiers is  
a three-phase programme, consisting of practical  
and interactive workshops, personalised one-to-one  
mentoring, financial support and co-working space.

SELF EMPLOYED /  
ENTREPRENEURSHIP

Self Employed

Introduction

If you are thinking of setting up a business there  
are a number of issues you need to consider.  
Different supports and regulations apply,  
depending on your particular situation. You may  
be employed, unemployed or someone who is  
coming from outside Ireland to set up a business.

The Local Enterprise Office provide supports  
to local businesses that are starting up or  
in development. Their role is to stimulate  
economic activity at local level and to promote  
microenterprises (10 or fewer employees).  
You can find information about their training  
programmes and start your own business courses  
as well as mentoring and financial supports on  
localenterprise.ie.

Training Supports

To assist the small business community in  
meeting the challenges of the business world,  
LEOs provide a wide range of high-quality  
training supports which are tailored to meet  
specific business requirements. Whether it is  
starting a business or growing a business there is  
something suitable for everyone.

Start your own Business Course

Start Your Own Business Aims:

It is important to plan in advance of setting  
up a business. Preparation is the single most  
important thing you can do to ensure your  
fledgling business gets off the ground and  
continues flying.

Key Issues Include:

- Is your business idea viable?
- Can you develop a competitive and sustainable  
enterprise?
- Are you prepared to take the risk?
- What skills do you require to achieve your  
objectives?

Who Should Attend?

The LEO SYOB programme focuses on:

- Anyone with a business idea they want to  
develop
- Anyone looking at self-employment as a  
realistic career option
- Anyone who has recently started a business

The programme will guide you through the  
various aspects of business and business  
planning. The objective is to assist you in  
assessing your idea, its viability and to decide if  
you should proceed or take a step back.

Programme Modules:

The following is the typical content and  
breakdown of a StartYour Own Business training  
programme

Modules include:

- Starting up / getting started
- Identifying, understanding and researching  
your target market
- Tax, law and insurance
- Financial planning (pricing, costing)
- Sources of funding
- Promoting your business
- Sales and service
- Basic bookkeeping
- Developing your Business Plan

Funding and Grants

The Enterprise Support Grant is available to assist  
eligible self-employed recipients who close their  
COVID-19 Pandemic Unemployment Payment on  
or after 18 May 2020.

This will provide business owners with a once-  
off grant of up to €1,000 to restart their business  
which was closed due to the COVID-19 pandemic.

How to qualify

The Grant will be awarded to self-employed  
people who:

- are tax and PRSI compliant
- are not liable for commercial rates
- have been in receipt of the COVID-19 Pandemic  
Unemployment Payment and have closed their  
claim on or after 18 May 2020
- have reopened their business which was closed  
due to the pandemic
- employ less than 10 people
- have an annual turnover of less than €1 million

SELF-EMPLOYMENT /  
ENTREPRENEURSHIP

Pitman Training Carlow Kilkenny

Wexford Road Business Park,  
Carlow, R93 K260

**Tel:** 059 918 2415 / 085 163 9351  
**Email:** carlow@pitman-training.ie  
**Web:** www.pitman-training.ie/our-centres/carlow

- Business Start-Up Diploma
- Social Media for Business Diploma

Online / Blended Learning

**Carlow County Library Service**  
www.carlowlibraries.ie

**Local Enterprise Office Carlow**  
www.localenterprise.ie/Carlow

**Pitman Training**  
www.pitman-training.ie/our-centres/carlow

SELF EMPLOYED /  
ENTREPRENEURSHIP

- are not eligible for the COVID-19 Business Restart Grant or similar COVID-19 business restart grants from other government departments
- can produce VAT receipts/invoices in respect of business restart costs and expenses claimed, if requested to do so by the department:  
[www.gov.ie/](http://www.gov.ie/)

Feasibility Study Grants are designed to assist the promoter with researching market demand for a product or service and examining its sustainability.

It includes assistance with innovation including specific consultancy requirements, hiring of expertise from third level colleges private specialists, design and prototype development.

The maximum Feasibility Study Grant payable for the SandE Region shall be 50% of the investment or €15,000 whichever is the lesser. The maximum Feasibility Study Grant payable for the BMW Region shall be 60% of the investment or €15,000 whichever is the lesser.

Expenditure may be considered under the following headings:

- Market Research
- Consultancy Costs
- Technical Development/Prototype/Innovation
- Salary/Own Labour Research
- Miscellaneous Costs

A Priming Grant is a business start-up grant, available to micro enterprises within the first 18 months of start-up.

Priming grants may be available for sole traders, partnerships or limited companies that fulfil the following criteria:

- Located and operating within the LEO's geographic area
- A business which on growth will fit the Enterprise Ireland portfolio
- A business employing up to 10 employees
- A manufacturing or internationally traded services business
- A domestically traded service business with the potential to trade internationally
- Need for money and having regard to deadweight and displacement

Eligible clients may be awarded a Priming Grant within the first eighteen months of setting up the business.

The maximum Priming Grant payable shall be 50% of the investment or €150,000 whichever is the lesser.

Expenditure may be considered under the following headings:

- Capital items
- Salary costs
- Consultancy/Innovation/Marketing costs
- General overhead costs

All grants of a value greater than or equal to €50,000 or with a cumulative value of €100,000 over three years require Enterprise Ireland Approval. Grants over €80,000 and up to €150,000 shall be the exception and shall only apply in the case of projects that clearly demonstrate a potential to graduate to Enterprise Ireland. In all other cases, the maximum grant shall be 50% of the investment or €80,000 whichever is the lesser. Subject to the 50% limit, a maximum grant of €15,000 per full time job created shall apply in respect of any employment support granted.

The Business Expansion grant is designed to assist the business in its growth phase after the initial 18 month start-up period.

Business Expansion grants may be awarded to sole traders, partnerships or limited companies that fulfil the following criteria:

- Located and operating within the LEO geographic area
- A business, which, on growth, will have the capacity to progress to the Enterprise Ireland portfolio
- A business employing up to 10 employees
- A manufacturing or internationally traded service business
- A domestically traded service business with the potential to trade internationally.

The maximum Business Expansion Grant payable shall be 50% of the investment or €150,000 whichever is the lesser.

Expenditure may be considered under the following headings:

SELF-EMPLOYMENT /  
ENTREPRENEURSHIP

SELF EMPLOYED /  
ENTREPRENEURSHIP

- Capital items
- Salary costs
- Consultancy/Innovation/Marketing costs
- General overhead costs

Grants over €80,000 and up to €150,000 shall be the exception and shall only apply in the case of projects that clearly demonstrate a potential to graduate to Enterprise Ireland and/or to export internationally. In all other cases, the maximum grant shall be 50% of the investment or €80,000 whichever is the lesser. Subject to the 50% limit, a maximum grant of €15,000 per full time job created shall apply in respect of any employment support granted.

All grants of a value greater than or equal to €50,000 or with a cumulative value of €100,000 over three years require Enterprise Ireland Approval

Local Enterprise Office Kilkenny  
Kilkenny County Council

County Hall, John Street, Kilkenny, R95A39T  
**Web:** [www.localenterprise.ie/Kilkenny/](http://www.localenterprise.ie/Kilkenny/)

Entrepreneurship

Entrepreneurship is of growing importance to the economy and society in general because it deals with innovation, problem solving and wealth creation all really important factors for developing economies and societies in general.

Entrepreneurs can change the way we live and work. If successful, their innovations may improve our standard of living, create wealth and jobs as well as the conditions for a prosperous society.

The Initium South East Programme includes:

The Initium South East project is an innovative series of start-up programmes led by the southeast LEOs, Enterprise Ireland and the Ireland South East Offices, in partnership with South East BIC and IT Carlow. It aims to animate, develop and support the creation of 40 new specialised start-up companies in the southeast.

