

### **SUSI (Student Universal Support Ireland)**

If you are planning to study this September in College or in a Post Leaving Certificate centre you might be eligible to apply for a student grant. For further information on student grant applications please go to - [www.studentfinance.ie](http://www.studentfinance.ie).  
 To apply for a student grant register with SUSI via [www.susi.ie](http://www.susi.ie) or call the SUSI Support Desk on 0761 08 7874 / Email [support@susi.ie](mailto:support@susi.ie).  
 The SUSI application system is due to open on April 22<sup>nd</sup> 2021 with priority processing date for new applications by 8<sup>th</sup> July 2021

### **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](mailto: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
<b>Conversational English Classes (Fáilte Isteach)</b>	Venue: <b>Online</b> 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
<b>e-Language Learning with Carlow Libraries</b>	Venue: <b>Online</b> Carlow Library Services – Carlow Town, Tullow, Bagenalstown & Borris <a href="http://www.carlowlibraries.ie">www.carlowlibraries.ie</a> 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.
<b>e-Learning with Carlow Libraries</b>	Venue: <b>Online</b> Carlow Library Services – Carlow Town, Tullow, Bagenalstown & Borris <a href="http://www.carlowlibraries.ie">www.carlowlibraries.ie</a> 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.

<b>e-College - SOLAS Online Courses</b>	Venue: <b>Online</b> E-College Tel: 1800 855831 E: <a href="mailto:ecollegeinfo@solas.ie">ecollegeinfo@solas.ie</a> Web: <a href="http://www.ecollege.ie">www.ecollege.ie</a>	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"> <li>• Business</li> <li>• Computer Programming</li> <li>• Data Science</li> <li>• Databases</li> <li>• IT Professional</li> <li>• Office Productivity</li> <li>• Web and Graphic Design</li> </ul>
<b>Reading, Writing, Maths &amp; Technology Courses</b>	Venue: <b>Online</b> National Adult Literacy Agency <a href="https://courses.nala.ie">https://courses.nala.ie</a> Freephone: 1800 202065	Continuous	Part time – varies depending on the course	Free	QQI certification	<ul style="list-style-type: none"> <li>• QQI Level 2 qualification example of some subjects – Reading, Writing, Using Technology, Quantity &amp; Number, Pattern &amp; Relationship, Listening and Speaking, Personal Decision Making, Setting Learning Goals</li> <li>• QQI Level 3 qualifications example of some subjects – Personal Effectiveness, Communications, Career Preparation</li> <li>• New subjects due to start</li> </ul>
<b>CPC Training – Truck &amp; Bus Drivers (Continual Professional Development)</b>	Venue: Seven Oaks Hotel Training Provider – CPC.ie Tel: 087 6363003 or 066 7185556 Email: <a href="mailto:info@cpc.ie">info@cpc.ie</a> Web: <a href="http://www.cpc.ie">www.cpc.ie</a>	Ongoing	1 day per module	€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"> <li>• 3<sup>rd</sup> April - Health &amp; Safety of the Professional Driver</li> <li>• 11<sup>th</sup> April - Minimising Risks &amp; Managing Emergencies</li> <li>• 17<sup>th</sup> April - The Professional Bus Driver</li> <li>• 24<sup>th</sup> April – The Professional Truck Driver</li> </ul>
<b>Pitman Training Carlow Kilkenny</b>	Venue: <b>Blended (Online) Learning</b> Wexford Road Business Park, Carlow R93 K260 Tel: (059) 918 2415/	Ongoing	Varies depending on the course	Varies depending on the course – please contact course provider	Varies depending on the course	<b>Courses</b> <ul style="list-style-type: none"> <li>• Office Manager Diploma</li> <li>• Executive PA Diploma</li> <li>• HR Assistant Diploma</li> <li>• Legal Secretary Diploma</li> </ul>

