

Courses for Adults

Kilkenny and Carlow

2021 - 2022



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

SOLAS
learning works



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National Centre for Guidance in Education
Lárionad Náisiúnta um Theoiric agus Oideachas

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



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Courses for Adults in Kilkenny and Carlow 2021 - 2022

Introduction

Welcome to our 2021-2022 edition of Courses for Adults in Kilkenny and Carlow. Having experienced the impact of the COVID-19 Pandemic since March 2020, we hope that this publication will be a welcome arrival for all those wishing to explore their options for full-time, part-time and online learning over the next week.

Staff of the Adult Guidance Services in Carlow and Kilkenny have completed research on the wide variety of education and training options available to adults living in both counties. While the course directory provides course information from a range of providers offering opportunities for further education and training, the book also includes useful information on financial supports for learners, Kilkenny and Carlow ETB Services to Business and the Adult Guidance Service. A number of learners who have returned to education and training share their stories and readers will have an insight into their unique learning journeys.

If you are interested in returning to further education or training to upskill or reskill and gain a recognised qualification and/or are currently looking for learning options which will enable you to build your confidence and professional and personal skills, I hope that this book will provide the starting point to finding that course, one which interests and motivates you. If you wish to take on a non-accredited course, which appeals to your interest in the arts and crafts, health and fitness, wellbeing etc., this information is also available in the book. On the contents page, you will be guided to search by areas of interest as all courses, accredited and non-accredited are listed by section.

If you are still unsure, please contact our Adult Guidance Services in Kilkenny and Carlow where you can make an appointment to meet with a qualified Adult Guidance Counsellor. This service is free of charge, confidential, impartial and supportive. Here you will receive support and guidance with exploring your options for education and training, information of the range of courses available and assistance with accessing other supports, including financial.

Finally, tremendous gratitude and appreciation is bestowed on our committed and hardworking staff in the Adult Guidance Services located in Kilkenny and Carlow, with leadership and guidance provided by Shane Rooney and Orla Reddy, Kilkenny and Carlow ETB Adult Guidance Co-ordinators.

We look forward with hope and positivity to the new academic year of 2021/2022 and we hope that you find the course that is right for you at this stage of your lifelong learning journey.

Ní neart go cur le chéile.



Martha Bolger

Director of Further Education and Training
Kilkenny and Carlow ETB

Kilkenny and Carlow ETB

Overview

Kilkenny and Carlow Education and Training Board (ETB) is a local education authority providing a comprehensive range of education programmes and supports designed to meet the diverse and changing needs of young people and adults throughout the counties of Kilkenny and Carlow. Today it runs thirteen second level schools and an extensive Further Education and Training (FET) service.

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

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

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



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Aontas Eorpach
Co-funded by the
European Union

