

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. You do not need to have a course offer to make a SUSI application.

To apply for a student grant register with SUSI via www.susi.ie or call the SUSI Support Desk on 0761 08 7874 / Email support@susi.ie. The SUSI application system is now open with priority processing date for new applications by 8th July 2021.

COMMUNITY EMPLOYMENT OPPORTUNITIES

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

- 2 vacancies - Multi Care Assistant (Rehab Care) Job Ref No: CES-2100555
- 6 vacancies - Multi Care Assistant (St. Fiacc's House) Job Ref No: CES-2092747

We can offer you: **Top Quality Training & Career Opportunities**

We can provide: **Many Different Courses to Suit Your Individual Needs.**

These vacancies can be found on www.jobsireland.ie or call (059) 9134887 or 085 8584187 for further information.

**CHECK
THIS
OUT!!!**

COVID-19

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

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

UPCOMING COURSES - CARLOW TOWN

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Conversational English Classes (Fáilte Isteach)	Venue: Online Contact Dylan Thomas on (059) 972 0733/ (086) 4108330	Ongoing	Tuesday & Thursdays at 10am	Free		The classes are currently running on Tuesday and Thursday mornings at 10am. The classes are being delivered on Zoom

e-Language Learning with Carlow Libraries	Venue: Online Carlow Library Services – Carlow Town, Tullow, Bagenalstown & Borris www.carlowlibraries.ie Tel: (059) 9129705	Ongoing		Free to library members. Membership at any Carlow library is free.		e-Language Learning with Transparent Language online – this resource teaches real conversations in over 110 foreign languages. Learners have the flexibility they need to learn a new language anytime, anywhere.
e-Learning with Carlow Libraries	Venue: Online Carlow Library Services – Carlow Town, Tullow, Bagenalstown & Borris www.carlowlibraries.ie Tel: (059) 9129705	Ongoing		Free to library members. Membership at any Carlow library is free.		eLearning with Universal Class – offers over 400 educational and leisure courses. All members can enrol on up to 5 courses, with 6 months to complete each. All courses have real instructors with whom you can communicate via email.
e-College - SOLAS Online Courses	Venue: Online E-College Tel: 1800 855831 E: ecollegeinfo@solas.ie Web: www.ecollege.ie	Continuous	Varies – depending on the course	These courses are temporarily being made available free of charge to those impacted by Covid-19 containment measures	All courses result in industry certification such as Microsoft to Adobe to many more. Varies – depending on the course	Courses available in the following areas: <ul style="list-style-type: none"> • Business • Computer Programming • Data Science • Databases • IT Professional • Office Productivity • Web and Graphic Design
Reading, Writing, Maths & Technology Courses	Venue: Online National Adult Literacy Agency https://courses.nala.ie Freephone: 1800 202065	Continuous	Part time – varies depending on the course	Free	QQI certification	<ul style="list-style-type: none"> • QQI Level 2 qualification example of some subjects – Reading, Writing, Using Technology, Quantity & Number, Pattern & Relationship, Listening and Speaking, Personal Decision Making, Setting Learning Goals • QQI Level 3 qualifications example of some subjects – Personal Effectiveness, Communications, Career Preparation • New subjects due to start
CPC Training – Truck & Bus Drivers (Continual)	Venue: Seven Oaks Hotel Training Provider – 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:

Professional Development)	Tel: 087 6363003 or 066 7185556 Email: info@cpc.ie Web: www.cpc.ie					<ul style="list-style-type: none"> • 5th June – Control of Vehicle & Eco Driving Techniques • 13th June – Role of the Professional Truck Driver in the Transport Industry • 19th June – Minimising Risks & Managing Emergencies • 26th June – Health & Safety of the Professional Driver
Pitman Training Carlow Kilkenny	Venue: Blended (Online) Learning Unit 1 Deerpark Business Complex, Dublin Rd, Carlow, R93 K409 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 • 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