	<p>(085) 1639351        Email: <a href="mailto:carlow@pitman-training.ie">carlow@pitman-training.ie</a>        Web: <a href="http://www.pitman-training.ie/our-centres/carlow">www.pitman-training.ie/our-centres/carlow</a></p>				<ul style="list-style-type: none"> <li>• Medical Secretary Diploma</li> <li>• Secretarial Diploma</li> <li>• Typing &amp; Keyboard Skills</li> <li>• Microsoft Office Diploma</li> <li>• Bookkeeping Diploma</li> <li>• Foundation Diploma in Bookkeeping with AAT</li> <li>• Accounting Technician Diploma with AAT</li> <li>• Professional Diploma in Accounting with AAT</li> <li>• Advanced Diploma in Accounting with AAT</li> <li>• Office Skills Diploma</li> <li>• Office IT Diploma</li> <li>• IT Office Administrator Diploma</li> <li>• Advanced IT Support Technician Diploma with CompTIA</li> <li>• Advanced IT Security Engineer Diploma with CompTIA</li> <li>• IT Support Technician Diploma with CompTIA</li> <li>• Network Support Technician Diploma with CompTIA</li> <li>• Server Support Technician Diploma with CompTIA</li> <li>• Software Developer Diploma (MTA)</li> <li>• Programming Fundamentals Diploma</li> <li>• Advanced Software and Web Developer Diploma</li> <li>• Graphic Design Diploma with Adobe ACA</li> <li>• Web Developer Diploma</li> <li>• Web Design Specialist Diploma</li> <li>• Marketing Assistant Diploma</li> </ul>
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						<ul style="list-style-type: none"> <li>• Digital Marketing Diploma with the Digital Marketing Institute</li> <li>• Pitman English</li> <li>• Management Diploma</li> <li>• Project Management Diploma</li> <li>• Professional Development Diploma</li> <li>• Business Start-Up Diploma</li> <li>• Effective Business Communication</li> <li>• Social Media for Business Diploma</li> <li>• Event Management Diploma</li> </ul>
<b>Barrow Training Courses &amp; Workshops</b>	Venue: <b>Blended (Online) Learning</b> Barrow Training Tel: 059 9721416 E: <a href="mailto:marketing@barrowtraining.ie">marketing@barrowtraining.ie</a> W: <a href="http://www.barrowtraining.ie">www.barrowtraining.ie</a>	Ongoing	Varies	Varies depending on the course/ workshop – costs available on the Barrow Training website	Varies depending on the course/ workshop – qualification details available on the Barrow Training website	<ul style="list-style-type: none"> <li>• QQI Level 5 minor and major awards in Healthcare</li> <li>• QQI Level 5 minor and major awards in Childcare</li> <li>• Manual &amp; Patient Handling</li> <li>• First Aid Response (FAR)</li> <li>• FAR Refresher course</li> <li>• QQI Level 6 Training Evaluation and Delivery</li> </ul>
<b>Health Care Modules</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	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"> <li>• Care Skills</li> <li>• Care Support</li> <li>• Infection Prevention and Control</li> <li>• Care of the Older Person</li> <li>• Palliative Care</li> </ul>
<b>Understanding &amp; Managing Anxiety</b>	Venue: <b>Online</b> Further information please call (085) 8181353/ email <a href="mailto:carlowmentalhealth@hotmail.com">carlowmentalhealth@hotmail.com</a>	6 <sup>th</sup> 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.
<b>Finding Wellness in the Garden</b>	Venue: <b>Online</b> Email <a href="mailto:carlowmentalhealth@gmail.com">carlowmentalhealth@gmail.com</a> to register	7 <sup>th</sup> April 2021	Starting at 7.30pm	Free		Gardening is good for the body, mind and spirit. Join Fiann Ó Nualláin, the holistic gardener to explore the ways and whys of how to reap those benefits from your garden.

<b>Fundamentals of Digital Marketing</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	9 <sup>th</sup> 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.
<b>Cookery Classes</b>	Venue: <b>Online</b> Email Fiona in KCETB on <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a>	12 <sup>th</sup> 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.
<b>Kickstart Your Own Business</b>	Venue: <b>Online</b> Carlow Local Enterprise Board Tel: 059-9129783 <a href="mailto:enterprise@carlowcoco.ie">enterprise@carlowcoco.ie</a> Web: <a href="http://www.localenterprise.ie/Carlow/">www.localenterprise.ie/Carlow/</a> (in association with Carlow Libraries & CCDP)	12 <sup>th</sup> April 2021	12 <sup>th</sup> & 16 <sup>th</sup> April (6.30pm-9.30pm)	€10		This programme is for people who have a business idea and want to decide if it can be a viable business. 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. <i>Future course dates: 7<sup>th</sup> June / 6<sup>th</sup> September/ 19<sup>th</sup> October</i>
<b>Managing &amp; Enhancing Staff Performance</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152	13 <sup>th</sup> April 2021	13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup> 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 - <a href="https://carlowkilkennyskillnet.ie/">https://carlowkilkennyskillnet.ie/</a>
<b>Approved Product Adviser Designation in Loans (QFA)</b>	Venue: <b>Online</b> Contact: KCETB Training Services Gillian on (056) 7813014 or email <a href="mailto:tsu.recruit@kcetb.ie">tsu.recruit@kcetb.ie</a>	13 <sup>th</sup> April 2021	20 weeks on Tuesday and Thursday evenings	Free	QFA Loans (LOANS) QFA Regulation (QFAReg) awarded by Life Insurance	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

<b>Loans &amp; Regulations)</b>	Course information and application at – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>				Association of Ireland	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.
<b>Diploma in Project Management</b>	Venue: Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152	13 <sup>th</sup> April 2021	Tuesday evenings (6-9pm) from the 13th April until 15th 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. <a href="https://carlowkilkennyskillnet.ie/">https://carlowkilkennyskillnet.ie/</a>
<b>Customer Service &amp; Complaint Handling</b>	Venue: <b>Online</b> For more information please contact Sharon on 086 0404053/ <a href="mailto:sscanlon@carlowdevelopment.ie">sscanlon@carlowdevelopment.ie</a>	13 <sup>th</sup> April 2021	Full day 9.30m-1pm & 1.30pm-4.30pm	Free to the unemployed		The aim of this training is to build confidence with customers, manage complaints effectively & deliver a great customer experience.
<b>Safeguarding (1) - Child Welfare &amp; Protection Basic Awareness</b>	Venue: <b>Online</b> Contact: Carlow Sports Partnership on 059 9136205 Bookings at <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	13 <sup>th</sup> 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. <b>Next course: 18<sup>th</sup> May 2021</b>