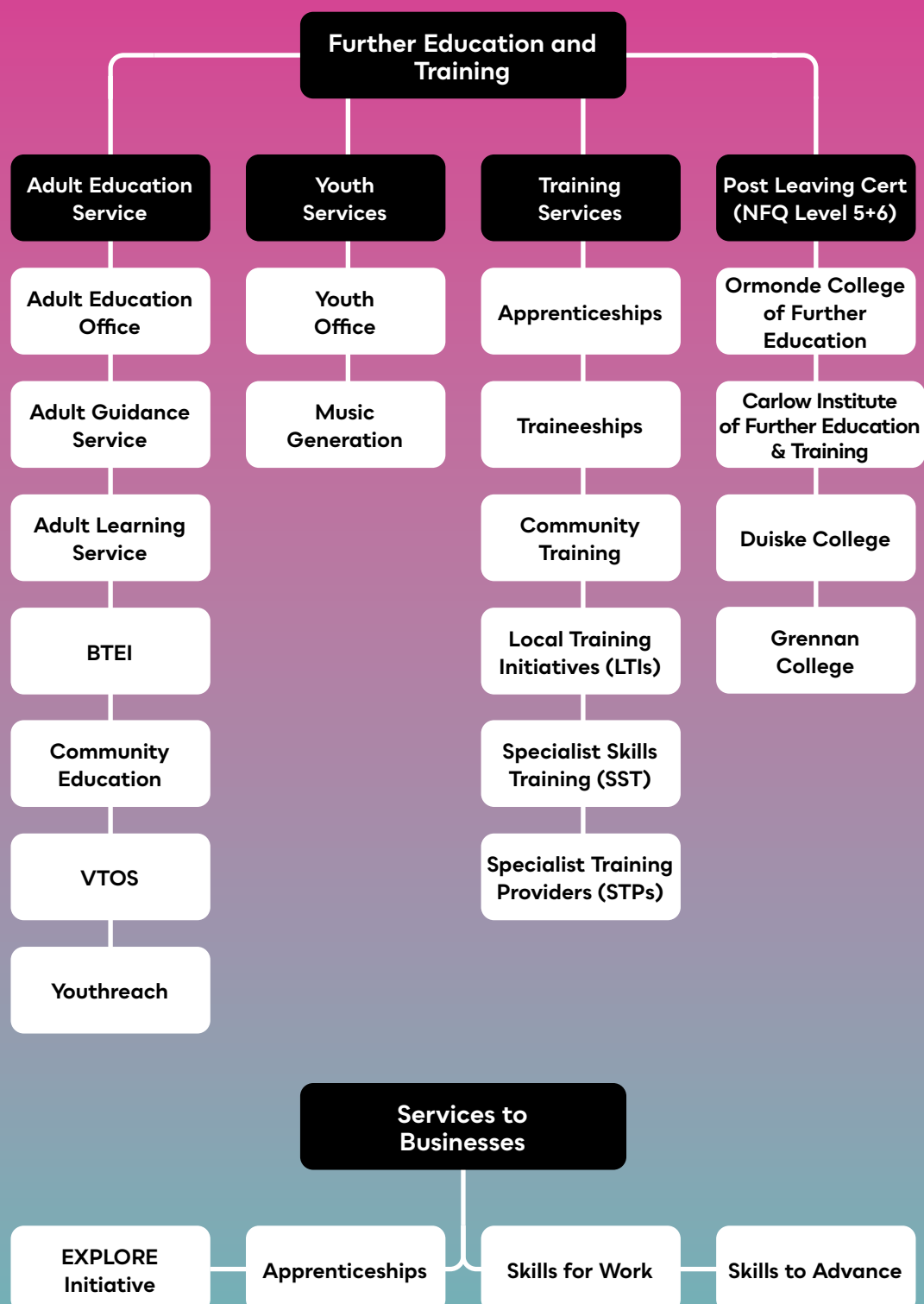


Rialtas na hÉireann
Government of Ireland



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

Overview



Kilkenny and Carlow ETB At a Glance



Adult Guidance Service

What is Adult Guidance?

Adult Education Guidance Counsellors Support:



- Identify interests and aptitudes
- Explore courses and training options
- Chart a career path and know where you are going!
- Review progress and plan ahead for next steps

Find The Best Path For You

- Any member of the public can call their local office for information!

Progressing to

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

One-to-One Guidance Appointments available:



- Early school leavers
- Anyone at risk of long term unemployment
- Anyone wishing to improve their levels of basic education
- Unemployed, or those not working in their area of qualification
- Working in low-skilled roles

Guidance Counsellor / Co-ordinator:

Ms Orla Reddy

County Kilkenny Adult Guidance Service

Lower New Street, Kilkenny, R95 AV65

T: 056 776 4448

E: adultguidance@kkadulthood.ie

Facebook: County Kilkenny Adult Guidance Service

Guidance Counsellor / Co-ordinator:

Mr Shane Rooney

County Carlow Adult Guidance Service

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

T: 059 913 3123

E: info@carlowadultguidance.ie

Facebook: County Carlow Adult Guidance Service

Recognition of Prior Learning RPL and Access To FET

What NFQ Level Course Should I do?

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

What could help me access a course?

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

www.fetchcourses.ie/

How can I progress after Further Education and Training FET?