- 2 Day Boot Camp
- 3 Mentoring Sessions

- Industry Champion and Networking
- Business Supports and funding applications

On completion of the Initium South East programme companies will be able to decide whether to start your own business or if their concept needs further refinement and supports for both paths will be provided. Initium South East can help progress both concepts and companies in various areas;

ICT, Visualisation, Technology and Software; Engineering; Financial Services; Life Sciences as well as Talent Opportunity and Intrapreneurship.

Local Enterprise Office Kilkenny  
Kilkenny County Council,

County Hall, John Street,  
Kilkenny, R95A39T

**Tel:** 056 7752662  
**Web:** [www.localenterprise.ie/Kilkenny/](http://www.localenterprise.ie/Kilkenny/)

Springboard and Entrepreneurs Programme

**Duration:** 18 weeks

**Study mode:** Virtual learning

**Cost:** Free to eligible applicants

About the programme

The Springboard+ Entrepreneurs Programme leading to an Advanced Certificate in Management Practice in conjunction with Ulster University has been specifically designed for individuals at the very early stage of forming a business.

To date, over 200 budding entrepreneurs and “Returners” have chosen this programme!

Including modules in “The Future of Work”, “Resilience for Entrepreneurs”, “Refining Your Business Idea” and “Developing Your Online Presence”, the programme will assist budding entrepreneurs as you develop from a seedling idea to a fully functioning business, ensuring you have a well thought out and actionable business plan and are equipped with practical and usable skills to enable you to grow your business.



SELF-EMPLOYMENT /  
ENTREPRENEURSHIP

SELF EMPLOYED /  
ENTREPRENEURSHIP

The programme will take place 2 mornings per week over 18 weeks. Classes will be held online and delivered live to ensure an interactive and engaging learning environment.

Course Content:

- Presenting Your Best Self
- Personal Effectiveness (accredited module)
- Strategy – Refining Your Business Idea
- Managing the Marketing Funnel
- Selling Online – Developing Your Online Presence
- Driving Customer Traffic
- The Future of Work (accredited module)
- Resilience for Entrepreneurs

- Sales and Negotiation
- Finance for Start-Ups
- Management Project (accredited module)

Eligibility

Whilst the programme has been specifically designed for individuals at the very early stage of forming a business, it is available to both those already in employment and those who are out of work, whether in receipt of unemployment benefit or having been out of the workforce for some time, once they meet the university’s entry level requirements.

STEM (SCIENCE, TECHNOLOGY, ENGINEERING AND MATHEMATICS)

Adult Learning Service

Tullow Road, Carlow

Tel: 059 913 5544

Email: info@carlowadultlearningcentre.ie

Web: www.kcetb.ie

- QQI Level 1 Certificate in Mathematics (p/t) \*
- QQI Level 2 Certificate in Mathematics (p/t) \*
- QQI Level 3 Certificate in Mathematics (p/t) \*

ARC Training Services Ltd

New Acre, Athy Road, Carlow

Tel: 059 913 1624

Web: www.arctrainingsolutions.com

- Bespoke training (p/t) \*
- Coded Pipe Welding (p/t) \*
- Manual Metal Arc (MMA) (p/t) \*
- Metal Inert Gas (MIG) (p/t) \*
- Tungsten Inert Gas (TIG) (p/t) \*

Back to Education Initiative BTEI Kilkenny and Carlow ETB

1B Meadow Court, Burrin Street, Carlow

Tel: 059 913 9532

Web: www.kcetb.ie

- QQI Level 4 Certificate in ICT (Information Communication Technology) (p/t) \* ^
- QQI Level 4 Certificate in Computer Applications (p/t) \*
- QQI Level 4 Certificate in Information Technology Skills (p/t) \*
- QQI level 4 Certificate in Mathematics (p/t) \*
- QQI Level 4 Certificate in Web Design (p/t) \*
- QQI Level 4 Certificate in Word Processing (p/t) \*
- QQI Level 5 Certificate in Spreadsheet Methods (p/t) \*
- QQI Level 5 Certificate in Text Production (p/t) \*
- QQI Level 5 Certificate in Word Processing (p/t) \*

Carlow Institute of Further Education and Training

Kilkenny Road, Carlow

Tel: 059 913 4230

Web: www.carlowifet.ie

- QQI Level 5 Certificate in Applied Science (f/t) \* ^
- QQI Level 5 Certificate in Automotive Technology (f/t) \* ^
- QQI Level 5 Certificate in Computer Systems and Networks (f/t) \* ^
- QQI Level 5 Certificate in Construction and Building (f/t) \* ^
- QQI Level 5 Certificate in Creative Media Studies/ Adobe Certified Associate (f/t) \* ^
- QQI level 5 Certificate in Digital Marketing (f/t) \* ^
- QQI Level 5 Certificate in Engineering Technology (f/t) \* ^
- QQI Level 5 Certificate in Food Science – Health and Nutrition (f/t) \* ^
- QQI Level 5 Certificate in Furniture Design and Making (f/t) \* ^
- QQI Level 5 Certificate in Games and Apps Development (f/t) \* ^
- QQI Level 5 Certificate in Graphic Design and Visual Communication (f/t) \* ^
- QQI Level 5 Certificate in Pharmacy Assistant (IPU Medicines Counter Assistant) (f/t) \* ^
- QQI Level 6 Certificate in Animal Science (f/t) \* ^

e-College

Tel: 1800 855 831

Web: www.ecollege.ie

- Online courses in computer programming, data science, databases, IT Professional and web and graphic design

STEM (SCIENCE, TECHNOLOGY, ENGINEERING AND MATHEMATICS)

Adult Education Evening Classes

Kilkenny, 43 Upper Patrick Street, Kilkenny

Tel: 056 776 5103

Web: www.kcetb.ie

- Tuition is provided during the day and at night in the Kilkenny service.
- We offer classes to all adults who want to improve their skills in maths.
- Apprentice Maths Support course (p/t)

Purpose

The purpose of this programme is to support craft apprentices at Phases 1 and 2 with maths support. It will also benefit those considering an apprenticeship.

Back to Education Initiative BTEI Kilkenny and Carlow ETB

7 Danville Business Park, Ring Road, Kilkenny

Tel: 056 770 1020

Web: www.kcetb.ie

- QQI Level 4 ITS - Information Technology Skills for in Office Skills (p/t) \* ^
- QQI Level 5 Plant Science for in Horticulture (p/t) \* ^

Baunafea Willow Works

Castlewarren, Co. Kilkenny

Tel: 059 972 6947

Web: www.baunafeastudio.ie

- Day and evening classes are available in basket making skills (p/t)

Griffin College

Unit 9 / 10 Abbey Business Centre, Abbey Street, Kilkenny

Tel: 01 703 0403 / 085 867 2258

Web: www.griffin-college.com

- City and Guilds Construction Supervisor’s Course (p/t)

HCT Learning

Unit 2 Purcellsinch Business Park, Dublin Road, Kilkenny

Tel: 056 777 0761

Web: www.hctlearning.ie

- QQI Level 4 Woodcraft (p/t) \*

Bricks 4 Kidz

Bricks 4 Kidz provides a comprehensive suite of STEM based programmes through LEGO® construction builds to preschools, primary and secondary schools. Science, Technology, Engineering and Maths (STEM) is prominent in education and is important because it plays a vital role in our everyday lives.

- Science allows us to explore, investigate and develop an understanding of life.
- Technology is human knowledge which involves tools, materials and systems.
- Engineering is using skills to solve technical problems to design and build things.
- Maths gives us the opportunity to utilize and develop skills as we estimate, count and measure.

Kealan Tyrrell

Bricks 4 Kidz Carlow, Kilkenny and Waterford

Tel: 085 144 2783

Email: ktyrrell@bricks4kidz.com

Bricks 4 Kidz is a Science Foundation Ireland Discover Centre that provides LEGO and LEGO Technic and robotics based programmes specifically designed for children, adults and seniors.