<b>Mindful Movement &amp; Meditation</b>	Venue: <b>Online</b> Email Fiona in KCETB on <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a>	13 <sup>th</sup> April 2021	6 Tuesdays (11am-12.30pm)	Free		This course will introduce participants to meditation and how to do it properly. It will also include gentle exercises.
<b>Tai Chi</b>	Venue: <b>Online</b> Email Fiona in KCETB on <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a>	14 <sup>th</sup> 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.
<b>Train the Trainer</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152	14 <sup>th</sup> April 2021	5 days – 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> April and 5 <sup>th</sup> & 12 <sup>th</sup> May	€395		This programme aims to equip learners with the critical skills, knowledge and attitudes to the deliver and evaluate highly participatory, learner centred and varied training programmes to groups and individuals in accordance with international best practice. <a href="https://carlowkilkennyskillnet.ie/">https://carlowkilkennyskillnet.ie/</a>
<b>Infection Control</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152	14 <sup>th</sup> 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. <a href="https://carlowkilkennyskillnet.ie/">https://carlowkilkennyskillnet.ie/</a>
<b>Basic Bookkeeping</b>	Venue: <b>Online</b> Carlow Local Enterprise Board Tel: 059-9129783 <a href="mailto:enterprise@carlowcoco.ie">enterprise@carlowcoco.ie</a> Web: <a href="http://www.localenterprise.ie/Carlow/">www.localenterprise.ie/Carlow/</a>	14 <sup>th</sup> April 2021	10am-1pm on the 14 <sup>th</sup> & 21 <sup>st</sup> 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. <b><i>This is for Carlow Businesses only.</i></b>
<b>Gardening – Flowers &amp; Shrubs</b>	Venue: <b>Online</b> Email Fiona in KCETB on <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a>	15 <sup>th</sup> April 2021	10am-11.30am (6 Thursdays)	Free		<u>Topics:</u> ornamental flowering plants; pruning shrubs, the best plants to sow in shades, full sun, all year round; taking cuttings



<b>Becoming The Person You Want To Be</b>	Venue: <b>Online</b> This event will be livestreamed on Carlow Mental Health Association Facebook page. There is no need to register	15 <sup>th</sup> April 2021	7.30pm	Free		Everyone is unique, so the key to well-being is finding out what helps you become the person you want to be. During the evening David will explore some insights and techniques which might be useful additions to your well-being tool kit. The emphasis will be on providing resources so that you can develop a plan that works for you
<b>Interview Skills for Hiring Managers</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	15 <sup>th</sup> 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.
<b>Basic TIG Welding (Beginners Course)</b>	Venue: Arc Training, Athy Road, Carlow Contact: KCETB Training Services Helena Comerford on (056) 7813014 or email <a href="mailto:tsu.recruit@kilkennycarlowetb.ie">tsu.recruit@kilkennycarlowetb.ie</a>	19 <sup>th</sup> 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 – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a> <b>Next course date: 3<sup>rd</sup> August</b>
<b>Office Administration Traineeship (option to specialise in Finance/ Legal/ Medical)</b>	Venue: Enterprise House, O'Brien Road, Carlow Provider – KCETB Training Services Contact: Helena Comerford Tel: 056 7813014 Web: <a href="http://www.kcetbtraining.ie">www.kcetbtraining.ie</a>	19 <sup>th</sup> 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 & computerised bookkeeping, Manual & computerised payroll, Audio



	<p>Application through your local INTREO Office or on <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a></p>				<p>transcription and Legal practice &amp; 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>
<p><b>Unison - New Business Support Series Courses &amp; Programmes designed for all types of businesses in County Carlow</b></p>	<p>Venue: <b>Online</b>          Carlow Local Enterprise Board          Tel: 059-9129783  <a href="mailto:enterprise@carlowcoco.ie">enterprise@carlowcoco.ie</a>          Web: <a href="http://www.localenterprise.ie/Carlow/">www.localenterprise.ie/Carlow/</a></p>	<p>21<sup>st</sup> April 2021 onwards</p>	<p>1 or 2 mornings (10am-1pm)</p>	<p>€10 per course/programme</p>	<ul style="list-style-type: none"> <li>• 21<sup>st</sup> April – Sales &amp; Marketing Strategy</li> <li>• 5<sup>th</sup> May – Beginners' Guide to Social Media</li> <li>• 12<sup>th</sup> May – Personal Effectiveness and Goal Setting</li> <li>• 19<sup>th</sup> May – A SME Guide to Budgeting and Forecasting</li> <li>• 26<sup>th</sup> May – Digital Marketing – What, Why and How</li> <li>• 27<sup>th</sup> May – Let's Get Visual – Video &amp; Audio Production</li> <li>• 9<sup>th</sup> June – Time Management</li> <li>• 16<sup>th</sup> June – Pricing for Profit</li> <li>• 23<sup>rd</sup> June – Marketing – PR &amp; Communication</li> <li>• 30<sup>th</sup> June – Facebook for Business</li> <li>• 7<sup>th</sup> July – Leadership in a Changing World</li> <li>• 7<sup>th</sup> July – Guide to Writing a Business Plan</li> <li>• 14<sup>th</sup> July – Finance for Non-Finance Managers</li> <li>• 21<sup>st</sup> July – Sales Lead Generation – Online &amp; Offline</li> <li>• 28<sup>th</sup> July – Instagram for Business</li> <li>• 8<sup>th</sup> Sept – Legal Compliance including taxation</li> </ul>