						<ul style="list-style-type: none"> • 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 • Event Management Diploma
<p>Barrow Training Courses & Workshops</p>	<p>Venue: Blended (Online) Learning Barrow Training Tel: 059 9721416 E: marketing@barrowtraining.ie W: www.barrowtraining.ie</p>	<p>Ongoing</p>	<p>Varies</p>	<p>Varies depending on the course/ workshop – costs available on the Barrow Training website</p>	<p>Varies depending on the course/ workshop – qualification details available on the Barrow Training website</p>	<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 • QQI Level 6 in Supervisory Management • QQI Level 6 in Safety Management • QQI Level 6 in Training Delivery & Evaluation

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
Online Skills for Everyday Life – Beginner’s Programme	Venue: Carlow Contact: Adult Learning Centre Tullow Road Carlow Tel: Tara on 059 9135544	June, August, September, October, November & December 2021	16 hours over two weeks	Free		Would you like to learn more about the internet and learn how to access websites for everyday life? Then this could be the course for you. Programme delivery will be in line with Covid-19 public health and safety guidelines. Email: info@carlowadultlearningcentre.ie
Online Skills for Everyday Life – Intermediate Programme	Venue: Carlow Contact: Adult Learning Centre Tullow Road Carlow Tel: Tara on 059 9135544	June, August, September, October, November & December 2021	8 hours over one week	Free		This is a step-up programme from the beginner’s programme. Build your capacity, be connected, and become computer confident. Programme delivery will be in line with Covid-19 public health and safety guidelines. Email: info@carlowadultlearningcentre.ie
Yoga	Venue: Online Email Fiona in KCETB on fdunne@kcetb.ie	1 st June 2021	Six Tuesdays (7-8pm)	Free		Hatha Yoga is a practice aimed at integrating mind, body and spirit through a practice of yoga poses and breathing. Regardless of what your intentions are for starting, just the yoga poses themselves are a fantastic form of mental and physical exercise.
Music For Mood	Venue: Online Tel: 086 1746330 recoverycollegesoutheast@gmail.com	2 nd June 2021	11am-1pm	Free		Studies have shown that when you hear music to your liking, the brain releases a chemical called dopamine that has positive effects on mood.
ILM Qualifications in Leadership	Venue: Online KCETB Training Services Contact: Helena	7 th June 2021	28 weeks part time	Free to eligible applicants	City & Guilds	This programme will be offered through Skills to Compete funding and is aimed at those whose working lives have

and Management	Comerford on 056 – 7813014 or email tsu.recruit@kilkennycarlowetb.ie Course information and application at – www.fetchcourses.ie					been impacted by Covid-19 and who would now like to take the opportunity to upskill/reskill. Applicants with experience in leadership/management functions are encouraged to apply. Learners will attend one/ two online classes per week. The recommended number of hours per week for self-directed learning is 8 hours. An ILM tutor will be available at agreed times to give support.
Office Administration Traineeship (option to specialise in Finance/ Legal/ Medical)	Venue: Online/ Enterprise House , O'Brien Road, Carlow Provider – KCETB Training Services Contact: Helena Comerford Tel: 056 7813014 Web: www.kcetbtraining.ie Application through your local INTREO Office or on www.fetchcourses.ie	8 th June 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, Legal practice & procedure & Audio transcription. Applicants should have experience using MS Word/PowerPoint, with a minimum typing speed of 25 words per minute.
Unison - New Business Support Series Courses & Programmes designed for all types of businesses in County Carlow	Venue: Online Carlow Local Enterprise Board Tel: 059-9129783 enterprise@carlowcoco.ie Web: www.localenterprise.ie/Carlow/	9 th June 2021 onwards	1 or 2 mornings (10am-1pm)	€10 per course/ programme		<ul style="list-style-type: none"> • 9th June – Time Management • 16th June – Pricing for Profit • 23rd June – Marketing – PR & Communication • 30th June – Facebook for Business • 7th July – Leadership in a Changing World • 7th July – Guide to Writing a Business Plan • 14th July – Finance for Non-Finance Managers • 21st July – Sales Lead Generation – Online & Offline

