

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.

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.**

- 1 vacancy – Cleaner (St. Clare’s Parish) Job Ref No: CES-2182915
- 5 vacancies – Support Worker (Rehab Care) Job Ref No: CES-2166190
- 1 vacancy – Caretaker (St. Clare’s Parish) Job Ref No: CES-2180948
- 2 vacancies – Pool Attendant (Graiguecullen Pool) Job Ref No: CES-2165486
- 2 vacancies – Support Worker (St. Fiacc’s House) Job Ref No: CES-2165633
- 1 Maintenance Worker (St. Fiacc’s House) Job Ref No: CES-2165635

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
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

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 • 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
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Barrow Training Courses & Workshops	Venue: Blended (Online) Learning Barrow Training Tel: 059 9721416 E: marketing@barrowtraining.ie W: www.barrowtraining.ie	Ongoing	Varies	Varies depending on the course/workshop – costs available on the Barrow Training website	Varies depending on the course/workshop – qualification details available on the Barrow Training website	<ul style="list-style-type: none"> • QQI Level 5 minor and major awards in Healthcare • QQI Level 5 minor and major awards in Childcare • Manual & Patient Handling • First Aid Response (FAR) • FAR Refresher course • QQI Level 6 in Supervisory Management • QQI Level 6 in Safety Management • QQI Level 6 in Training Delivery & Evaluation
Online Skills for Everyday Life – Beginner’s Programme	Venue: Carlow Contact: Adult Learning Centre Tullow Road Carlow Tel: Tara on 059 9135544	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	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
CPC Training – Truck & Bus Drivers (Continual Professional Development)	Venue: Seven Oaks Hotel Training Provider – CPC.ie Tel: 087 6363003 or 066 7185556 Email: info@cpc.ie Web: www.cpc.ie	Ongoing	1 day per module	€59 per module	Continual Professional Development	Professional truck & bus drivers have to undergo periodic training of one day per year. Upcoming modules schedule: <ul style="list-style-type: none"> • 7th August – Control of Vehicle & Eco Driving Techniques • 14th August – Health & Safety of the Professional Driver • 22nd August – Minimising Risks & Managing Emergencies • 28th August – Role of the Professional Driver in the Transport Industry
ILM Qualifications in Leadership and Management	Venue: Online KCETB Training Services Contact: Helena Comerford on 056 – 7813014 or email tsu.recruit@kilkennycarlowetb.ie Course information and application at – www.fetchcourses.ie	2 nd August 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 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.
Basic TIG Welding (Beginners Course)	Venue: Arc Training, Athy Road, Carlow Contact: KCETB Training Services	9 th 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

	Helena Comerford on (056) 7813014 or email tsu.recruit@kilkennycarlowebt.ie					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
Safeguarding (1) - Child Welfare & Protection Basic Awareness	Venue: Online Contact: Carlow Sports Partnership on 059 9136205 Bookings at www.eventbrite.ie	10 th August 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: 24th August
Inclusive Stand Up Paddleboarding	Venue: Carlow Town Park Contact Teresa by email: tomeara@carlowcoco.ie Bookings at www.eventbrite.ie	10 th August 2021	Two times – 4pm-6pm or 6.30pm-8.30pm	€10 per session		Inclusive water sports - suitable for teenagers and adults aged 11+ with additional needs and their family or friends.
Carlow Town Tour Activator Pole Session	Venue: Carlow Town Park Email Majella on mfennelly@carlowcoco.ie	12 th August 2021	7.30pm (1½ hours)	Free		Walking Tour of Carlow Town with Activator Poles. Meeting point at the front of Carlow Cathedral. Good level of fitness required. Limited spaces available so booking is essential – www.eventbrite.ie
Warehouse Operations	Venue: Carlow Contact: KCETB Training Services Olive Morrissey on (056) 7813014 (ext 200) or email tsu.recruit@kilkennycarlowebt.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	Venue: Carlow Institute of Further Education & Training, Kilkenny Road, Carlow Tel: 059 9134230	27 th August 2021	Full time course	Application fee: €20 Reg fee: €150 Dept of Education fee:	Qualification is dependent on the course e.g. QQI	Courses: <ul style="list-style-type: none"> • Advanced Business Practice • Advanced Makeup Artistry • Animal Care Enterprise