We run in-school and after school workshops, camps and birthday parties for children aged 5-12. We have a range of different themes to choose from to suit children’s individual interests.

Our Bricks 4 Seniors programme provides unique LEGO based workshops for nursing home settings that combine stimulating and engaging experiences for residents. Building with LEGO bricks is an excellent way to stimulate the brain and improve dexterity.

Our project kits have been specifically designed to suit the needs of seniors with larger bricks and magnified images that guide seniors through each step of the building process. We also provide fun, challenging team building activities for groups of adults that fosters a creative, fun and collaborative team building exercise.

STEM (SCIENCE, TECHNOLOGY, ENGINEERING AND MATHEMATICS)

Glenn Lucas Woodturning

Flander’s Cross, Knockclonegad, Bagenalstown, Co. Carlow

Tel: 059 972 7070  
Web: www.glennlucaswoodturning.com

- Woodturning classes and workshops for all levels (one-to-one tuition and group classes) (p/t)

St. Anne’s College of Further Education

The Mullawn, Tullow, Carlow

Tel: 059 915 1473  
Web: www.tullowcommunityschool.ie

- QQI Level 5 Advanced Business and Information Technology (f/t) \* ^
- QQI Level 5 Certificate in Retraining/ Back to Education Information Technology (p/t) \* ^

St. Catherine’s Community Services Centre

St. Joseph’s Road, Carlow

Tel: 059 913 8706  
Web: www.catherines.ie

- Digital Skills for Citizens Programme - Basic Internet and Email Courses available for Smartphones, PC, Laptops or Tablets (p/t)

Training Services Kilkenny and Carlow ETB

4 Danville Business Park, Ring Road, Kilkenny

Tel: 056 781 3014 / 087 151 8113  
Web: www.kcetbtraining.ie

- Basic Welding (f/t) \* 12 week course
- IT Fundamentals (CompTIA) (p/t) \*
- MOS (Microsoft Office Suite) (p/t) \*

STEM (SCIENCE, TECHNOLOGY, ENGINEERING AND MATHEMATICS)

Kilkenny Employment for Youth KEY

Garden Row, High Street, Kilkenny

Tel: 056 776 42774  
Web: www.keyctc.ie  
Email: tsu.recruit@kilkennycarlowetb.ie <tsu.recruit@kilkennycarlowetb.ie>

Kilkenny Employment for Youth KEY is a Community Training Centre provide training to early school leavers aged between 16 and 21, who are most in need of basic vocational training. This Woodwork training programme provision is offered through in centre learning and linked work experience.

NALA – National Adult Literacy Agency

Tel: 1800 202 065

Free maths course available

Choose from a range of courses and start learning today. You can study online or work with a tutor on the phone. You decide what, where and how you want to learn.

Web: www.nala.ie/free-courses/

Training Services Kilkenny and Carlow ETB

Unit 4, Danville Business Park, Ring Road, Kilkenny

Tel: 056 7813014  
Web: www.fetchcourses.ie

Apprenticeship is a programme of education and training which combines learning in the work place with learning in a training centre or educational college. Apprenticeship provides the opportunity for learning acquired off-the-job to be applied and further developed under supervision in the workplace.

- Construction
- Engineering
- Electrical
- Motor

Skills to Compete CompTIA ICT Fundamentals (p/t) \* blended learning

Helena Comerford

Tel: Extension: 208

- Microsoft Office Suite (p/t) \* blended learning

Vocational Training Opportunities Scheme VTOS

Bishop Birch Training institute Nuncio Road, Kilkenny

Tel: 056 7764719  
Web: www.vtoskk.ie

- QQI Level 5 Certificate in Information Processing (f/t) \* ^

Woodwork

Participants are introduced to the basics of Woodcarving, Woodturning, Drawing and Sculpture at Q.Q.I. Level 3 and Level 5. Other subjects include Digital Photography, French, Art, Ceramics and Communications.

Awards Offered

- QQI Major Award in Art, Craft and Design
- QQI Modules in • Woodcraft • Sculpture
- Woodturning • Drawing • Leaving Certificate

This is a one year intensive Leaving Certificate course covering a wide range of subjects

Subjects include:

- English • Accounting • History • Art • French
- Mathematics • Business • Biology • Home Economics

Welding Academy

Knocknamuck, Tullaroan, Co. Kilkenny

Tel: 056 8835955 / 083 333 7816  
Web: www.welding.ie

- ARC Welding (p/t) \*
- MAG Welding (p/t) \*
- TACK Welding (p/t) \*
- TIG Welding (p/t) \*



STEM (SCIENCE, TECHNOLOGY, ENGINEERING AND MATHEMATICS)

Training Services Kilkenny and Carlow ETB – Community Training

4 Danville Business Park, Ring Road, Kilkenny

Tel: 056 781 3031 / 087 973 8303

Web: www.kcetbtraining.ie

- QQI Level 3 Certificate in Employability Skills (with the option of Craft) (f/t) \* ^ Venue: Carlow Youth Training

Vocational Training Opportunities Scheme VTOS

1-3 Granby Row, Carlow

Tel: 059 914 0311

Web: www.vtoscarlow.ie

- QQI Level 3 in Information Communication Technology (ICT) (f/t) \* ^

Online / Blended Learning IT Courses

GetReSkilled

Tel: 021 240 9016

Web: www.getreskilled.com/pharmaceutical-courses

GetReSkilled assists people to make a mid-career change providing retraining into the pharmaceutical and medical device manufacturing industries. Offering online courses only

Innopharma Education

Tel: 01 485 3346

Web: www.innopharmaeducation.com

Innopharma Education offer a range of course from certificate up to masters degrees for adults looking to enter or progress their careers in the pharmaceutical industry. Blended learning with lectures in Dublin, Cork and Limerick.

Kilkenny and Carlow ETB Training Services

www.kcetbtraining.ie

Carlow Kilkenny Skillnet Training

www.carlowkilkennyskillnet.ie

e-College

www.ecollege.ie

Glenn Lucas Woodturning

www.glennlucaswoodturning.com

NALA (National Adult Literacy Agency)

www.courses.nala.ie (online maths courses)

Pitman Training

www.pitman-training.ie/our-centres/carlow

Training Services

www.kcetbtraining.ie

Please refer to the following sections for more information:

- Computer Skills/ Programming and Networking/ IT. Systems Administration
- Construction and Trades/ Practical Skills/ Engineering
- Photography/ Digital Media/ Visual Communications

STEM – SCIENCE, TECHNOLOGY, ENGINEERING, MATHS

Youthreach

Lower New Street, Kilkenny

Tel: 056 772 3550

Youthreach is open to:

- People between 15 and 20 years
- Have left school for at least 6 months

Courses available:

- Leaving Certificate
- Leaving Certificate Applied (LCA)

Please refer to the following sections for more information:

- Computer Skills/ Programming and Networking/ IT. Systems Administration
- Construction and Trades/ Practical Skills-
- Photography/ Digital Media/ Visual Communications
- Apprenticeships/Traineeships

Barrow Training

Tel: 059 972 1416

Web: www.barrowtraining.ie

- QQI Level 4 Tourism Visitor Care (p/t) \*
- QQI Level 5 Restaurant Hospitality (p/t) \*
- QQI Level 5 Tourism Principles and Practice (p/t) \*
- Event Management and Marketing Workshop (p/t)
- Hospitality IT Workshop (p/t)
- Hospitality Social Media Workshop (p/t)
- Reception Skills Workshop (p/t)