						<ul style="list-style-type: none"> • 28th July – Instagram for Business • 8th Sept – Legal Compliance including taxation • 15th Sept – Brand Building & Implementation • 22nd Sept – Website Development Toolkit • 29th Sept – Facilitated Brainstorming & Idea Generation • 6th Oct – Customer Service & Evolution • 13th Oct – Let's Get Visual – Videography and Photography for Business • 10th Nov – Enable my business on a budget – Emerging IT Tools
Outdoor Activator Pole Taster Session	Venue: Carlow Town Park Contact Majella by email: mfennelly@carlowcoco.ie Bookings at www.eventbrite.ie	9 th June 2021	11am-12pm	Free		The Activator Poles Outdoor Step into Summer taster session aims to improve balance and stability. Walking poles will help maintain proper posture, especially in the upper back, and may help to strengthen upper back muscles.
Growing Herbs with Eddie	Venue: Online Contact Fiona at fdunne@kcetb.ie	10 th June 2021	7pm-8.30pm on 10 th & 17 th June	Free		For further information on the growing herbs online course please contact Fiona.
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	14 th June 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 – www.fetchcourses.ie Next course date: 4th October 2021

Safeguarding (1) - Child Welfare & Protection Basic Awareness	Venue: Online Contact: Carlow Sports Partnership on 059 9136205 Bookings at www.eventbrite.ie	15 th June 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 date: 17th June 2021
Start Your Own Business – Group Workshop	Venue: Online Carlow Local Enterprise Board Tel: 059-9129783 enterprise@carlowcoco.ie Web: www.localenterprise.ie/Carlow/ (in association with Carlow Libraries and CCDP)	15 th June 2021	9.30am-1pm on 15 th , 22 nd , 29 th June and 6 th & 13 th July	€30		This training is for anyone who has established they have a viable business idea and want support in developing their business plan. It will help participants in the early stage of business to develop their skills and understanding of what is required to start their own business and complete their business plan. Each week participants will attend an online group session, access the online training modules and have 1:1 mentoring support to maximise the online training environment. Next course date: 21st September
Cycle Right – Disability Train the Trainer	Venue: Online Contact: Carlow Sports Partnership on 059 9136205	16 th June 2021	1 evening (7pm-10pm)	€11.53		The goal of the course is to give individuals the skills to allow them to work with those with a disability learning to cycle a standard bike independently. Bookings: www.eventbrite.ie
Safeguarding 2 – Child Welfare & Protection	Venue: Online Contact: Carlow Sports Partnership on 059 9136205	21 st June 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
Basic MMA Welding	Venue: Arc Training, Athy Road, Carlow	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)

(Beginners Course)	Contact: KCETB Training Services Helena Comerford on (056) 7813014 or email tsu.recruit@kilkennycarlowetb.ie					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
Safeguarding 3 – Club Designated Liaison Person (DLP)	Venue: Online Contact: Carlow Sports Partnership on 059 9136205 Bookings – www.eventbrite.ie	25 th June 2021	1 evening (7pm-10pm)	€22.20		A Club DLP is responsible for reporting allegations or suspicions of child abuse to TULSA Child and Family Agency or Social Services (NI) and/or An Garda Síochán / PSNI. It is recommended that this person is a senior club person. However, if there is difficulty identifying a separate individual to take this role, the Children’s Officer can be appointed as DLP once the club is clear about the responsibilities of each role
Basic TIG Welding (Beginners Course)	Venue: Arc Training, Athy Road, Carlow Contact: KCETB Training Services Helena Comerford on (056) 7813014 or email tsu.recruit@kilkennycarlowetb.ie	3 rd August 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
Warehouse Operations	Venue: Carlow Contact: KCETB Training Services Olive Morrissey on (056) 7813014 (ext 200) or email tsu.recruit@kilkennycarlowetb.ie	16 th August 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