<p>Institute of Further Education & Training</p>	<p>Email: info@carlowinstitute.ie Web: www.carlowinstitute.ie</p>			<p>€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</p>	<p>level 5 or 6/ ITEC/ CIDESCO/ VTCT</p>	<ul style="list-style-type: none"> • 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 • Medical Administrator • Music Performance • Music Technology • Nursing Studies
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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) • Business Administration (QQI Level 5) <p>Entry Requirements: Applicants must be 21 years or over and in receipt of a</p>

						qualifying Social Welfare Payment for at least 6 months
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@kilkennycarlowetb.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	BTEI is currently enrolling for: <ul style="list-style-type: none"> • Information & Communications Technology Skills (QQI Level 4) • Horticulture (QQI Level 4) • Healthcare Support (QQI Level 5) • Office Administration (QQI Level 5) Applications also on www.fetchcourses.ie
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	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. <u>Subjects</u> – career planning, English & Communications, Customer Service, Functional Maths, IT Skills, personal effectiveness, work experience, workplace safety, understanding inter-culturism
Learning For Everyday Life	Venue: St. Catherine’s Community Services Centre For further information or to apply please call Andrea Dalton on 059 9138706	September 2021	September – March 2022 Monday – Friday from 9.45am-1pm	Free to eligible applicants – less than Leaving Certificate level of education or in receipt of a Social Welfare payment	QQI Level 3 Major Award in General Learning	Did you leave school early? Have you always wanted to return to education? Would you like to gain new skills? Are you looking for the first step to enter the workforce? Do you want to get out and meet new people? Would you like to build your confidence & self-esteem? This could be the course for you! <u>Course Content:</u> Communications/ Mathematics/ Computers/ Personal Effectiveness/ Career Preparation & Office Procedures
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"> 1. BA (Honours) in Psychology 2. BA (Honours) in Media, English & Culture 3. BA (Honours) in Philosophy, Politics and Society

						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 and they will let you know more details (modules, fees etc.) when they are ready and when you can apply.
Springboard Courses – Institute of Technology Carlow	Springboard Administrator IT Carlow, Kilkenny Road Carlow T: 0599175288 Email: springboard@itcarlow.ie Web: www.itcarlow.ie For more information on Springboard Courses please see www.springboardcourses.ie	September 2021	Part-time	Free fees – jobseekers and 'returners' to education Applicants in employment - courses of NFQ Level 7, 8 or 9, 90% of the course fee is paid by the Education Provider. Participants will be liable for the remaining 10% fee. Level 6 courses are FREE to all participants Please check your eligibility -	Various depending on the course	Springboard provides part-time places in Higher Education geared towards areas where there are employment opportunities in the economy. Courses: - <ul style="list-style-type: none"> • Certificate in Biopharmaceutical Operations • Certificate in Logistics and Supply Chain Management • Certificate in Marketing with Social Media Skills • Certificate in On-Site Wastewater Treatment and Disposal • Certificate in Purchasing Strategy, Quality Management and Lean Six Sigma • Certificate in Web Design • Bachelor of Science in Energy Management (Buildings) • Postgraduate Certificate in Workforce Management • Higher Diploma in Business in International Business

				www.springboardcourses.ie/eligibility		<ul style="list-style-type: none"> • Higher Diploma in Supply Chain Management • Higher Diploma in Science Computing (Systems and Information Technologies Services) Master of Science in Applied Artificial Intelligence • Master of Science in Cybersecurity, Privacy and Trust • Master of Science in Data Science • Master of Science in Pharmaceutical Regulatory Affairs • Master of Science in Supply Chain Management <p>Application - applicants must use the centralised application system via www.springboardcourses.ie. The system is now open.</p>
Institute of Technology Carlow – Part Time Courses	Venue: IT Carlow, Kilkenny Road, Carlow For further information please contact the Lifelong Learning Centre Tel: 0599175280 W: www.itcarlow.ie/III E: III@itcarlow.ie	September 2021	One or two evenings per week. Course duration varies	Price varies depending on the course please contact the course provider or log on to www.itcarlow.ie/	Qualifications vary depending on the course, please contact course provider for further information or log on to www.itcarlow.ie	The Lifelong Learning Department provides part-time, hybrid and online programmes leading to higher education awards from Level 6 to Level 9 on the National Framework of Qualifications. These include Degrees, Honours Degrees, Higher Diplomas, Postgraduate Diplomas, Master's Degrees, Minor and Special Purpose Awards across a range of disciplines. For more information please go to the following link - http://www.itcarlow.ie/study/lifelong-learning/parttime-courses-carlow.htm
Conversational English Classes (Fáilte Isteach)	Venue: Carlow Older Persons Forum, Barrack Street, Carlow Contact Dylan Thomas on (059) 972 0733/ (086) 4108330	Ongoing – Thursdays	10am-12pm	Free		These classes were running via Zoom during COVID but there are plans to return to face-to-face classes in September. Based on demand there will be the possibility of providing online classes too.