						<ul style="list-style-type: none"> <li>• 15<sup>th</sup> Sept – Brand Building &amp; Implementation</li> <li>• 22<sup>nd</sup> Sept – Website Development Toolkit</li> <li>• 29<sup>th</sup> Sept – Facilitated Brainstorming &amp; Idea Generation</li> <li>• 6<sup>th</sup> Oct – Customer Service &amp; Evolution</li> <li>• 13<sup>th</sup> Oct – Let's Get Visual – Videography and Photography for Business</li> <li>• 10<sup>th</sup> Nov – Enable my business on a budget – Emerging IT Tools</li> </ul>
<b>Re Energising Remote Teams</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	22 <sup>nd</sup> April 2021	10am-1pm	€25		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.
<b>Inclusive Fitness Training</b>	Venue: <b>Online</b> Contact: Carlow Sports Partnership on 059 9136205 Bookings – <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	22 <sup>nd</sup> April 2021	6.30pm-10pm	€10		This workshop is designed to increase the confidence and awareness of fitness managers, fitness professionals and all frontline staff to work with people with disabilities in the fitness sector.
<b>Build Your Teams Defence - Cybersecurity Awareness Training Workshop</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	27 <sup>th</sup> April 2021	10am-12pm	€25		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.

<b>Talent Management Cycle</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	27 <sup>th</sup> April 2021	10am-12pm	€15		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.
<b>Start Your Own Business – Self Directed &amp; Coaching</b>	Venue: <b>Online</b> Carlow Local Enterprise Board Tel: 059-9129783 <a href="mailto:enterprise@carlowcoco.ie">enterprise@carlowcoco.ie</a> Web: <a href="http://www.localenterprise.ie/Carlow/">www.localenterprise.ie/Carlow/</a> (in association with Carlow Libraries and CCDP)	29 <sup>th</sup> April 2021	9.30am-10.30am on April 29 <sup>th</sup> , 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup> May and 3 <sup>rd</sup> June	€30		This training is for anyone who has established they have a viable 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. <i>Next course dates: 8<sup>th</sup> June/ 21<sup>st</sup> September/ 19<sup>th</sup> October/ 11<sup>th</sup> November</i>
<b>Learn How to Grow Hanging Baskets and Tubs</b>	Venue: <b>Online</b> Email Fiona in KCETB on <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a>	3 <sup>rd</sup> 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
<b>First Aid Responder</b>	Blended Learning Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	4 <sup>th</sup> May 2021	3 days – (4 <sup>th</sup> , 11 <sup>th</sup> & 18 <sup>th</sup> 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. <a href="https://carlowkilkennyskillnet.ie/">https://carlowkilkennyskillnet.ie/</a>

<b>Safeguarding 2 – Child Welfare &amp; Protection</b>	Venue: <b>Online</b> Contact: Carlow Sports Partnership on 059 9136205	10 <sup>th</sup> 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 <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>
<b>Forklift, Safepass &amp; Manual Handling</b>	Venue: O'Brien Road, Carlow Contact: KCETB Training Services Contact: Andy Hogan on (056) 7813014 or email <a href="mailto:tsu.recruit@kcetb.ie">tsu.recruit@kcetb.ie</a>	10 <sup>th</sup> May 2021	3 weeks – full time course 9am-4.15pm daily with a half day Friday	Free	Forklift Counterbalance Certificate (RTITB1) Forklift Reach Certificate (RTITBR) Electric Pallet/Stacker Truck (RTITB-EPST)	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 take the opportunity to upskill/reskill. Course information and application at – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a> <b>Next course dates: 14<sup>th</sup> June &amp; 4<sup>th</sup> October 2021</b>
<b>Developing Leaders for Hospitality &amp; Tourism</b>	Venue: <b>Online</b> Contact: KCETB Training Services – Gillian Ryan on (056) 7813014 or email: <a href="mailto:employerliaison@kcetb.ie">employerliaison@kcetb.ie</a>	11 <sup>th</sup> May 2021	46 weeks part time (Mondays & Tuesdays)	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 <a href="mailto:employerliaison@kcetb.ie">employerliaison@kcetb.ie</a> to request further information and/or a call back.</i>
<b>Basic MIG Welding (Beginners Course)</b>	Venue: Arc Training, Athy Road, Carlow Contact: KCETB Training Services Helena Comerford on (056) 7813014 or email	17 <sup>th</sup> 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