Further Education Opportunities in Carlow Institute of Further Education & Training	Venue: Carlow Institute of Further Education & Training, Kilkenny Road, Carlow Tel: 059 9134230 Email: info@carlowinstitute.ie Web: www.carlowinstitute.ie	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	Courses: <ul style="list-style-type: none"> • Advanced Business Practice • Advanced Makeup Artistry • Animal Care Enterprise • Animal Health Care • Animal Science • Applied Sciences • Applied Social Studies • Art & Mixed Media (Portfolio Preparation) • Automation and Robotics Engineering Automotive Technology • Barbering • Beauty Therapy • Business Administration with Legal Studies • Business with Digital Marketing • Business with Human Resources • Computer Systems and Networks • Construction & Building • Early Years Educator • Engineering Technology • Film & TV Production • Film Editing & Special Effects • Fitness Instructor – Gym Based Exercise • Furniture Making & Woodworking • Games & Apps Development • Graphic Design & Visual Communication (Portfolio Preparation) • Hairdressing • Healthcare Assistant • Hotel & Hospitality Operations • Legal Studies • Makeup Artistry
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						<ul style="list-style-type: none"> • Medical Administrator • Music Performance • Music Technology • Nursing Studies • Office Administration • Performing Arts • Photography (Portfolio Preparation) • Pre -University Arts & Humanities • Pre -University Politics & International Studies • Professional Cookery & Chef Training • Professional Diploma in Beauty Therapy • Psychology • Public & Emergency Services • Sales & Marketing • Special Needs Assistant • Sports Physiotherapy • Sports Science with Personal Training Programme • Sports, Fitness & Exercise <p>Entry criteria: 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>
Courses in the VTOS Centre	Venue: VTOS, 1-3 Granby Row, Carlow Tel: 059 9140311 Email; info@vtoscarlow.ie Web: www.vtoscarlow.ie Applications also on www.fetchcourses.ie	September 2021 (week starting 6th)	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>VTOS is currently enrolling for:</p> <ul style="list-style-type: none"> • Return to Learning for Adults (QQI Level 3) • Computer & Information Skills (QQI Level 3) • ESOL for Work (QQI Level 4) • Office Administration (QQI Level 4)

						<ul style="list-style-type: none"> Business Administration (QQI Level 5) <p>Entry Requirements: Applicants must be 21 years or over and in receipt of a qualifying Social Welfare Payment for at least 6 months</p>
Part time Further Education opportunities with the Back to Education Initiative (BTEI)	Venue: Carlow town BTEI, 1b Meadow Court, Burrin Street, Carlow Tel: 059 9139532 E: bteicarlow@kilkennycarlowebb.ie	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>BTEI is currently enrolling for:</p> <ul style="list-style-type: none"> Information & Communications Technology Skills (QQI Level 4) Healthcare Support (QQI Level 5) Office Administration (QQI Level 5) <p>Applications also on www.fetchcourses.ie</p>
Moving On Programme for Young Mothers – Employment Skills	Venue: St. Catherine’s Community Services, Centre, St. Joseph’s Road For more information please contact Bernie Eccles on 056 7813014 www.catherines.ie Applications also on www.fetchcourses.ie	September 2021	Monday - Friday 9.30am-2.30pm (due to finish in June – 43 weeks approx.)	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 & Communications, Customer Service, Functional Maths, IT Skills, personal effectiveness, work experience, workplace safety, understanding inter-culturism</p>
New Courses in Carlow College	Venue: Carlow College College, Street, Carlow Tel: 059 9153200 Email: info@carlowcollege.ie Web: www.carlowcollege.ie	September 2021			QQI Level 8	<ol style="list-style-type: none"> BA (Honours) in Psychology BA (Honours) in Media, English & Culture BA (Honours) in Philosophy, Politics and Society <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</p>