TOURISM AND HOSPITALITY

Barrow Training

High Street, Bagenalstown

Tel: 059 972 1416

Web: www.barrowtraining.ie

- QQI Level 4 Certificate in Tourism Visitor Care (p/t) \*
- QQI Level 5 Certificate in Tourism Principles and Practice (p/t) \*
- QQI Level 5 Certificate in Restaurant Hospitality (p/t) \*
- Bar Skills (p/t)
- Barista Skills (p/t)
- Drinks Service; Cocktail Service; Wine Service and Food Service (p/t)

Carlow Institute of Further Education and Training

Kilkenny Road, Carlow

Tel: 059 913 4230

Web: www.carlowifet.ie

- QQI Level 5 Certificate in Travel and Tourism (f/t) \* ^

Pitman Training Carlow Kilkenny

Wexford Road Business Park, Carlow, R93 K260

Tel: 059 918 2415/ 085 163 9351

Email: carlow@pitman-training.ie

Web: www.pitman-training.ie/our-centres/carlow

- Event Management Diploma

Skillnet Ireland

Skillnet Ireland supports and works with businesses to address their staff training needs

- Restaurant and Hospitality Skillnet www.rhskillnet.ie
- Food Drink Ireland Skillnet work with companies in the food and drink sector to address skills gaps and access government funding to develop and deliver industry - specific learning programmes - www.fooddrinkirelandskillnet.ie

Training Services Kilkenny and Carlow ETB Blended Learning

Unit 4, Danville Business Park, Kilkenny

Tel: 056 781 3014 / 087 151 8113

Web: www.kcetbtraining.ie

- Prepare for work in Hospitality (including Barista) – 3 week course (f/t)

Online / Blended Learning

Pitman Training Carlow Kilkenny

www.pitman-training.ie/our-centres/carlow

Failte Ireland

www.failteireland.ie

FETCH courses

www.fetchcourses.ie

Hospitality Skills Ireland

www.hospitalityskillsireland.com

Kilkenny and Carlow ETB Training Services

www.kcetbtraining.ie

Restaurants Association of Ireland

www.rai.ie

Taste4Success Training and up skilling across the food, seafood and drinks industry  
www.taste4success.ie/

Rural Food Skillnet - training for enterprises in the food and hospitality sector  
www.ruralfoodskillnet.com/

Vintners Federation of Ireland

www.vfipubs.ie/

Please refer to the following sections for information on additional courses that might be of interest:

- Cookery, Culinary and Food
- Customer Service and Retail

TOURISM AND HOSPITALITY

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre, Athy Road, Carlow

Tel: 059 913215

Web: www.carlowkilkennyskillnet.

Email: admin@carlowkilkennyskillnet.ie

Restaurant and Hospitality Skillnet Ireland is a learning network for companies of all sizes in the hospitality sector. The network upskills hospitality business owners and managers, head chefs, commis chefs and front of house service staff.

Duiske College

Graigenamanagh, Co. Kilkenny

Tel: 059 972 4177

Web: www.duiskecollege.ie

- QQI Level 6 Business with Tourism (f/t) \* ^

Kilkenny LEADER Partnership and Discovery Park

Castlecomer Discovery Park, The Estate Yard, Drumgoole, Castlecomer, R95 HY7X

Foundation Programme in Tourism, Outdoor Activities and the Workplace - Castlecomer

This course is suitable for young adults in receipt of a DEASP payment who would benefit from transitioning back into a supported environment.

National Learning Network

Regent House, William Street, Kilkenny

Tel: 056 779 7500

Email: vivienne.brady@nlm.ie

- Introduction to working in Hospitality /Tourism

Ormonde College of Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321

Web: www.ormondecollege.ie

- QQI Level 5 Tourism and Event Management (f/t) \* ^

Training Services

Unit 4, Danville Business Park, Ring Road, Kilkenny

Tel: 056 781 3014

Web: www.fetchcourses.ie

- QQI Level 4 Traineeship Culinary Skills (f/t) \*
- QQI Level 4 Traineeship Hospitality (f/t) \*

Online / Blended Courses

Career Academy

www.careeracademy.ie/hospitality-tourism/

Learning Cloud

www.learningcloud.ie/hospitality-tourism-courses

The Open College

www.theopencollege.com/





## TRAINEESHIPS:

### WHAT IS A TRAINEESHIP?

A Career Traineeship is a learning model that combines classroom based learning with work-based learning within a supportive working environment.

### OBJECTIVES OF TRAINEESHIP

- To meet the skill needs of specific sectors and local employers.
- To provide trainees with the opportunity to achieve recognised accreditation and progress their career pathway ambitions within an industry sector.

### WHAT ARE THE BENEFITS FOR YOU?

By successfully completing a traineeship, you will:

- Improve your employment prospects by gaining skills required in the workplace.
- Gain relevant work experience for your career.
- Have opportunities to build employer contacts.
- Be awarded an industry recognised qualification on the National Framework of Qualification.

### KEY FEATURES OF A TRAINEESHIP

- Programmes are full-time.
- Social Welfare recipients will maintain their current payments, paid as a training allowance.
- Those aged between 18 and 25 may be eligible for an additional payment of €90 per week.
- Accreditation is at levels 4 and 5 on the NFQ.
- Programmes are structured around identified career pathways.
- Programmes are demand led – they address the skill needs of a sector.
- Partnership between Kilkenny and Carlow ETB and industry is central to its success.
- 70% of places are reserved for people on the live register (JSA/JSB). 30% of places can be offered to other interested applicants e.g. school leavers.

### TRAINEESHIPS AVAILABLE

- Office Administration • Culinary Skills • Hospitality • Healthcare Support

For further information on Traineeships, please contact:

Kilkenny and Carlow ETB Training Services or log onto [www.traineeship.ie](http://www.traineeship.ie)

Contact Us:

Tel: 056 781 3014

Email: [tsu.recruit@kilkennycarlowetb.ie](mailto:tsu.recruit@kilkennycarlowetb.ie)





## SPOTLIGHT ON: TRAINEESHIP (OFFICE ADMINISTRATION)



My name is Denise and I am in my thirties. I'm the mother of three children and I worked in the area of retail.

I also completed a QQI Level 6 course in BeautyTherapy and worked in this area before the salon closed.

I completed a twelve-week computer course. Then I was assigned a DEASP Case Officer who gave me the information in relation to fetch courses. I was interested in looking online for computer and office courses.

I also heard about the Kilkenny and Carlow Education and Training Board Office Administration Course. A friend of mine completed the course and started a job working as a Medical Secretary in a hospital. My Case Officer applied for a place on the course for me.

I received an acknowledgement that I'd applied for the course. I was then invited to attend an group interview session which gave me information on the course. I also had one to one meetings where I found out more information.

The course was based in Carlow town. The benefits of the course included gaining work experience, I got to participate in the classroom environment and the work environment. The course helped with childcare supports, and I got advice on what to apply for, while doing the course.

I applied for jobs near the end of the course. Whatever you learn on the course, you can use it in any field. I love my job and everything with it.

As part of the course, we covered communications, which included team building. We also learnt typing and more

computer skills. We learnt different types of software packages. When you're doing the course, you get deadlines for assignments and that gives you experience. We were all flying it by the end of the course.

The qualification received from my course was QQI Level 5 Office Administration. There is a choice to study medical, legal or finance. I choose to study in the medical area.

I attended job interviews and was offered the jobs. I choose to work with Kilkenny and Carlow Education and Training Board in the Training Services. My role is working as an Office Assistant, contracted Co-ordinator and the Quality Officer. My job included working with learner referrals for the courses, compiling documents to support learners, using software packages and answering queries about Traineeships.

I was asked to speak with a group of learners and to give the information about Traineeships. As I had completed the course, I feel connected to the learners. One lady was inspired to complete the course, when she heard about my positive experience from completing a Traineeship.

Don't even think about it, just go for it. If you are applying for jobs and getting nowhere, apply for a course where you will get to learn a new skill which will benefit you in the future and also you will get to meet new people with similar interests as you.