	<a href="mailto:tsu.recruit@kilkennycarlowebt.ie">tsu.recruit@kilkennycarlowebt.ie</a>					Welfare payment including PUP to explore upskilling/reskilling opportunities. Course information and application at – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>
<b>Online Train the Trainer</b>	Venue: Online Contact: KCETB Training Services Helena Comerford on (056) 7813014 or email <a href="mailto:tsu.recruit@kilkennycarlowebt.ie">tsu.recruit@kilkennycarlowebt.ie</a>	18 <sup>th</sup> May 2021	20 weeks on Tuesday evenings(6 pm-9pm) with two Saturdays (10am-4pm)	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.
<b>Technical Writing Skills</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	19 <sup>th</sup> May 2021	19 <sup>th</sup> & 26 <sup>th</sup> 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, Technical Services and Research and Development have all benefitted greatly by attending this course in the past. <a href="https://carlowkilkennyskillnet.ie/">https://carlowkilkennyskillnet.ie/</a>
<b>Website Marketing Audit</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	20 <sup>th</sup> May 2021	10am-12pm	€15		In this course, participants will review how to objectively audit your website, see how your current offering compares to that of your competitors and most importantly - offer advice on how to make the most of your online assets. <a href="https://carlowkilkennyskillnet.ie/">https://carlowkilkennyskillnet.ie/</a>
<b>Warehouse Operations</b>	Venue: Carlow	24 <sup>th</sup> May 2021	10 weeks full time	Free	QQI Level 5 modules in	On successful completion of this course learners will be able to

	Contact: KCETB Training Services Olive Morrissey on (056) 7813014 (ext 200) or email <a href="mailto:tsu.recruit@kilkennycarlowebb.ie">tsu.recruit@kilkennycarlowebb.ie</a>				Warehousing; Counterbalance Forklift Truck Skills & Reach Forklift Skills	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 – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>
<b>Basic MMA Welding (Beginners Course)</b>	Venue: Arc Training, Athy Road, Carlow Contact: KCETB Training Services Helena Comerford on (056) 7813014 or email <a href="mailto:tsu.recruit@kilkennycarlowebb.ie">tsu.recruit@kilkennycarlowebb.ie</a>	21 <sup>st</sup> 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 – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>
<b>Further Education Opportunities in Carlow Institute of Further Education &amp; Training</b>	Venue: Carlow Institute of Further Education & Training, Kilkenny Road, Carlow Tel: 059 9134230 Email: <a href="mailto:info@carlowinstitute.ie">info@carlowinstitute.ie</a> Web: <a href="http://www.carlowinstitute.ie">www.carlowinstitute.ie</a>	September 2021 (third week)	Full time course	Application fee: €20 Reg fee: €150 Dept of Education fee: €200 (exemptions may apply) & examination fees Additional fees may apply depending on the course e.g. materials, clothing or equipment fees – please contact course provider for more details	Qualification is dependent on the course e.g. QQI level 5 or 6/ ITEC/ CIDESCO/ VTCT	<b>Courses:</b> <ul style="list-style-type: none"> <li>• Advanced Business Practice</li> <li>• Advanced Makeup Artistry</li> <li>• Animal Care Enterprise</li> <li>• Animal Health Care</li> <li>• Animal Science</li> <li>• Applied Sciences</li> <li>• Applied Social Studies</li> <li>• Art &amp; Mixed Media (Portfolio Preparation)</li> <li>• Automation and Robotics Engineering</li> <li>• Automotive Technology</li> <li>• Barbering</li> <li>• Beauty Therapy</li> <li>• Business Administration with Legal Studies</li> <li>• Business with Digital Marketing</li> <li>• Business with Human Resources</li> </ul>

