

COVID-19

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

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

UPCOMING COURSES - CARLOW TOWN

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

Reading, Writing, Maths & Technology Courses	Venue: Online National Adult Literacy Agency https://courses.nala.ie Freephone: 1800 202065	Continuous	Part time – varies depending on the course	Free	QQI certification	<ul style="list-style-type: none"> • QQI Level 2 qualification example of some subjects – Reading, Writing, Using Technology, Quantity & Number, Pattern & Relationship, Listening and Speaking, Personal Decision Making, Setting Learning Goals • QQI Level 3 qualifications example of some subjects – Personal Effectiveness, Communications, Career Preparation • New subjects due to start
CPC Training – Truck & Bus Drivers (Continual Professional Development)	Venue: Seven Oaks Hotel Training Provider – CPC.ie Tel: 087 6363003 or 066 7185556 Email: info@cpc.ie Web: www.cpc.ie	Ongoing	1 day per module	€59 per module	Continual Professional Development	Professional truck & bus drivers have to undergo periodic training of one day per year. Upcoming modules schedule: <ul style="list-style-type: none"> • 3rd April - Health & Safety of the Professional Driver • 11th April - Minimising Risks & Managing Emergencies • 17th April - The Professional Bus Driver • 24th April – The Professional Truck Driver
Pitman Training Carlow Kilkenny	Venue: Blended (Online) Learning Wexford Road Business Park, Carlow R93 K260 Tel: (059) 918 2415/ (085) 1639351 Email: carlow@pitman-training.ie Web: www.pitman-training.ie/our-centres/carlow	Ongoing	Varies depending on the course	Varies depending on the course – please contact course provider	Varies depending on the course	Courses <ul style="list-style-type: none"> • Office Manager Diploma • Executive PA Diploma • HR Assistant Diploma • Legal Secretary Diploma • Medical Secretary Diploma • Secretarial Diploma • Typing & Keyboard Skills • Microsoft Office Diploma • Bookkeeping Diploma • Foundation Diploma in Bookkeeping with AAT • Accounting Technician Diploma with AAT

						<ul style="list-style-type: none"> • Professional Diploma in Accounting with AAT • Advanced Diploma in Accounting with AAT • Office Skills Diploma • Office IT Diploma • IT Office Administrator Diploma • Advanced IT Support Technician Diploma with CompTIA • Advanced IT Security Engineer Diploma with CompTIA • IT Support Technician Diploma with CompTIA • Network Support Technician Diploma with CompTIA • Server Support Technician Diploma with CompTIA • Software Developer Diploma (MTA) • Programming Fundamentals Diploma • Advanced Software and Web Developer Diploma • Graphic Design Diploma with Adobe ACA • Web Developer Diploma • Web Design Specialist Diploma • Marketing Assistant Diploma • Digital Marketing Diploma with the Digital Marketing Institute • Pitman English • Management Diploma • Project Management Diploma • Professional Development Diploma • Business Start-Up Diploma • Effective Business Communication • Social Media for Business Diploma
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						<ul style="list-style-type: none"> • Event Management Diploma
Barrow Training Courses & Workshops	Venue: Blended (Online) Learning Barrow Training Tel: 059 9721416 E: marketing@barrowtraining.ie W: www.barrowtraining.ie	Ongoing	Varies	Varies depending on the course/ workshop – costs available on the Barrow Training website	Varies depending on the course/ workshop – qualification details available on the Barrow Training website	<ul style="list-style-type: none"> • QQI Level 5 minor and major awards in Healthcare • QQI Level 5 minor and major awards in Childcare • Manual & Patient Handling • First Aid Response (FAR) • FAR Refresher course
Health Care Modules	Venue: Online Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – www.eventbrite.ie	Ongoing	12-week self-directed online learning	€125 per module	QQI Level 5 Minor Awards	Carlow Kilkenny Skillnet is running five modules at a subsidised rate in conjunction with Barrow Training: <ul style="list-style-type: none"> • Care Skills • Care Support • Infection Prevention and Control • Care of the Older Person • Palliative Care
Understanding & Managing Anxiety	Venue: Online Further information please email carlowmentalhealth@hotmail.com or call (085) 8181353	6 th April 2021	7.30pm-9pm (4 Tuesdays)	Free		Interactive programme on practical ways to support our wellbeing, managing stress and anxiety in these challenging times. Places are limited and booking is required.
Fundamentals of Digital Marketing	Venue: Online Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – www.eventbrite.ie	9 th April 2021	9.30am-12.45pm over 6 Fridays	€25		Digital marketing encompasses all marketing efforts that use an electronic device or the internet. In this 6-week programme, participants will review how their business is leveraging digital channels such as their website, search engines, social media, email, and other websites to connect with current and prospective customers.
Cookery Classes	Venue: Online Email Fiona in KCETB on fdunne@kcetb.ie	12 th April 2021	10am-11.30am (4 Mondays)	Free		The classes will be directed by Majella Johnson. Majella will base her recipes on the herbs, fruits and vegetables grown in An Gairdin Beo.
Kickstart Your Own Business	Venue: Online Carlow Local Enterprise Board	12 th April 2021	12 th & 16 th April	€10		This programme is for people who have a business idea and want to decide if it can be a viable business.