You may apply online for traineeships that are advertised in your local area. Just check the eligibility section online, to see what the requirements are. To apply for a traineeship, you can search available opportunities on fetch courses. To register go to [www.fetchcourses.ie](http://www.fetchcourses.ie)

TRANSPORTATION / LOGISTICS / WAREHOUSING

Adult Learning Service

Tullow Road, Carlow

Tel: 059 913 5544

Email: info@carlowadultlearningcentre.ie

Web: www.kcetb.ie

- Driver Theory Test Preparation (p/t)

Driving Schools

Audrey's Driving School

Tel: 085 123 0377

www.facebook.com.coogandrivingschoolcarlow

Providing driving lessons for:

- Category B Car

Brendan's School of Motoring

Newtown, Borris, Co. Carlow

Tel: 087 223 5262

Email: Kingbrendan00@gmail.com

- Category B Car

Carlow-Kildare School of Motoring

Tel: 087 325 3000

Web: www.edt-drivinglessons.ie

- Category B Car

Cathy's School of Motoring

Castledermot, Co. Kildare

Tel: 087 228 0039 / 086 816 1452

Providing lessons in Carlow, Kildare and Laois

- Category B Car
- Category BE Jeep and Trailer
- Category C Rigid Truck
- Category D Bus
- Category EC Artic

Dolmen School of Motoring

42 Dolmen Gardens, Pollerton Road, Carlow

Tel: 087 282 8826

Web: www.dolmenschool.ie

Providing driving lessons for:

- Category B Car

Pass 'N' Go

Deerpark Business Park,

Dublin Road, Carlow

Tel: 087 610 4138

Web: www.passngo.ie/

Providing driving lessons for:

- Category B Car (manual and automatic) (Carlow/ Kilkenny)
- Category BE Jeep and Trailer (Carlow/ Kilkenny)
- Category C Rigid Truck (Carlow/ Kilkenny)
- Category D Bus (Kilkenny)
- Category EC Articulated Truck (Carlow/ Kilkenny)

CPC

Tel: 087 636 3003 / 066 718 5556

Web: www.cpc.ie

Venue: Seven Oaks Hotel

Continual Professional Development for Truck and Bus Drivers - professional truck and bus drivers have to undergo periodic training of one day per year.

Modules:

- Control of Vehicle and Eco Driving Techniques (Module 1)
- Minimising Risks and Managing Emergencies (Module 2)
- Health and Safety of the Professional Driver (Module 3)
- Role of the Professional Driver in the Transport Industry (Module 4)
- The Professional Truck Driver (Module 5)
- The Professional Bus Driver (Module 6)

Focused Training Ireland

Tullow Business Centre, Bunclody Rd

Tullow, Co. Carlow

Tel: 059 911 8912 / 089 400 9937

Web: www.focusedtrainingireland.com

- Introduction to personal safety for lone workers (p/t) \*

St. Catherine's Community

TRANSPORTATION AND LOGISTICS / WAREHOUSING

Adult Education Service

43 Upper Patrick Street, Kilkenny

Tel: 056 776 5103

Email: Adulteducationoffice@kilkennycarlowetb.ie

Web: www.kcetb.ie

- Preparation for Driver Theory Test (p/t)

DCM Learning

Warehouse Management

www.dcmlearning.ie/warehouse-management-training-courses-in-ireland

The purpose of this course is to show how to implement all of the essential tools for the effective management of warehouses and stores.

Location and Timetable: This course is run every 2 months in Kilkenny.

Drivewell School of Motoring

Killeen, Johnswell Rd,

Kilkenny, Co. Kilkenny

Tel: 056 776 2649 / 086 397 9913

Email: walshjohnswell@eircom.net

- RSA and ADI approved

Kilkenny Waterford School of Motoring

Kilkenny

Tel: 086 600 2025

Email: cyrildoheny@gmail.com

Providing Driving lessons for:

- Car • Minibus • Bus and Coach • Rigid Truck
- Arctic • Provides Forklift Training (p/t) \*

Ormonde School of Motoring

Kilkenny

Tel: 1890 25 50 50

Email: info@osm.ie

Web: www.osm.ie

Providing Driving lessons for:

- Category B: Car
- Category B and E: Jeep and Trailer
- Category D: Minibus
- Category D1: Small Truck
- Category D: Large Bus and Coach
- Category C: Rigid Truck
- Category EC: Arctic

RSA Driving School

Kilkenny

Tel: 1890 98 76 57

Web: www.rsadrivingschool.ie

Providing Driving lessons for:

- Car and Trailer • Minibus • Bus and Coach
- Driver CPC • Rigid Truck • Arctic

Southeast CPC Training

Tel: 056 775 1686 / 087 921 5564

Email: info@southeastcpc.ie

Full Time / Part Time / Evening Training Courses:

- Driver CPC Training for new and experienced Drivers

Bus and Truck

- Periodic and Initial CPC Training
- Transport Management CPC

Driver Walk-Around

- Defect Report and 13 Week Inspection Books Supplied • Tachograph and Driver's Hours Training

Commercial Vehicle Roadworthiness

- Operator Training and Management
- Digital Tachograph

Load Securing

- Driver Training / Management Training

Risk Assessment

- Strap / Ratchet / Chain Supplied



TRANSPORTATION / LOGISTICS /  
WAREHOUSING

Services Centre

St. Joseph’s Road, Carlow

Tel: 059 913 8777

Web: www.catherines.ie

Traveller’s Programme

Driver Theory Test Preparation (p/t). Over 18-year olds only

Training Services Kilkenny and  
Carlow ETB

Unit 4, Danville Business Park, Kilkenny

Tel: 056 781 3014 / 087 151 8113

Web: www.kcetbtraining.ie

- Prepare for Work in Construction five week course (f/t) \* includes forklift training

Online/ Blended Learning

Focused Training Ireland

www.focusedtrainingireland.com

Kilkenny and Carlow ETB Training Services

www.kcetbtraining.ie

Adult Learning Service

Tullow Road, Carlow

Tel: 059 913 5544

Email: info@carlowadultlearningcentre.ie

Web: www.kcetb.ie

Volunteer Tutors help adults learn reading and writing for one hour per week. Full induction is provided so you do not need any specific qualifications just an interest in passing on the joy of reading to others.

The Carlow Volunteer Centre

The Carlow Volunteer Centre is an independent organisation, forming part of a network of Volunteer Centres and Volunteer Information Services across the country.

Three Steps to Volunteering:

1. Contact the Carlow Volunteer Centre to make an appointment with one of the team. Volunteers can also register online at www.volunteercarlow.ie

2. At your appointment, you will be advised of the different volunteering opportunities available and helped in identifying a volunteer role of interest to you.

3. You will be put in touch with your chosen organisation so you can get started on volunteering.

Training / Courses

Some of the courses the Carlow Volunteer Centre provide throughout the year are listed below. They are at different times and these courses along with others that are requested by volunteers/Volunteer involving organisations are advertised on their social media platforms:

- Volunteer management training
- Garda vetting training
- Good Governance – Governance code
- Preparing an annual report
- Monthly virtual coffee mornings where volunteers and Voluntary organisations can have any queries answered.

“In Carlow Volunteer Centre we are passionate about volunteering and Carlow County is a great place to volunteer. Volunteering enriches communities, gives volunteers an opportunity to develop personally, and puts giving at the heart of how we all live.”