						'Expression of Interest' form on the Carlow College website and they will let you know more details (modules, fees etc.) when they are ready and when you can apply.
Higher Diploma in Arts in Journalism in New Media	Venue: Carlow For further information please email admin@carlowkilkennyski.lnet.ie Course delivered by IT Carlow and Carlow College	September 2021	2 evenings per week and 7 Saturdays	€1,000 (Skillnet Funding) normal fee is €2,500	QQI Level 8	<i>Closing date for applications: 1st June</i> Entry Req: QQI Level 7/8 in a non cognate area Interviews: on Zoom on 8 th June This course aims to provide the practical skills that will open up careers in traditional journalism and new media. It aims to equip participants with the writing, research and analytical skills needed to make a career in the fields of journalism, media and communication.
Kickstart Your Own Business	Venue: Online Carlow Local Enterprise Board Tel: 059-9129783 enterprise@carlowcoco.ie Web: www.localenterprise.ie/Carlow/ (in association with Carlow Libraries & CCDP)	6 th September 2021	6 th & 20 th September (10am-1pm)	€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>Next course date: 19th October</i>
Welding – Basic/ Intermediate/ Advanced Levels (MMA/ TIG/ MIG & Coded Pipe)	Venue: Arc Training, Newacre, Athy Road, Carlow Contact Aine Byrne on 059 9131624/ abyrne@thompson.ie Web: www.arctrainingsolutions.com	7 th September – 14 th October 2021	6 weeks – 2 evenings per week (6.30-9.30pm) Tuesdays & Thursdays	Please contact course provider – varies depending on course and if certification is required	Testing is done by an independent specialist to ISO 9606 - 1 2013 standard. Tests are available at appropriate levels depending on	All types & all levels - Manual Metal Arc (MMA)/ Tungsten Inert Gas (TIG) /Metal Inert Gas (MIG)/ Coded Pipe <ul style="list-style-type: none"> • Under Health and Safety, participants on this course must not wear contact lenses. • Participants must have good hand/eye co-ordination and good manual dexterity.

					ability. The tutor will advise on the test best for learners.	<ul style="list-style-type: none"> Participants must bring their own Personal Protective Equipment i.e. overalls, steel toe cap boots, welding shield etc. <p>Next course: 26th October 2021</p>
First Aid Response	Venue: Carlow Contact: Barrow Training Tel: 059 9721416 E: marketing@barrowtraining.ie W: www.barrowtraining.ie	7 th September 2021	3 days – 7 th , 14 th & 21 st September (9.30am-4.30pm)	€250	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. Next course dates: 12th October & 18th November 2021
First Aid Responder Refresher	Venue: Carlow Contact: Barrow Training Tel: 059 9721416 E: marketing@barrowtraining.ie W: www.barrowtraining.ie	10 th September 2021	2 days – 10 th & 17 th September	€180	PHECC	This course revises the knowledge, practical skills & understanding required to provide appropriate first-aid treatment in the workplace in compliance with the requirements of the Safety, Health & Welfare at Work (General Application) Regulations 2007 Next course date: 30th November
Special Needs Assistant	Venue: Carlow Contact: Barrow Training Tel: 059 9721416 E: marketing@barrowtraining.ie W: www.barrowtraining.ie	13 th September 2021	4 days – 13 th , 20 & 27 th September & October 4 th (9.30am-4.30pm)	€350	QQI Level 5	The aim of this course is to equip the learner with the knowledge, skill and competence in the practices and principles underpinning the role of a Special Needs Assistant to enable the learner to work effectively under direction in a special needs assisting capacity.
Website Marketing Audit	Venue: Online Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152	16 th September 2021	10am-12pm	€15		In this course, participants will review how to objectively audit their website, see how the current offering compares to that of your competitors and most importantly - offer advice on how to make the most of your online assets. Bookings – www.eventbrite.ie