	Tel: 059-9129783 enterprise@carlowcoco.ie Web: www.localenterprise.ie/Carlow/ (in association with Carlow Libraries & CCDP)		(6.30pm-9.30pm)			This is a first step in starting your own business. Course delivery - over a two-week period and consists of a 3 hour online group workshop, an online one to one mentoring session, followed by a three hour online group workshop. This is for Carlow Participants only. Next course dates: 7th /June 6th September/ 19th October
Approved Product Adviser Designation in Loans (QFA Loans & Regulations)	Venue: Online Contact: KCETB Training Services Gillian on (056) 7813014 or email tsu.recruit@kcetb.ie Course information and application at – www.fetchcourses.ie	12 th April 2021	20 weeks on Tuesday and Thursday evenings	Free	QFA Loans (LOANS) QFA Regulation (QFAReg) awarded by Life Insurance Association of Ireland	The Accredited Product Adviser (APA) designation meets the Central Bank's Minimum Competency Code (MCC) requirements for selling and advising on certain retail financial products set out in the Code. This course is aimed at those whose employment has been impacted by COVID and who are seeking opportunities to upskill/reskill and find employment in financial services or general insurance.
Basic TIG Welding (Beginners Course)	Venue: Arc Training, Athy Road, Carlow Contact: KCETB Training Services Helena Comerford on (056) 7813014 or email tsu.recruit@kilkennycarloweb.ie	12 th April 2021	4 weeks full time	Free	(TIG) Stainless Steel Weld (EN9606-1SS01)	The aim of the course is to up-skill and accredit, crafts-persons and senior apprentices to the first level of TIG Stainless Steel welding. This short course has been designed to facilitate those in receipt of a Social Welfare payment including PUP to explore upskilling/reskilling opportunities. Course information and application at – www.fetchcourses.ie Next course date: 3rd August
Managing & Enhancing Staff Performance	Venue: Online Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152	13 th April 2021	13 th , 20 th & 27 th April	€125		This course will give managers, supervisors and team leaders the skills and confidence to become effective in the management of staff performance to deliver high quality and consistent results - https://carlowkilkennyskillnet.ie/