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. Next course date: 19th October
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 ability. The tutor will advise on the test best for learners.	All types & all levels - Manual Metal Arc (MMA)/ Tungsten Inert Gas (TIG) /Metal Inert Gas (MIG)/ Coded Pipe <ul style="list-style-type: none"> • Under Health and Safety, participants on this course must not wear contact lenses. • Participants must have good hand/eye co-ordination and good manual dexterity. • Participants must bring their own Personal Protective Equipment i.e. overalls, steel toe cap boots, welding shield etc. Next course: 26th October 2021
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
Unison - New Business Support Series Courses & Programmes	Venue: Online Carlow Local Enterprise Board Tel: 059-9129783 enterprise@carlowcoco.ie	8 th September 2021 onwards	1 or 2 mornings (10am-1pm)	€10 per course/ programme		<ul style="list-style-type: none"> • 8th Sept – Legal Compliance including taxation • 8th Sept – Finance for Non-Finance Managers

designed for all types of businesses in County Carlow	Web: www.localenterprise.ie/Carlow/					<ul style="list-style-type: none"> • 15th Sept – Brand Building & Implementation • 22nd Sept – A Guide to Writing a Business Plan • 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 • 13th Oct – Leadership in a Changing World • 10th Nov – Enable my business on a budget – Emerging IT Tools
Safeguarding 2 – Child Welfare & Protection	Venue: Online Contact: Carlow Sports Partnership on 059 9136205	9 th September 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
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
Tai Chi Teacher Training	Venue: An Gairdin Beo, Dublin Rd, Carlow Tel: 087 3477277 / info@taichiandwellnessacademy.com	11 th September 2021	3 year part-time course 1 Saturday & Sunday per month (10 months per year)	Contact course provider		Year 1 - Students will learn the basic moves of stages 1-3 of the Infinite Tai Chi Form; Butterfly Sweeping; The Golden Sun Series; 6 Health Sounds & Primary Standing like a Tree, basic anatomy & physiology and introduction

						to meditation techniques. Web: www.taichiandwellnessacademy.com
Heavy Goods Rigid Vehicle Driving	Venue: Carlow Contact: KCETB Training Services Helena Comerford on (056) 7813014 or email tsu.recruit@kilkennycarloweb.ie	13 th September 2021	10 weeks full time	Free	Driving Licence Category C (RSA-C)/ Vehicle Mounted Hydraulic Lorry Loader (RTITB-VMHLL)	On successful completion of this programme and the requirements of the Road Safety Authority learners can apply to the RSA for a Certificate of Professional Competence enabling them to operate a HGV rigid truck (or bus or coach). Applicants should only apply for this course once they have a full current Class B driving licence and a current Class C learner permit. Course information and application at – www.fetchcourses.ie
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.
Train the Trainer	Venue: Online Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152	13 th September 2021	15 th September and 6 th October (9.30am-3.30pm)	€395		The Train the Trainer model is recognised as an industry standard for professionals who train others in the workplace or in a range of further education settings. This module covers a wide range of topics including education & theoretical frameworks, best practice in training delivery, management of complex scenarios, group dynamics and methods of evaluation.
Website Marketing Audit	Venue: Online Provider: Carlow Kilkenny Skillnet	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

	For more information please call Jacqueline on 059 9132152					make the most of your online assets. Bookings – www.eventbrite.ie
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)	21 st September 2021	9.30am-1pm on 21 st , 28 th Sept & 5 th , 12 th , 19 th & 26 th October	€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.
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
Forklift, Safe Pass & Manual Handling	Venue: O'Brien Road, Carlow Contact: KCETB Training Services Contact: Olive Morrissey on (056) 7813014 (ext. 200) or email tsu.recruit@kcetb.ie	4 th October 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
Safeguarding 3 – Club Designated	Venue: Online Contact: Carlow Sports Partnership on 059 9136205	7 th October 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

Liaison Person (DLP)	Bookings – www.eventbrite.ie					Siochán / 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
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

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.
Manual & Computerised Book keeping	Venue: Ballon Business & Training Centre Tel: 059 9159447 Email - ballonbts@gmail.com Web: www.ballonbts.com	6 th September 2021	10 Mondays (7-10pm)	€300 – funding may be available if you are in receipt of a Social Welfare payment	QQI Level 5 minor award	The purpose of this course is to equip the learner with the skills to produce and maintain accurate bookkeeping records for a range of organisations, using manual and computerised systems. Depending on government COVID guidelines this course may be provided online.
Communications for Office Administration	Venue: Ballon Business & Training Centre Contact BTEI on 059 9139532/ bteicarlow@kilkennycarl.owetb.ie	7 th September 2021	Mornings over 13 mornings	Free to eligible learners - to social welfare recipients or medical card holders or those	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

	Applications also online at www.fetchcourses.ie			without a Leaving Certificate		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
Manual & Computerised Payroll	Venue: Ballon Business & Training Centre Tel: 059 9159447 Email - ballonbts@gmail.com Web: www.ballonbts.com	6 th September 2021	10 Thursdays (7-10pm)	€300 – funding may be available if you are in receipt of a Social Welfare payment	QQI Level 5 minor award	The purpose of this course is to equip the learner with the skills and to operate and maintain accurate payroll records using manual and computerised systems, for an organisation, working under general direction and supervision. Depending on government COVID guidelines this course may be provided online.