						<ul style="list-style-type: none"> <li>• Computer Systems and Networks</li> <li>• Construction &amp; Building</li> <li>• Early Years Educator</li> <li>• Engineering Technology</li> <li>• Film &amp; TV Production</li> <li>• Film Editing &amp; Special Effects</li> <li>• Fitness Instructor – Gym Based Exercise</li> <li>• Furniture Making &amp; Woodworking</li> <li>• Games &amp; Apps Development</li> <li>• Graphic Design &amp; Visual Communication (Portfolio Preparation)</li> <li>• Hairdressing</li> <li>• Healthcare Assistant</li> <li>• Hotel &amp; Hospitality Operations</li> <li>• Legal Studies</li> <li>• Makeup Artistry</li> <li>• Medical Administrator</li> <li>• Music Performance</li> <li>• Music Technology</li> <li>• Nursing Studies</li> <li>• Office Administration</li> <li>• Performing Arts</li> <li>• Photography (Portfolio Preparation)</li> <li>• Pre-University Arts &amp; Humanities</li> <li>• Pre-University Politics &amp; International Studies</li> <li>• Professional Cookery &amp; Chef Training</li> <li>• Professional Diploma in Beauty Therapy</li> <li>• Psychology</li> <li>• Public &amp; Emergency Services</li> <li>• Sales &amp; Marketing</li> <li>• Special Needs Assistant</li> </ul>
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						<ul style="list-style-type: none"> <li>• Sports Physiotherapy</li> <li>• Sports Science with Personal Training Programme</li> <li>• Sports, Fitness &amp; Exercise</li> </ul> <p><u>Entry criteria:</u> Unless otherwise stated, the basic requirement for entry is successful completion of the Leaving Certificate or equivalent. Mature students who do not have the above qualifications are also eligible to apply.</p>
<b>Courses in the VTOS Centre</b>	Venue: VTOS, 1-3 Granby Row, Carlow Tel: 059 9140311 Email; <a href="mailto:info@vtoscarlow.ie">info@vtoscarlow.ie</a> Web: <a href="http://www.vtoscarlow.ie">www.vtoscarlow.ie</a>  Applications also on <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>	September 2021 (week starting 6 <sup>th</sup> )	Depending on the course - full time or morning course up to June 2022	Free to eligible participants - course, books and materials are free of charge to VTOS learners.		<p><b><u>VTOS is currently enrolling for:</u></b></p> <ul style="list-style-type: none"> <li>• Return to Learning for Adults (QQI Level 3)</li> <li>• Computer &amp; Information Skills (QQI Level 3)</li> <li>• ESOL for Work (QQI Level 4)</li> <li>• Office Administration (QQI Level 4)</li> <li>• Business Administration (QQI Level 5)</li> </ul> <p><b><u>Entry Requirements:</u></b>          Applicants must be 21 years or over and in receipt of a qualifying Social Welfare Payment for at least 6 months</p>
<b>Part time Further Education opportunities with the Back to Education Initiative (BTEI)</b>	Venue: Carlow town BTEI, 1b Meadow Court, Burrin Street, Carlow Tel: 059 9139532 E: <a href="mailto:bteicarlow@kilkennycarloweb.ie">bteicarlow@kilkennycarloweb.ie</a>	September 2021	Part time courses	Free to eligible participants - for social welfare recipients or medical card holders or those without a Leaving Cert	QQI Level 4 or 5	<p><b><u>BTEI is currently enrolling for:</u></b></p> <ul style="list-style-type: none"> <li>• Information &amp; Communications Technology Skills (QQI Level 4)</li> <li>• Healthcare Support (QQI Level 5)</li> <li>• Office Administration (QQI Level 5)</li> </ul> <p>Applications also on <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a></p>
<b>Moving On Programme for Young Mothers – Employment Skills</b>	Venue: St. Catherine's Community Services, Centre, St. Joseph's Road For more information please contact Bernie Eccles on 056 7813014 <a href="http://www.catherines.ie">www.catherines.ie</a>	September 2021	Monday-Friday 9.30am-2.30pm (due to finish in June – 43	Free to eligible applicants (free childcare facilities onsite to support participants on this programme)	QQI Level 4 major award	<p>The Moving On Programme is a back to education programme for mothers with priority given to those aged between 17 and 35 years of age.</p> <p><u>Subjects</u> – career planning, English &amp; Communications, Customer Service, Functional Maths, IT Skills, personal</p>

	Applications also on <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>		weeks approx.)			effectiveness, work experience, workplace safety, understanding inter-culturism
<b>New Courses in Carlow College</b>	Venue: Carlow College College, Street, Carlow Tel: 059 9153200 Email: <a href="mailto:info@carlowcollege.ie">info@carlowcollege.ie</a> Web: <a href="http://www.carlowcollege.ie">www.carlowcollege.ie</a>	September 2021			QQI Level 8	<ol style="list-style-type: none"> <li>1. BA (Honours) in Psychology</li> <li>2. BA (Honours) in Media, English &amp; Culture</li> <li>3. BA (Honours) in Philosophy, Politics and Society</li> </ol> <p>These new programmes are currently undergoing QQI validation and are aiming to have an intake in September through direct application to the College. While you cannot apply to these programmes yet, if you are interested in studying one of the degree programmes being developed please complete and submit the 'Expression of Interest' form on the Carlow College website (<a href="http://www.carlowcollege.ie">www.carlowcollege.ie</a>) and they will let you know more details (modules, fees etc.) when they are ready and when you can apply.</p>

### **BAGENALSTOWN**

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
<b>Healthy Spring Cooking</b>	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
<b>Adult Mosaic Classes</b>	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/ <a href="mailto:teachwebb@gmail.com">teachwebb@gmail.com</a>
<b>Sewing Classes</b>	Venue: <b>Online</b> Ballon Business & Training Centre <a href="http://www.ballonbts.com">www.ballonbts.com</a>	Ongoing	Thursdays (2pm-4pm)	Free		This course will run weekly. To register, email <a href="mailto:ballonbts@gmail.com">ballonbts@gmail.com</a>
<b>Word Processing</b>	Venue: Ballon Business & Training Centre Contact BTEI on 059 9139532/ <a href="mailto:bteicarlow@kilkennycarl.owetb.ie">bteicarlow@kilkennycarl.owetb.ie</a> Applications also online at <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>	6 <sup>th</sup> September 2021	Mornings over 13 weeks	Free to eligible learners - to social welfare recipients or medical card holders or those without a Leaving Certificate	QQI Level 5 minor award	On successful completion of this award learners will be equipped with the knowledge, skill and competence to use a word processing application to produce documents in a variety of contexts to a mailable or publishable standard whilst working autonomously and under general direction.