Diploma in Project Management	Venue: Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152	13 th April 2021	Tuesday evenings (6-9pm) from the 13 th April until 15 th June 2021	€900	QQI Level 7 Special Purpose Award (15 ECTS)	Participants will develop the essential knowledge required for successful project outcomes. The Diploma is structured around real-world project management challenges and internationally recognised best practices, including the Project Management Body of Knowledge (PMBOK®), PRINCE2® and Agile Project Management. The skills and techniques taught on this program are relevant to all sectors of business and government. Students also learn how to utilise Microsoft Planner & Project in the planning, execution and monitoring and controlling of projects.
Customer Service & Complaint Handling	Venue: Online For more information please contact Sharon on 086 0404053/ sscanlon@carlowdevelopment.ie	13 th April 2021	9.30m-1pm	Free to the unemployed		The aim of this training is to build confidence with customers, manage complaints effectively & deliver a great customer experience.
Safeguarding (1) - Child Welfare & Protection Basic Awareness	Venue: Online Contact: Carlow Sports Partnership on 059 9136205 Bookings at www.eventbrite.ie	13 th April 2021	1 evening (6.45pm-9.45pm)	€22.20		All Coaches, Club Children's Officers and Designated Liaison Persons must first complete this training. This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport. Next course: 18th May 2021
Tai Chi	Venue: Online Email Fiona in KCETB on fdunne@kcetb.ie	14 th April 2021	11-12.30pm - 6 Wednesdays	Free		Tai Chi develops great inner strength and stamina. It promotes vibrant physical health with overall peace and calm. It is suitable for all levels of fitness.
Train the Trainer	Venue: Online Provider: Carlow Kilkenny Skillnet	14 th April 2021	5 days – 14 th , 21 st & 28 th April	€395		This programme aims to equip learners with the critical skills, knowledge and attitudes to the deliver and evaluate

	For more information please call Jacqueline on 059 9132152		and 5 th & 12 th May			highly participatory, learner centred and varied training programmes to groups and individuals in accordance with international best practice. https://carlowkilkennyskillnet.ie/
Infection Control	Venue: Online Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152	14 th April 2021	10.30am-12pm	€25		This course focuses on what to look out for in work places and how to prevent the spread of infection.
Basic Bookkeeping	Venue: Online Carlow Local Enterprise Board Tel: 059-9129783 enterprise@carlowcoco.ie Web: www.localenterprise.ie/Carlow/	14 th April 2021	10am-1pm on the 14 th & 21 st April	€10		This workshop will empower participants with an in-depth understanding of basic accounting principles as well as a comprehensive working knowledge of their obligations to Revenue Commissioners. Topics covered will include Debtors & Creditors, Bank Reconciliation, Expenses, Assets, Liabilities, Profit & Loss Accounts and Balance Sheets, etc. <i>This is for Carlow Businesses only.</i>
Interview Skills for Hiring Managers	Venue: Online Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – www.eventbrite.ie	15 th April 2021	10am-1pm	€25		Participants who undertake this course will gain experience in how to conduct a successful interview. The programme is designed to guide you through the stages of the interviewing and selection process providing you with the range of skills necessary to select the best people for your business or project.
Office Administration Traineeship (option to specialise in Finance/ Legal/ Medical)	Venue: Enterprise House, O'Brien Road, Carlow Provider – KCETB Training Services Contact: Helena Comerford Tel: 056 7813014	19 th April 2021	43 weeks – full time course	Free - if you are unemployed, redundant or no longer in full-time education.	QQI Level 5	<u>Course content:</u> Word Processing, Information and Administration, Text production, Communications, Reception and Front Office Skills and Spreadsheet methods. Learners will choose at least one elective module – Medical terminology, Manual &

	<p>Web: www.kcetbtraining.ie Application through your local INTREO Office or on www.fetchcourses.ie</p>					<p>computerised bookkeeping, Manual & computerised payroll, Audio transcription and Legal practice & procedure. Applicants should have experience using MS Word/PowerPoint, with a minimum typing speed of 25 words per minute. Due to Covid-19 restrictions, some of this course may need to move to online delivery.</p>
Re Energising Remote Teams	<p>Venue: Online Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – www.eventbrite.ie</p>	22 nd April 2021	10am-1pm	€25		<p>The aim of this workshop, is to empower team coaches, managers and team leads to make considered decisions and to communicate key messages that are clear, influential and timely. They will learn how to adapt and respond quickly using the best coaching and communication tools.</p>
Build Your Teams Defence - Cybersecurity Awareness Training Workshop	<p>Venue: Online Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – www.eventbrite.ie</p>	27 th April 2021	10am-12pm	€25		<p>This security awareness training workshop is designed to equip employees with the skills and knowledge to identify visible security risks and be aware of other potential risks. It is designed to generate discussion on everyday security issues and change user behaviour to help your organisation manage risk.</p>
Talent Management Cycle	<p>Venue: Online Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – www.eventbrite.ie</p>	27 th April 2021	10am-12pm	€15		<p>This session will cover a practical review of the Talent Management Cycle which includes a review of what the last year has taught us and some upcoming strategic trends that can be employed to enhance the short to medium term TM cycle.</p>
Start Your Own Business	<p>Venue: Online</p>	29 th April 2021	9.30am-10.30am on	€30		<p>This training is for anyone who has established they have a viable</p>