Contact Details

Carlow Volunteer Centre,  
c/o Carlow Local Authorities

Athy Road, Carlow, R93E7R7

Tel: 059 917 3033

Email: info@volunteercarlow.ie

www.volunteercarlow.ie

www.facebook.com/carlowvolunteercentre

TRANSPORTATION AND  
LOGISTICS / WAREHOUSING

Training Services

Kilkenny and Carlow ETB

Unit 4, Danville Business Park,  
Ring Road, Kilkenny

Tel: 056 781 3014 / 087 151 8113

Web: www.fetchcourses.ie

Training Course

- Heavy Goods Vehicle Driving (HGV) Rigid (f/t) \*
- Prepare for Work in Construction five week course (f/t) \* includes forklift training

Modules to include

- Heavy Goods Vehicle Driving Rigid Truck (CPC)
- Driving - H.G.V Rigid Body • Driver CPC Training
- Manual Handling • Career Planning and job seeking skills • Safepass

Online Courses

DCM Learning

www.dcmlearning.ie/warehouse-management-training-courses

Warehouse Management

www.dcmlearning.ie/warehouse-managementtraining-courses



VOLUNTEERING

VOLUNTEERING

Adult Learning Service

Kilkenny and Carlow ETB,  
43 Upper Patrick Street, Kilkenny

**Tel:** 056 776 3149

This is a free confidential service that supports adults with reading, writing, spelling or maths difficulties. Tutor training courses for volunteers are held annually. Volunteers are required to give 30 hours one to one tuition over the academic year. Contact Carmel Bryan

Aware Kilkenny

**Tel:** 01 661 7211

**Web:** www.aware.ie

Community Voluntary Work

Range of voluntary opportunities available with Aware including local support group facilitator and Life Skills Online supporter. See aware.ie for info and application. Volunteering with Aware can be a worthwhile and rewarding opportunity to make a real difference in someone’s life. Aware was awarded the Investing in Volunteers Standard in 2015. Please view our website for information about volunteering.

Alzheimer Society of Ireland

The Village Day Care Centre,  
1 Father Walsh Close, Cootes Lane,  
Kilkenny

**Tel:** 056 777 1230

**Web:** www.alzheimer.ie

Volunteers welcomed for specific roles including Gardener and Bus Driver.

Camphill Communities of Ireland

**Web:** www.camphill.ie/volunteer

Camphill Communities of Ireland is part of an international movement working with people with intellectual disabilities and other kinds of special needs. In Camphill the volunteer carers are known as co-workers. They live and work alongside people with intellectual disabilities and other special needs in one of eighteen Camphill communities in the Republic of Ireland.

Work undertaken can include teaching; personal support for individuals; cooking and cleaning for households; farming, gardening, and craft work.

Clara Home Support Service

**Contact:** Eileen Ryan  
Clara Community Centre

**Tel:** 056 772 2789

**Email:** ryash@eircom.net

Community Voluntary Work:

Gardening, painting and odd jobs for elderly people. Volunteers always welcome, no shortage of jobs!

Cois Nore Cancer Support Centre

Walkin Street, Kilkenny

**Tel:** 056 775 2222

**Web:** www.coisnore.ie

Cois Nore Cancer Support Centre is currently seeking volunteers. Contact Cois Nore for more information on how you can help.

Droichead Family Resource Centre

Old CBS, West Street,  
Callan, Co. Kilkenny

**Tel:** 056 775 5660

**Web:** www.droicheadfrc.ie

Callan Men’s Shed runs weekly on Friday afternoons from 2pm.

Droichead Friends Shed runs on a Thursday 10am-1pm, open to all.

Breakfast and Bowls every Friday Morning from 9am – 11am.

Volunteers always needed for Failte Isteach English Conversation Classes and various other projects, contact the centre for more information.

Failte Isteach Programme

Fr McGrath Family Resource Centre,  
Kilkenny

**Tel:** 086 192 7033

**Web:** www.frmcgrathcentre.ie

New Tutors always welcome to teach conversational English to new migrants in their community. No qualifications or experience needed as training is provided.

VOLUNTEERING

Kilkenny Arts Festival

11 Patrick's Court, Patrick Street, Kilkenny

**Tel:** 056 776 3663

**Email:** info@kilkennyarts.ie

**Web:** www.kilkennyarts.ie

Every August, Kilkenny is home to Ireland's longest running Arts Festival. Volunteering is a great way to experience the festival and a unique opportunity to be part of a diverse, exciting and inspiring event. Volunteers will be needed in several areas including stewarding, marketing activity, admin and driving.

Kilkenny Bereavement Support

Villa Maria, Talbots Inch,  
Freshford Road, Kilkenny

**Tel:** 056 7756538

**Web:** www.kilkennybereavementsupport.com

Kilkenny Bereavement Support is a voluntary organisation whose volunteers have undergone a course in bereavement support. Some of the volunteers are trained counsellors or are taking a course in counselling.

Kilkenny Citizens  
Information Centre

**Contact:** Development Manager

4 The Parade, Kilkenny

**Tel:** 0761 077 910

Community Voluntary Work

The busy Centre currently has 50 volunteer information givers working in four locations across the County. Doing voluntary work in the Citizens Information Centre (CIC) involves dealing with the many and varied queries they receive from the public. Volunteers receive extensive training. A weekly commitment is necessary.

Kilkenny Leader Partnership

Kilkenny

**Tel:** 086 852 8884

**Email:** Fergus.horgan@cklp.ie

Kilkenny Volunteer Information Service promotes and supports volunteering in Kilkenny. It is a resource for individuals who want to volunteer and for groups and organisations looking for volunteers

Kilkenny Talking Newspaper  
Association for the Blind

**Contact:** Breda Dowling

7 Ormonde Road, Kilkenny

**Tel:** 056 778 6816

**Email:** breda.dowling@ncbi.ie

**Web:** www.ncbi.ie

Community Voluntary Work

Kilkenny Talking Newspaper Association for the Blind was founded in October 1992 and is a registered charity. The first edition was recorded on 12 May 1993. Any person who is registered with the National Council for the Blind can receive the usb key. To receive a usb key, contact the Community Resource Worker for the Blind and Visually impaired. The Association is made up of volunteers who meet on a weekly basis to record the usb keys. The keys are recorded at the National Council for the Blind and are sent Freepost courtesy of An Post that night. The service is completely free of charge.

Volunteers are needed to edit, record and read the paper. If interested, please contact us.

Kilkenny Traveller Community  
Movement After Schools Club

**Contact:** Claire Kenealy

**Tel:** 086 850 1970

Community Voluntary Work

KTCM assists and supports Traveller children of primary and secondary school age, in the Hebron and Wetlands areas of Kilkenny City, to do their homework. KTCM also provides recreational, cultural and social activities to the 45 participating children. Age group 4-16 yrs

VOLUNTEERING

Kingsriver Community

Ennisnag, Co. Kilkenny

**Tel:** 056 772 8287

Kingsriver has been working with volunteers in a Life Sharing model since 1987. Life Sharing is a social model where everyone lives and works together, sharing meals, social interaction, all of the communal activities of a normal home environment.

As a volunteer you have your own room and your duties involve a maximum of 38 hours per week on a rota basis, in line with EVS requirements. Your free time is your own. Contact Stefania Marci

L'Arche

Cluain Aoibhinn, Fairgreen Lane,  
Callan, Co Kilkenny

**Tel:** 056 772 5628

**Email:** admin@larche.ie

**Web:** www.larche.ie/

Community Voluntary Work

L'Arche is a group of over 130 worldwide communities where people with and without intellectual disabilities share life together in community. There are plenty of opportunities to become involved as an occasional volunteer. Help prepare a meal in one of the homes or lend a hand with the household chores. Spend a day in the garden or in the administration office. Or just be a friend to one of our core members or assistants.

Meals-on-Wheels

**Contact:** Kitt Hunt

Kilkenny Social Services,  
Waterford Rd, Kilkenny

**Tel:** 056 772 1685

Community Voluntary Work

Volunteers deliver meals to the older people in their homes. Volunteers give 1½ hours of their

time each week. This service operates all year round.