<b>Communications for Office Administration</b>	Venue: Ballon Business & Training Centre Contact BTEI on 059 9139532/ <a href="mailto:bteicarlow@kilkennycarl.owetb.ie">bteicarlow@kilkennycarl.owetb.ie</a> Applications also online at <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>	7 <sup>th</sup> September 2021	Mornings over 13 mornings	Free to eligible learners - to social welfare recipients or medical card holders or those without a Leaving Certificate	QQI Level 5 minor award	The purpose of this award is to equip the learner with the relevant knowledge, skill and competence to communicate verbally and non-verbally in standard everyday tasks and in work-related tasks, operating independently while under general direction.
<b>Horticulture</b>	Venue: Ballon Business & Training Centre Contact BTEI on 059 9139532/ <a href="mailto:bteicarlow@kilkennycarl.owetb.ie">bteicarlow@kilkennycarl.owetb.ie</a> Applications also online at <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>	7 <sup>th</sup> September or 8 <sup>th</sup> September 2021	1 morning a week over 13 weeks	Free to eligible learners - to social welfare recipients or medical card holders or those without a Leaving Certificate	QQI Level 4 (minor awards)	The purpose of this award is to enable the learner to work as a general operative in horticulture, using knowledge, skill and competence to select, establish, grow and maintain a range of plants under supervision. <ul style="list-style-type: none"> <li>• Establishing Ornamental Flowering Plants</li> <li>• Establishing Ornamental Trees &amp; Shrubs</li> </ul>

### HACKETSTOWN/ RATHVILLY/ CLONMORE

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
<b>Bring Your Own Project Morning</b>	Venue: Slaney Handcraft Studio, Rathvilly	Wednesday mornings Thursday evenings	10.30am-12.30pm 7-9pm	€10 per class		Bring your own project which you are working on, thinking of starting or even just dreaming about! Beginners are also welcome. Own sewing machine required. Tel: Tomomi 0857749774/ <a href="mailto:slaneyhandcraft@gmail.com">slaneyhandcraft@gmail.com</a>
<b>Creative Studies for Special Needs</b>	Venue: Colaiste Eoin, Hacketstown Contact: Bernadette O'Rourke on 056 7765103/ <a href="mailto:adulteducationoffice@kilkennycarlowetb.ie">adulteducationoffice@kilkennycarlowetb.ie</a>	13 <sup>th</sup> 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 – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>

### TULLOW- UPCOMING COURSES

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
<b>Beginners Kayaking Course</b>	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- <a href="http://www.facebook.com/tullow.kayakclub">www.facebook.com/tullow.kayakclub</a>
<b>Creative Mandala Workshops</b>	Venue: <u>Online</u> Contact Sandra in the Family Resource Centre on 086 8555294/ 059 9152776	27 <sup>th</sup> April 2021	27 <sup>th</sup> April, 4 <sup>th</sup> , 11 <sup>th</sup> & 18 <sup>th</sup> May (10am-12pm)	Free		Create meaningful symbolic artwork using a set of 100 printed hand-drawn symbols and watercolours. No previous art experience required. Limited spaces available - first come first served

<b>Infection Prevention &amp; Control</b>	Venue: Teach Bhride Contact BTEI on 059 9139532/ <a href="mailto:bteicarlow@kilkenyca.rlowetb.ie">bteicarlow@kilkenyca.rlowetb.ie</a>	6 <sup>th</sup> September 2021	1 morning over 13 weeks	Free to eligible learners - to social welfare recipients or medical card holders or those without a Leaving Certificate	QQI Level 5 minor award	The purpose of this award is to equip the learner with the knowledge, skill and competence to prevent and control infection within the health services area. Applications also online at <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>
<b>Communications for Healthcare</b>	Venue: Teach Bhride Contact BTEI on 059 9139532/ <a href="mailto:bteicarlow@kilkenyca.rlowetb.ie">bteicarlow@kilkenyca.rlowetb.ie</a> Applications also online at <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>	7 <sup>th</sup> September 2021	1 morning over 13 weeks	Free to eligible learners - to social welfare recipients or medical card holders or those without a Leaving Certificate	QQI Level 5 minor award	The purpose of this award is to equip the learner with the relevant knowledge, skill and competence to communicate verbally and non-verbally in standard everyday tasks and in work-related tasks, operating independently while under general direction.
<b>Care Support</b>	Venue: Teach Bhride Contact BTEI on 059 9139532/ <a href="mailto:bteicarlow@kilkenyca.rlowetb.ie">bteicarlow@kilkenyca.rlowetb.ie</a> Applications also online at <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>	9 <sup>th</sup> September 2021	1 morning over 13 weeks	Free to eligible learners - to social welfare recipients or medical card holders or those without a Leaving Certificate	QQI Level 5 minor award	The purpose of this award is to equip the learner with the knowledge, skill and competence to work effectively in a care setting. It aims to promote good practice and respect for diversity in lifestyle, religion and culture in care work.
<b>Care of the Older Person</b>	Venue: Teach Bhride Contact BTEI on 059 9139532/ <a href="mailto:bteicarlow@kilkenyca.rlowetb.ie">bteicarlow@kilkenyca.rlowetb.ie</a>	10 <sup>th</sup> September 2021	1 morning over 13weeks	Free to eligible learners - to social welfare recipients or medical card holders or those without a Leaving Certificate	QQI Level 5 minor award	The purpose of this award is to equip the learner with the knowledge, skill and competence to meet the full range of needs of older people in a variety of care settings. Applications also online at <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>