– Self Directed & Coaching	Carlow Local Enterprise Board Tel: 059-9129783 enterprise@carlowcoco.ie Web: www.localenterprise.ie/Carlow/ (in association with Carlow Libraries and CCDP)		April 29 th , 6 th , 13 th , 20 th & 27 th May and 3 rd June			business idea and want support in developing their business plan. It is delivered as a blended course of self-directed learning, group sessions and supported by one to one coaching sessions. Each week participants will attend a one-hour group session, access the online training modules and have 1:1 mentoring support to maximise the online training environment. Next course dates: 19th October/ 11th November
Learn How to Grow Hanging Baskets and Tubs	Venue: Online Email Fiona in KCETB on fdunne@kcetb.ie	3 rd May 2021	11am-12.30pm (2 Mondays)	Free		Topics – learn which plants to put in; where to situate the basket; how to keep them blooming all summer; growing flowers in containers
First Aid Responder	Blended Learning Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – www.eventbrite.ie	4 th May 2021	3 days – (4 th , 11 th & 18 th May)	€195	PHECC	First Aid is the initial assistance or treatment given to someone who is injured or suddenly taken ill. The Pre-Hospital Emergency Care Council (PHECC) certified course has replaced the QQI certified ‘Occupational First Aid’ course. https://carlowkilkennyskillnet.ie/
Safeguarding 2 – Child Welfare & Protection	Venue: Online Contact: Carlow Sports Partnership on 059 9136205	10 th May 2021	1 evening (6.45pm-9.45pm)	€22.20		This course will help the Club Children’s Officer to carry out the function of their role in the club and support the implementation of best practice in the club. Bookings at www.eventbrite.ie
Forklift, Safepass & Manual Handling	Venue: O’Brien Road, Carlow Contact: KCETB Training Services Contact: Andy Hogan on (056) 7813014 or email tsu.recruit@kcetb.ie	10 th May 2021	3 weeks – full time course 9am-4.15pm daily with a	Free	Forklift Counterbalance Certificate (RTITB1) Forklift Reach Certificate (RTITBR)	Participants will learn the knowledge and skill to operate a fork lift safely. This short training programme is offered through Skills to Compete funding and is aimed at those whose working lives have been impacted by Covid-19 and who would now like to