HR Compliance Essentials	Venue: Online Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152	28 th September 2021	28 th September & 5 th October (10am-12pm)	€45		This workshop is intended for companies that do not have a dedicated HR function but want to ensure that they have the essential HR compliance considerations covered. Bookings – www.eventbrite.ie
Start Your Own Business – Self Directed & Coaching	Venue: Online Carlow Local Enterprise Board Tel: 059-9129783 enterprise@carlowcoco.ie Web: www.localenterprise.ie/Carlow/ (in association with Carlow Libraries & CCDP)	19 th October 2021	19 th & 26 th October, 2 nd , 9 th , 16 th & 23 rd November (9.30am-10.30am)	€30		This training is for people who have established that they have a viable business idea and want support in developing their business plan. It is delivered online 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 date: 11th November
Special Needs Assistant	Venue: Carlow Contact: Barrow Training Tel: 059 9721416 E: marketing@barrowtraining.ie W: www.barrowtraining.ie	1 st November 2021	4 days – 1 st , 8 th , 15 th & 22 nd November (9.30am-4.30pm)	€350	QQI Level 6	The aim of this award is to equip the learner with the knowledge, skill and competence in the theory and practice underpinning the education and care of those who present with special educational needs to enable the learner to assist in the provision of this education and care

BAGENALSTOWN

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
First Aid Responder Refresher	Venue: Bagenalstown Contact: Barrow Training Tel: 059 9721416 E: marketing@barrowtraining.ie W: www.barrowtraining.ie	10 th June 2021	2 day course – 10 th & 17 th June 2021 (9.30am-4.30pm)	€180	PHECC	This course revises the knowledge, practical skills & understanding required to provide appropriate first-aid treatment in the workplace in compliance with the requirements of the Safety, Health & Welfare at Work (General Application) Regulations 2007.
First Aid Response (FAR)	Venue: Online and Bagenalstown Contact: Barrow Training Tel: 059 9721416 E: marketing@barrowtraining.ie W: www.barrowtraining.ie	6 th July 2021	3 days – 6 th , 13 th & 20 th July (9.30am-4.30pm)	€250	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. <i>Two days virtual training via Teams. The final day will be at scheduled times for individual assessment for each participant In Bagenalstown.</i>

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: Online Ballon Business & Training Centre www.ballonbts.com	Ongoing	Thursdays (2pm-4pm)	Free		This course will run weekly. To register, email ballonbts@gmail.com
Word Processing	Venue: Ballon Business & Training Centre Contact BTEI on 059 9139532/ bteicarlow@kilkennycarl.owetb.ie Applications also online at www.fetchcourses.ie	6 th 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.
Communications for Office Administration	Venue: Ballon Business & Training Centre Contact BTEI on 059 9139532/ bteicarlow@kilkennycarl.owetb.ie Applications also online at www.fetchcourses.ie	7 th 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.
Horticulture	Venue: Ballon Business & Training Centre Contact BTEI on 059 9139532/ bteicarlow@kilkennycarl.owetb.ie Applications also online at www.fetchcourses.ie	7 th September 2021 or 8 th September	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"> • Establishing Ornamental Flowering Plants • Establishing Ornamental Trees & Shrubs

BORRIS

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Foraging Workshop	Venue: Eco Trails, Borris Tel: 087 2707189/ info@blackstairsecotrails.ie Web: www.blackstairsecotrails.ie	19 th June 2021	12pm-4pm	€50 (organic three course lunch provided)		A relaxing hands-on workshop, spending time in the woods, fields and hedgerows looking for wild safe foods. Tips, recipes and information sheets provided. Everything that you find and cook up, you take home! Next dates: 11th July, 7th August and 4th September
Fungi Workshop	Venue: Eco Trails, Borris Tel: 087 2707189/ info@blackstairsecotrails.ie Web: www.blackstairsecotrails.ie	25 th September 2021	10.30am- 4pm	€95 (organic three course lunch provided)		A day spent in the woods looking for different types of wild mushrooms, mushrooms of all shapes, sizes and colours. Some edible some not. After lunch we will identify everything found and if there are any edibles, we will cook them up. Information sheets, tips and advice provided. Next dates: 9th October & 24th October

HACKETSTOWN/ RATHVILLY/ CLONMORE

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Creative Studies for Special Needs	Venue: Colaiste Eoin, Hacketstown Contact: Bernadette O'Rourke on 056 7765103/ adulteducationoffice@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