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	7 th August 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 date: 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
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HACKETSTOWN/ RATHVILLY/ CLONMORE

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Introduction to Infinite Possibilities: The Art of Living Your Dream Life	Venue: Core Centre Hacketstown Email: hacketstowncore@gmail.com	September – date to be confirmed		Free		This programme is based on the book of the same name by Mike Dooley of The Secret and presented by Norah Deay, Certified Trainer. This session aims to explain the principles behind the programme and how you can discover ways to bring love, abundance and happiness into your life. For more information contact the centre or view their Facebook page.
Digital Computer Classes for Beginners	Venue: Core Centre Hacketstown Email: hacketstowncore@gmail.com	September – dates to be confirmed		Free		Computers are supplied or you can bring your own. Suitable for all age groups. For more information contact the centre or view their Facebook page.
September Courses	Venue: Core Centre Hacketstown Email: hacketstowncore@gmail.com	September – dates to be confirmed				Some courses planned: <ul style="list-style-type: none"> • Advanced Computer Classes • Gardening Classes • Art Classes For more information contact the centre or view their Facebook page.

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

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Cooking to Destress and Digest	Venue: Thrive Hub, Tullow Email: nutrition@thrivecafe.ie Web: www.thrivewithlorraine.ie	7 th August 2021	10am-4pm	Please contact course provider for further information		Learn how to: reduce stress in your body, support cravings naturally, boost digestion and Increase your energy levels. The Masterclass includes: yoga & meditation to support digestion, live cooking demonstration, recipe pack, tools to support your body in times of stress, health package to get you started on your journey to wellness and food to keep you healthy and satisfied. Next course date: 4th September
Conversational English Classes (Fáilte Isteach)	Venue: Forward Steps Family Resource Centre, Tullow Contact Dylan Thomas on (059) 972 0733/ (086) 4108330	Ongoing Thursdays	6pm-8pm	Free		These classes were running via Zoom during COVID but there are plans to return to face-to-face classes in September. Based on demand there will be the possibility of providing online classes too.
Office Administration with Health Care Focus	Venue: St. Anne's College of Further Education The Mullawn, Tullow Tel: 059 9151473	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

	Email: info@tullowcs.ie					
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 Bhride Contact BTEI on 059 9139532/ bteicarlow@kilkennyca.rlowetb.ie	10 th September 2021	1 morning over 13 weeks	Free to eligible learners - to social welfare recipients or medical card	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.

				holders or those without a Leaving Certificate		Applications also online at www.fetchcourses.ie
Stretch Your Palate	Venue: Thrive Hub, Tullow Email: nutrition@thrivecafe.ie Web: www.thrivewithlorraine.ie	30 th September 2021	7 Thursdays (7pm-9pm)	Please contact course provider for further information		A seven-week adventure into the world of yoga, movement, nutrition, cooking, breathwork and so much more What to expect: Opening up your body through yoga postures (suitable for beginners)/ Learning to tune into your body's messages and develop awareness through breathwork/ Learning the foundations of nutrition and their link to our body's energy pathways/ Identifying how your body's health today is a symptom of imbalances and how you can use movement and food as tools to achieve a more balanced lifestyle/ How to develop creativity in the kitchen and explore beyond traditional cooking methods.

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/	August Workshops	Varies	Free		Courses at the Recovery College are for everyone. August Workshops 3 rd August – Resilience 10 th August – Compassionate Mind 17 th August – Dealing with 'Worry' 24 th August – 10 Keys to Happier Living 31 st August – Changing Habits
Stress Control	Venue: Online https://stresscontrol.ie/ Email: info@stresscontrol.org	August 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.
Living Well Programme	Venue: Online Provided by the HSE For bookings or enquiries email: selfmanagementsupports@sech@hse.ie	9 th September 2021	6 Thursdays (10am-12.30pm)	Free		Living Well is a free Self-Management programme for adults living with long-term health conditions. Dates: • 18 th September – 30 th October (Saturdays)

	or call Catriona on 087 2939881					<ul style="list-style-type: none"> • 27th September – 8th November (Mondays) Website: www.hse.ie/LivingWell
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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.