			half day Friday		Electric Pallet/Stacker Truck (RTITB- EPST)	take the opportunity to upskill/reskill. Course information and application at – www.fetchcourses.ie Next course dates: 14th June & 4th October 2021
Basic MIG Welding (Beginners Course)	Venue: Arc Training, Athy Road, Carlow Contact: KCETB Training Services Helena Comerford on (056) 7813014 or email <a href="mailto:tsu.recruit@kilkennycarlo
wetb.ie">tsu.recruit@kilkennycarlo wetb.ie	17 th May 2021	4 weeks full time	Free	MIG/MAG Weld (EN9606-1CS10)	The aim of the course is to up-skill and accredit, crafts-persons and senior apprentices to the first level of MIG Flat- -Horizontal - Plate welding of plate using Metal Inert Gas process. This short course has been designed to facilitate those in receipt of a Social Welfare payment including PUP to explore upskilling/reskilling opportunities. Course information and application at – www.fetchcourses.ie Course running again: 6th September
Online Train the Trainer	Venue: Online Contact: KCETB Training Services Helena Comerford on (056) 7813014 or email <a href="mailto:tsu.recruit@kilkennycarlo
wetb.ie">tsu.recruit@kilkennycarlo wetb.ie	18 th May 2021	25 weeks on Tuesday and Thursday evenings	Free to eligible applicants	QQI Level 6 – Training Delivery & Evaluation QQI Level 6 – Training Needs Identification & Design	The purpose of this award is to enable the learner to acquire the knowledge and skill to identify training and development needs and to deliver and evaluate a training intervention within a range of training and development contexts. This training is offered through Skills to Advance funding and is aimed at those in full/part-time employment with a background in training and/or staff mentoring. Open to those signing for X's and O's.
Technical Writing Skills	Venue: Online Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152	19 th May 2021	19 th & 26 th May (9.30am- 12.30pm)	€99		Having trouble writing reports, procedures, memos or other documents? Who Should Attend? Engineers, Managers, Scientists and other Technical Personnel involved in disciplines such as Quality, Engineering, Regulatory Affairs,

	Bookings – www.eventbrite.ie					Technical Services and Research and Development have all benefitted greatly by attending this course in the past.
Warehouse Operations	Venue: Carlow Contact: KCETB Training Services Olive Morrissey on (056) 7813014 (ext 200) or email tsu.recruit@kilkennycarlowetb.ie	24 th May 2021	10 weeks full time	Free	QQI Level 5 modules in Warehousing; Counterbalance Forklift Truck Skills & Reach Forklift Skills	On successful completion of this course learners will be able to demonstrate a broad knowledge of warehousing operations including forklift operations, customer service and health and safety in a warehousing or logistics environment. Course information and application at – www.fetchcourses.ie
Developing Leaders for Hospitality & Tourism	Venue: Online Contact: KCETB Training Services – Gillian Ryan on (056) 7813014 or email: employerliaison@kcetb.ie	24 th May 2021	46 weeks part time	Free to eligible participants	City and Guilds	The successful completion of the Developing Leaders in Hospitality and Tourism Team Leadership programme will support those in employment within the hospitality/tourism sector to prepare for progression to a job in a wide range of team leadership roles. <i>Applications for a place on this course must be made on your behalf by your employer. Please ask him/her to contact employerliaison@kcetb.ie to request further information and/or a call back.</i>
Basic MMA Welding (Beginners Course)	Venue: Arc Training, Athy Road, Carlow Contact: KCETB Training Services Helena Comerford on (056) 7813014 or email tsu.recruit@kilkennycarlowetb.ie	21 st June 2021	5 weeks full time	Free	MMA Fillet Weld (EN9606-1CS01)	This course will deliver training leading to the first level of MMA Flat-Horizontal welding of plate using MMA (stick welding) process. This free course will also suit those impacted by Covid-19 who are seeking an opportunity to upskill/reskill whilst in receipt of the Pandemic Unemployment Payment (PUP). Course information and application at – www.fetchcourses.ie

BAGENALSTOWN

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Healthy Spring Cooking	Venue: Online Call the Bagenalstown Family Resource Centre on 086-6665748/ (059) 9722028	April 2021 dates to be confirmed	Over 6 weeks	Free and ingredient boxes funded by CCDP		Why not refresh your meal plans with bright, delicious and healthy recipes to bring some springtime into your cooking. Every week there will be a different recipe, along with tips and supports.