MS Society (Multiple Sclerosis)

**Contact:** Katie Hourigan

Walkin St., Kilkenny

**Tel:** 056 777 7771

**Email:** southeast@ms-society.ie

**Web:** www.ms-society.ie

Community Health Care  
Community Voluntary Work

The Society provides one to one support and support groups for people with MS and their families. We provide information on symptom management. Exercise programmes are held from time to time.

Volunteers are needed to support the local voluntary branch.

Samaritans

Kilkenny Carlow Samaritans Waterford Road  
Kilkenny R95 RD92 (opening times vary, are displayed at the door)

**Tel:** 01892 0963

**Email:** admin@samaritanskkcw.ie

Kilkenny@samaritans.org

**Web:** www.samaritans.org/branches/samaritans-kilkenny-and-carlow

Community Voluntary Work

Samaritans is a voluntary listening charity supporting people in all sorts of crisis that cause emotional upset. The service provides non-judgemental, confidential, emotional support to people experiencing distress or despair, including suicidal feelings. They are available 24hrs a day, 7 days a week and encourage people in need of support to get in touch.

VOLUNTEERING

SOS

**Contact:** Social Work Department  
Callan Rd, Kilkenny  
**Tel:** 056 7764000  
**Email:** ksherry@soskilkenny.com  
**Web:** www.soskilkenny.com/  
**Community Voluntary Work**  
SOS is a voluntary organisation supporting adults with a range of intellectual disabilities including mild moderate, severe and profound. SOS provides day services, respite and residential care. We are looking for families to provide short breaks in their home for adults from our services, nominal expenses are paid. We also need volunteers to accompany adults from our services on social and recreational activities, time commitment 2 to 3 hours, either weekly or fortnightly.

St. Lukes General Hospital

Freshford Road, Kilkenny  
**Tel:** 056 778 5026  
Volunteers meet and greet people as they arrive at the hospital. They direct people to where they need to go and provide a friendly welcome to make people feel at ease when they enter the busy hospital. Full training and support is provided to volunteers. Contact Deirdre Dunne or Irene Bergin for more information.

Teac Tom

15 Ormonde Road, Kilkenny  
**Tel:** 056 779 6592  
**Web:** www.thethomashayestrust.com  
Promoting positive mental health, Volunteer training provided, Contact Angela.

VOLUNTEERING

The Involvement Centre

Volunteers are welcomed either to share a skill or help out in the Centre.  
10 Colliers Lane, off High St., Kilkenny  
**Tel:** 056 771 2400 / 086 047 3968  
**Email:** involvementkk@gmail.com  
**Community Voluntary Work**  
The Involvement Centre is a peer-led group which offers a warm and welcoming place for people with mental health issues, their families and friends. The Centre offers an informal place for a cuppa, a chat, a laugh and lots more....The Centre is currently open Thursdays, 2pm to 4pm and Saturdays, 11am to 2pm.



## USEFUL WEBSITES

### EDUCATIONAL SUPPORTS

<a href="http://www.accesscollege.ie">www.accesscollege.ie</a>	Higher Education Access Route
<a href="http://www.ahead.ie">www.ahead.ie</a>	Association for Higher Education Access and Disability
<a href="http://www.aontas.com">www.aontas.com</a>	The National Adult Learning Organisation
<a href="http://www.apprentices.ie">www.apprentices.ie</a>	Information on apprenticeships
<a href="http://www.cao.ie">www.cao.ie</a>	Central Applications Office
<a href="http://www.careersportal.ie">www.careersportal.ie</a>	Career Planning Information
<a href="http://www.carlowadultguidance.ie">www.carlowadultguidance.ie</a>	Carlow Adult Educational Guidance and Information Service
<a href="http://www.carlowcollege.ie">www.carlowcollege.ie</a>	Carlow College
<a href="http://www.citizensinformation.ie">www.citizensinformation.ie</a>	Information on Public Services and Entitlements
<a href="http://www.ecollege.ie">www.ecollege.ie</a>	National Online Learning Service
<a href="http://www.education.ie">www.education.ie</a>	Department of Education and Skills
<a href="http://www.examinations.ie">www.examinations.ie</a>	State Examinations Commission
<a href="http://www.failteireland.ie">www.failteireland.ie</a>	National Tourism Development Authority
<a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>	Further Education and Training Course Hub
<a href="http://www.findacourse.ie">www.findacourse.ie</a>	Courses in Ireland
<a href="http://www.fit.ie">www.fit.ie</a>	Fasttrack to Information Technology
<a href="http://www.getalifeintourism.ie">www.getalifeintourism.ie</a>	Course and career information in the tourism sector
<a href="http://www.gotocollege.ie">www.gotocollege.ie</a>	FullTime Courses in Ireland
<a href="http://www.gov.ie">www.gov.ie</a>	Department of Employment Affairs and Social Protection
<a href="http://www.gradireland.com">www.gradireland.com</a>	Graduate jobs, employers, internships and advice
<a href="http://www.itcarlow.ie">www.itcarlow.ie</a>	Institute of Technology Carlow
<a href="http://www.jobsireland.com">www.jobsireland.com</a>	Online Jobs Vacancy Service
<a href="http://www.kcetb.ie">www.kcetb.ie</a>	Kilkenny and Carlow Education and Training Board
<a href="http://www.kcetbtraining.ie">www.kcetbtraining.ie</a>	Kilkenny and Carlow ETB Training Services
<a href="http://www.maturestudents.ie">www.maturestudents.ie</a>	Information for mature students in Higher Education
<a href="http://www.naric.ie">www.naric.ie</a>	National Academic Recognition Information Centre
<a href="http://www.nln.ie">www.nln.ie</a>	National Learning Network
<a href="http://www.nmbi.ie">www.nmbi.ie</a>	Nursing and Midwifery Board of Ireland
<a href="http://www.onestepup.ie">www.onestepup.ie</a>	Find your learning pathway
<a href="http://www.pac.ie">www.pac.ie</a>	Postgraduate Applications Centre
<a href="http://www.publicjobs.ie">www.publicjobs.ie</a>	Public Appointments Service
<a href="http://www.qqi.ie">www.qqi.ie</a>	Quality and Qualifications Ireland
<a href="http://www.qualifax.ie">www.qualifax.ie</a>	National Learners Database
<a href="http://www.scoilnet.ie">www.scoilnet.ie</a>	Department of Education and Skills portal for education in Ireland
<a href="http://www.skillnetireland.ie">www.skillnetireland.ie</a>	Promotion and facilitation of workforce learning
<a href="http://www.solas.ie">www.solas.ie</a>	Further Education and Training Authority
<a href="http://www.springboardcourses.ie">www.springboardcourses.ie</a>	Springboard Courses
<a href="http://www.studentfinance.ie">www.studentfinance.ie</a>	Financial Supports for Further and Higher Education
<a href="http://www.susi.ie">www.susi.ie</a>	Online Grant Application System
<a href="http://www.teachingcouncil.ie">www.teachingcouncil.ie</a>	The Teaching Council

## USEFUL WEBSITES

<a href="http://www.teagasc.ie">www.teagasc.ie</a>	Agriculture and Food Development Authority
<a href="http://www.thisisfet.ie">www.thisisfet.ie</a>	Further Education and Training
<a href="http://www.ucas.com">www.ucas.com</a>	UK Higher Education Courses and Applications
<a href="http://www.welfare.ie">www.welfare.ie</a>	Department of Social Protection

### EMPLOYMENT SERVICES

<a href="http://www.activelink.ie">www.activelink.ie</a>	Activelink works with non-profit organisations
<a href="http://www.indeed.com">www.indeed.com</a>	Recruitment website
<a href="http://www.irishjobs.ie">www.irishjobs.ie</a>	Recruitment Irish jobs
<a href="http://www.jobs.ie">www.jobs.ie</a>	Recruitment website
<a href="http://www.kcases.ie">www.kcases.ie</a>	KCASES Employability Services Kilkenny / Carlow
<a href="http://www.publicjobs.ie">www.publicjobs.ie</a>	Recruitment in the Public Service
<a href="http://www.turasnua.ie">www.turasnua.ie</a>	Turas Nua