TULLOW- UPCOMING COURSES

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Awareness in Mental Health Conditions	Venue: Online Focused Training Ireland Tel: 0599118912/ 089 4009937 Email: dgahan@focusedtrainingireland.com Web: www.focusedtrainingireland.com/	2 nd June 2021	10 Wednesday evenings	€425	QNUK Certificate in Awareness of Mental Health Conditions	This course will cover the following: Understand the context of mental health, Understand Stress, Understand Anxiety, Understand Phobias, Understand Depression, Understand Post-Natal Depression, Understand Bipolar Disorder, Understand Schizophrenia, Understand Dementia, Understand Eating Disorders, Understand Attention Deficit Hyperactivity Disorder (ADHD), Understand Obsessive Compulsive Disorder (OCD) and Understand Post-Traumatic Stress Disorder (PTSD)
Mental Health Instructor Training	Venue: Tullow Focused Training Ireland Tel: 0599118912/ 089 4009937 Email: dgahan@focusedtrainingireland.com Web: www.focusedtrainingireland.com/	25 th -27 th August 2021	3 day course	€375	Successfully completing this course and the Awareness in Mental Health Condition course permits participants to apply to be a mental health trainer in the following: Level 1 Award in Mental Health Awareness (RQF)/ Level 2 Award in Mental Health at Work (RQF) and Level 3 Award in Mental Health at Work (RQF)	An experienced psychotherapist who has delivered this course throughout Ireland, will demonstrate how best to run mental health training in the workplace. This will be completed by Focused Training Ireland. Candidates will see first-hand how mental health training is completed in the workplace. Candidates will then be asked to complete a micro teach where they pick an aspect of the course to deliver, this will be no less than 20 minutes. Entry Reg: Candidates must hold an existing Train the Trainer Qualification or the equivalent to a teaching qualification. The cost to affiliate with Focused Training Ireland to process accredited certificates is €200 which needs to be renewed every 2 years.

Office Administration with Health Care Focus	Venue: St. Anne's College of Further Education The Mullawn, Tullow Tel: 059 9151473 Email: info@tullowcs.ie	September 2021	Full time course over one academic year	Please contact course provider for further information	QQI Level 5 major award	Modules included: Medical Terminology, Care of the Older Person, Text Production, Word Processing, Work Experience (in Nursing Home), Communications, Information and Administration and Database Methods
Office Administration (Advanced Business & IT Training Course)	Venue: St. Anne's College of Further Education The Mullawn, Tullow Tel: 059 9151473 Email: info@tullowcs.ie	September 2021	Full time course over one academic year	Please contact course provider for further information	QQI Level 5 major award	Modules included: Text Production, Audio-Typewriting, Word Processing, Work Experience, Communications, French or German, Database Spreadsheet, Manual and Computerised Book-keeping and Information and Administration
Infection Prevention & Control	Venue: Teach Bhride Contact BTEI on 059 9139532/ bteicarlow@kilkennyca.rlowetb.ie	6 th 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 www.fetchcourses.ie
Communications for Healthcare	Venue: Teach Bhride Contact BTEI on 059 9139532/ bteicarlow@kilkennyca.rlowetb.ie Applications also online at www.fetchcourses.ie	7 th 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.
Care Support	Venue: Teach Bhride Contact BTEI on 059 9139532/ bteicarlow@kilkennyca.rlowetb.ie Applications also online at www.fetchcourses.ie	9 th 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.

Care of the Older Person	Venue: Teach Bhríde Contact BTEI on 059 9139532/ bteicarlow@kilkennycaerlowetb.ie	10 th 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 www.fetchcourses.ie
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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/	June Workshops	Varies	Free		Courses at the Recovery College are for everyone. June Workshops 2 nd June – Understanding and Managing Anger 2 nd June – Music for Mood 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 Edel on 087 4088325 selfmanagementsupports@hse.ie SECH@hse.ie	15 th June 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"> 15th June – 27th July – POST COVID 19 Syndrome 18th June – 20th July – any long-term health conditions Website: www.hse.ie/LivingWell
Stress Control	Venue: Online https://stresscontrol.ie/	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. 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.