BALLON/ RATHOE

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Adult Mosaic Classes	Venue: Craft Shed, Webb's Social Farm, Moorefield, Kilcoole, Rathoe, R93X791	Ongoing		Contact course provider		Participants will have the flexibility to produce their individual projects within their own timeframes. Learners will buy a base kit. This will take them from start to completion of their project. Further information on 085 7534544/ teachwebb@gmail.com
Sewing Classes	Venue: <u>Online</u> Ballon Business & Training Centre www.ballonbts.com	Ongoing	Thursdays (2pm-4pm)	Free		This course will run weekly. To register, email ballonbts@gmail.com

HACKETSTOWN/ RATHVILLY/ CLONMORE

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

Creative Studies for Special Needs	Venue: Colaiste Eoin, Hacketstown Contact: Bernadette O'Rourke on 056 7765103/ adulthoodeducationoffice@kilkennycarlowetb.ie	13 th September 2021	9 Monday evenings	Contact Course Provider	QQI Level 6 Minor Award	The aim of this course is to enable the learner to gain the knowledge, skill and competence relevant to working with individuals with special educational needs while emphasising the importance of creative studies from both a theoretical and practical perspective. Course information and application – www.fetchcourses.ie
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TULLOW- UPCOMING COURSES

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Beginners Kayaking Course	Venue: Tullow Kayak Club, Ballymurphy Road, Tullow	April 2021				Aim to re-start kayaking courses in April. Participants must be able to swim at least 25 metres & thread water, Keep an eye on their Facebook page- www.facebook.com/tullow.kayakclub

Carlow Social Prescribing Service

Carlow Social Prescribing Service is a new free service in Carlow which works to reduce social isolation and increase health and wellbeing. They can help by providing information on social groups, exercise classes, relaxation sessions, volunteering opportunities, support services and much more all in your local area. For more information please contact Sinead on 086 4147511/ email: socialprescribing@catherines.ie

Wellness & Mental Health Courses/ Workshops

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

						when their mental health has taken a dip. Website: https://suicideorsurvive.ie
21 Day Walking Challenge	Organised by Get Ireland Walking Tel: (01) 6251109 E: info@getirelandwalking.ie www.getirelandwalking.ie	Ongoing		Free		Aim to walk for at least 30 minutes each day. You don't have to do it all at once you can build up to 30 minutes or more by being active for at least 10 minutes in the early days. Just keep increasing the length of your walk, and watch the minutes add up. You can download a record card on the website.
5 KM Beginners Running Programme	Organised by Athletics Ireland. Programme plan available at www.athleticsireland.ie	Ongoing	8-week programme	Free		This programme is only a suggestion and should be adapted to suit your work and home life and the days of the week that is most convenient for you to exercise. Happy Running!
Recovery College South East Workshops	Venue: Online Tel: 086 1746330 Email: recoverycollegesoutheast@gmail.com Web: www.recoverycollegesoutheast.com/	April – June Workshops	Varies	Free		Courses at the Recovery College are for everyone. April Workshops 12 th – Building my Self- Confidence 13 th – Co-production: Working Together 13 th – Understanding and Managing Anxiety 14 th – Understanding Medication 14 th – Families and Recovery models 16 th – Understanding and Managing Depression 27 th – Personal Narratives 28 th – Mental Health and Family Caring Programme 28 th – Lunchtime Wellbeing May Workshops 3 rd – Understanding and Living with Bipolar 10 th – Understanding and Managing Stress 10 th – Talking and Listening: It Works Both Ways

						18 th – Practical Facilitation Skills 19 th – Understanding Loss and Bereavement 26 th – Lunchtime Wellbeing June Workshops 2 nd June – Understanding and Managing Anger 30 th June – Lunchtime Wellbeing
Living Well Programme	Venue: Online Provided by the HSE For bookings or enquiries email: selfmanagementsupports@hse.ie or call Catriona on 087 2939881 or Ciara on 087 4088325	9 th April 2021 onwards	6-week programme (2½ hours per week)	Free		Living Well is a free Self-Management programme for adults living with long-term health conditions. Dates: <ul style="list-style-type: none"> • 9th April - 21st May • 10th April - 22nd May Website: www.hse.ie/LivingWell
Stress Control	Venue: Online https://stresscontrol.ie/	April-June 2021	Mondays & Thursdays at 9am	Free		As the HSE cannot deliver the Stress Control classes in the community just now, Dr Jim White will, instead, live-stream the classes until March. No need to register just click the link. If you miss them the class will stay up online for 48 hours after.

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