### EMPLOYMENT SUPPORTS

<a href="http://www.gov.ie/en/directory/intreo-centre-carlow">www.gov.ie/en/directory/intreo-centre-carlow</a>	Carlow Intreo Office
<a href="http://www.gov.ie/en/directory/intreo-centre-kilkenny">www.gov.ie/en/directory/intreo-centre-kilkenny</a>	Kilkenny Intreo Office
<a href="http://www.jobsireland.ie">www.jobsireland.ie</a>	Public Employment Service of the DEASP
<a href="http://www.localenterprise.ie/Carlow">www.localenterprise.ie/Carlow</a>	Carlow Enterprise Board
<a href="http://www.localenterprise.ie/Kilkenny">www.localenterprise.ie/Kilkenny</a>	Kilkenny Enterprise Board

### RECRUITMENT AGENCIES

<a href="http://www.bluebirdcare.ie">www.bluebirdcare.ie</a>	Bluebirdcare healthcare recruitment
<a href="http://www.cplhealthcare.ie">www.cplhealthcare.ie</a>	CPL healthcare agency
<a href="http://www.hartleypeople.ie">www.hartleypeople.ie</a>	HartleyPeople recruitment agency
<a href="http://www.lacreme.ie">www.lacreme.ie</a>	La'creme Recruitment agency
<a href="http://www.optimize recruitment.ie">www.optimize recruitment.ie</a>	Optimize recruitment agency

### FINANCE AND BUDGETING SUPPORTS

<a href="http://www.citizensinformation.ie">www.citizensinformation.ie</a>	Citizens Information
<a href="http://www.isi.gov.ie">www.isi.gov.ie</a>	Insolvency Service of Ireland
<a href="http://www.legalaidboard.ie">www.legalaidboard.ie</a>	Legal Aid Board
<a href="http://www.mabs.ie">www.mabs.ie</a>	MABS Money Advice and Budgeting Service
<a href="http://www.nationaldebtre relief.ie">www.nationaldebtre relief.ie</a>	National Debt Relief
<a href="http://www.pipsolutions.ie">www.pipsolutions.ie</a>	PIP Solutions

# USEFUL WEBSITES

## GENDER AND SEXUALITY GROUPS

<a href="http://www.belongto.org">www.belongto.org</a>	Supporting Lesbian, Gay, Bisexual and Trans Young People in Ireland
<a href="http://www.gayse.net">www.gayse.net</a>	Southeast LGBT eZine
<a href="http://www.lgbt.ie">www.lgbt.ie</a>	LGBT Ireland
<a href="http://www.teni.ie">www.teni.ie</a>	Transgender Equality Network Ireland

## PARENT SUPPORT GROUPS

<a href="http://www.carlowccc.ie">www.carlowccc.ie</a>	Carlow County Childcare Committee
<a href="http://www.cuidiu-ict.ie">www.cuidiu-ict.ie</a>	Caring Support for Parenthood
<a href="http://www.kkccc.ie">www.kkccc.ie</a>	Kilkenny County Childcare Committee
<a href="http://www.lalecheleagueireland.com">www.lalecheleagueireland.com</a>	La Leche League of Ireland
<a href="http://www.mummyspages.ie">www.mummyspages.ie</a>	Topical pages for parents
<a href="http://www.rollercoaster.ie">www.rollercoaster.ie</a>	Support through Pregnancy, Parenting and Family Life

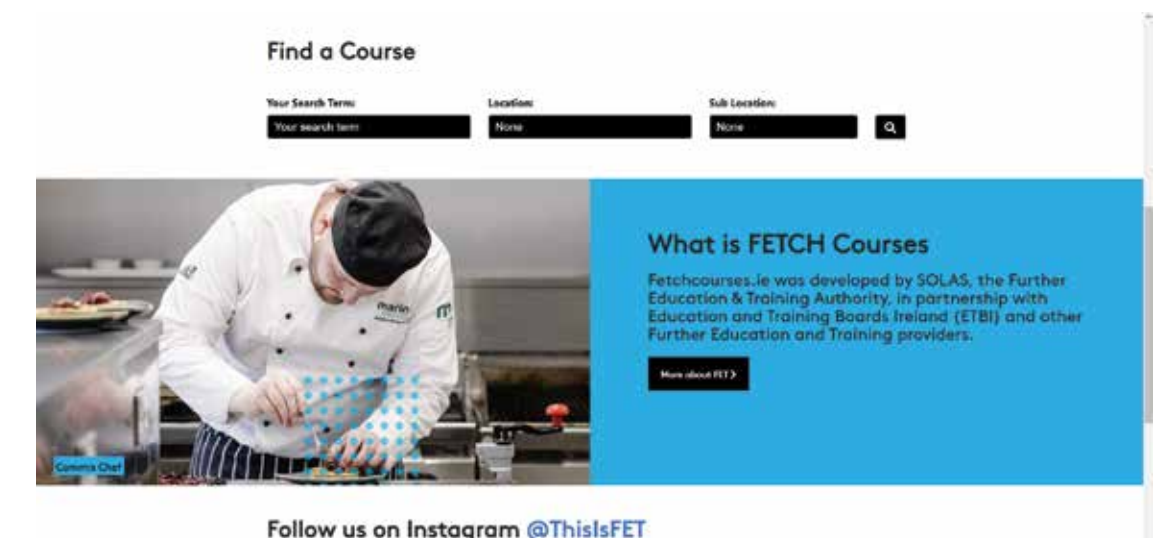
# FETCHCOURSES

WWW.FETCHCOURSES.IE

FET or Further Education and Training covers education and training that occurs after second level and is not part of higher education (often called Third Level education). There are a number of providers of Further and Adult Education and Training and a wide variety of schools, organisations and institutions are involved in the delivery of continuing education and training for young school leavers and adults, both in and out of work.

[www.fetchcourses.ie](http://www.fetchcourses.ie) is the course finder website for Further Education and Training Courses. The website which went live in April 2016 allows users to search by location, category and keyword. The Course Finder details at a glance, the name, location, start date and whether full time or part time. Specific course details can be accessed by clicking on the course title.

[www.fetchcourses.ie](http://www.fetchcourses.ie) also gives information on grants and allowances available to prospective learners.



## GLOSSARY COMMON ACRONYMS

<b>BTEI</b>	Back to Education Initiative
<b>CAO</b>	Central Applications Office
<b>CAS</b>	Common Awards System
<b>DCCoI</b>	Design and Crafts Council of Ireland
<b>FET</b>	Further Education and Training
<b>FRC</b>	Family Resource Centre
<b>IT</b>	Institute of Technology
<b>KCASES</b>	Kilkenny and Carlow Area Supported Employment Services
<b>KCAT</b>	Kilkenny Collective for Arts Talent
<b>KCETB</b>	Kilkenny and Carlow Education and Training Board
<b>KEY</b>	Kilkenny Employment for Youth
<b>NARIC</b>	National Academic Recognition Information Centre
<b>NCBI</b>	National Council for the Blind in Ireland
<b>NFQ</b>	National Framework of Qualifications
<b>NLN</b>	National Learning Network
<b>NMBI</b>	Nursing and Midwifery Board of Ireland
<b>PLC</b>	Post Leaving Certificate
<b>QQI</b>	Quality and Qualifications Ireland
<b>SEC</b>	State Examinations Commission
<b>SUSI</b>	Student Universal Supports
<b>VTOS</b>	Vocational Training Opportunities Scheme



## NOTES

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

## NOTES

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