**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](mailto:socialprescribing@catherines.ie)

**Wellness & Mental Health Courses/ Workshops**

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
<b>Mindfulness Sessions</b>	Venue: <b>Online</b>	Ongoing		Free		Guided mindfulness exercises available on <a href="http://www.freemindfulness.org/download">http://www.freemindfulness.org/download</a>
<b>Daily Meditation Sessions</b>	Venue: <b>Online</b> Tel: 086 1746330 Email: <a href="mailto:recoverycollegesoutheast@gmail.com">recoverycollegesoutheast@gmail.com</a>	Daily at 10am		Free		Daily mediation session on the Recovery College South East Facebook page - <a href="http://www.facebook.com/RecoveryCollegeSouthEast">www.facebook.com/RecoveryCollegeSouthEast</a>
<b>Self-Directed Life Skills Programme</b>	Venue: <b>Online</b> Aware 1800804848 <a href="mailto:supportmail@aware.ie">supportmail@aware.ie</a> Web: <a href="http://www.aware.ie">www.aware.ie</a>	Ongoing		Free		<b>Content</b> <ul style="list-style-type: none"> <li>• Space from Stress</li> <li>• Space for Sleep</li> <li>• Space for Resilience</li> <li>• Space from Covid-19</li> </ul> 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.
<b>Wellness Workshops</b>	Venue: <b>Online</b> Suicide or Survive LoCall 1890 577 577 or 01 272 2158 <a href="mailto:info@suicideorsurvive.ie">info@suicideorsurvive.ie</a>	Ongoing		Free		<b>Workshops</b> <ul style="list-style-type: none"> <li>• Wellness Workshop</li> <li>• YouMatter Workshop</li> </ul> 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: <a href="https://suicideorsurvive.ie">https://suicideorsurvive.ie</a>
<b>21 Day Walking Challenge</b>	Organised by Get Ireland Walking Tel: (01) 6251109 E: <a href="mailto:info@getirelandwalking.ie">info@getirelandwalking.ie</a> <a href="http://www.getirelandwalking.ie">www.getirelandwalking.ie</a>	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.
<b>5 KM Beginners Running Programme</b>	Organised by Athletics Ireland. Programme plan available at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a>	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!
<b>Recovery College South East Workshops</b>	Venue: <b>Online</b> Tel: 086 1746330 Email: <a href="mailto:recoverycollegesoutheast@gmail.com">recoverycollegesoutheast@gmail.com</a> Web: <a href="http://www.recoverycollegesoutheast.com/">www.recoverycollegesoutheast.com/</a>	April – June Workshops	Varies	Free		Courses at the Recovery College are for everyone. <b>April Workshops</b> 12 <sup>th</sup> – Building my Self- Confidence 13 <sup>th</sup> – Co-production: Working Together 13 <sup>th</sup> – Understanding and Managing Anxiety 14 <sup>th</sup> – Understanding Medication 14 <sup>th</sup> – Families and Recovery models 16 <sup>th</sup> – Understanding and Managing Depression 27 <sup>th</sup> – Personal Narratives 28 <sup>th</sup> – Mental Health and Family Caring Programme 28 <sup>th</sup> – Lunchtime Wellbeing <b>May Workshops</b> 3 <sup>rd</sup> – Understanding and Living with Bipolar 10 <sup>th</sup> – Understanding and Managing Stress 10 <sup>th</sup> – Talking and Listening: It Works Both Ways

						18 <sup>th</sup> – Practical Facilitation Skills 19 <sup>th</sup> – Understanding Loss and Bereavement 26 <sup>th</sup> – Lunchtime Wellbeing <b>June Workshops</b> 2 <sup>nd</sup> June – Understanding and Managing Anger 30 <sup>th</sup> June – Lunchtime Wellbeing
<b>Living Well Programme</b>	Venue: <b>Online</b> Provided by the HSE For bookings or enquiries email: <a href="mailto:selfmanagementsupports@hse.ie">selfmanagementsupports@hse.ie</a> or call Catriona on 087 2939881 or Ciara on 087 4088325	9 <sup>th</sup> 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"> <li>• 9<sup>th</sup> April - 21<sup>st</sup> May</li> <li>• 10<sup>th</sup> April - 22<sup>nd</sup> May</li> </ul> Website: <a href="http://www.hse.ie/LivingWell">www.hse.ie/LivingWell</a>
<b>Life Skills Programme</b>	Venue: <b>Online</b> Website: <a href="http://www.aware.ie">www.aware.ie</a>	12 <sup>th</sup> April 2021 onwards	6-week programme (90 minutes per week)	There is a refundable booking fee of €30 (or €10 for students, the unemployed, over 65s or medical card holders). To request a refund, email <a href="mailto:info@aware.ie">info@aware.ie</a> on completion.		Based on the principles of cognitive behavioural therapy (CBT), the Life Skills programme is designed to help people learn more about how we think and how this can influence our actions in helpful or unhelpful ways. You can learn practical tips to reduce some of the symptoms associated with anxiety, stress or mild-moderate depression. Registration at <a href="http://www.aware.ie/education/life-skills-group-programme/">www.aware.ie/education/life-skills-group-programme/</a>
<b>Stress Control</b>	Venue: <b>Online</b> <a href="https://stresscontrol.ie/">https://stresscontrol.ie/</a>	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.

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*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.*