After completing your FET qualification you may wish to find a job, pursue self-employment, start an apprenticeship or continue your studies in a third level College. The Higher Education Links Scheme (HELS) gives learners the opportunity to use their QQI Level 5 or 6 major award to apply, through the CAO, for a place in the first year of a higher education programme.

www.qualifax.ie

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

www.cao.ie/index.php?page=fetac_search

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

www.careersportal.ie/qqi/

How can my previous learning be recognised?

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

www.qualifax.ie



Spotlight Adult Guidance Service

Spotlight: Adult Guidance Service

Before...

I am a graduate of Waterford Institute of Technology with a Bachelor's Honours Degree. It's been a few years since I finished college and a while since I worked in the sector. I was really eager to up-skill and finally reestablish my career. With the number of courses available and the demanding application process I found myself overwhelmed- that's when I decided to get in contact to seek some advice from the Adult Guidance Service.

Making a change...

My journey started with this service at the start of the year when I found myself wanting to finally apply for my master's degree (It was one of my New Year resolutions).

What did the Guidance Counsellor help you with?

My guidance counsellor helped me to narrow down which courses would suit me best. She then helped me through the application process, not only providing me with helpful tips and encouragement but also answering all the questions regarding the process. Normally, I would be incredibly stressed but with the help of my guidance counsellor I felt supported and had no doubts I would meet the deadlines.

While applying for my chosen courses I had to write a 3000-word academic style essay for one of the applications. It was a very daunting task to begin with because it's been a while since I have written in academic style. My guidance counsellor helped me to rediscover and refresh the knowledge I gained in college. Furthermore, she has taught me techniques that improved my research, referencing and editorial skills and provided me with a sample format which was very clear and allowed me to present my findings in the best possible light. It was an absolutely invaluable experience and the level of professionalism and

knowledge shown by my guidance counsellor was comparable if not better than from a college professor.

She also helped me to brush up on my interview skills for the interview part of the application. I was provided with tips on how to approach it and how to prepare, as well as what questions to ask the interviewer.

This gave me confidence and eased my anxiety throughout the process of the interview and as a result securing my place on the course I really wanted to get into. It was a wonderful experience and a very enriching one.

I also received help with restructuring my CV and tips on how to write a great cover letter for my sector, as I am currently looking for a part-time job to help me through my Master's at UCD.

Any final thoughts on your experience to date?

My guidance counsellor has helped me beyond my wildest expectations and I am very grateful for it. She was very patient, knowledgeable, and friendly. I feel more relaxed and confident about my future and I have no doubts now that I am on the right path.

Guidance Counsellor / Co-ordinator:

Ms Orla Reddy

County Kilkenny Adult Guidance Service

Lower New Street, Kilkenny,
R95 AV65

T: 056 776 4448

E: [adultguidance@
kkadulted.ie](mailto:adultguidance@kkadulted.ie)

Facebook: County Kilkenny
Adult Guidance Service

Guidance Counsellor / Co-ordinator:

Mr Shane Rooney

County Carlow Adult Guidance Service

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

T: 059 913 3123

E: [info@
carlowadultguidance.ie](mailto:info@carlowadultguidance.ie)

Facebook: County Carlow
Adult Guidance Service

Kilkenny and Carlow ETB Services to Business

Education and training opportunities
for those in employment

EXPLORE PROGRAMME

SUPPORTING EMPLOYEES IN INDUSTRY

This pre-development programme offers digital skills development for the workplace, engaging employees and encouraging continuous professional development. It also supports health and wellbeing in the workplace.

Run in conjunction with the South East Regional Skills Forum.
www.regionalskills.ie

www.fetchcourses.ie for courses available or contact the Adult Education Service 056 776 5103 for more information.

SKILLS FOR WORK

UPSKILLING FOR EMPLOYEES

This programme can deliver full or part-time training courses for workers with lower level skills, to develop confidence in learning new skills and embrace a changing work environment, as part of the government's national skills strategy to develop adaptability and flexibility in the workforce.

Courses are at QQI Level 3 and 4.

Adult Education Service 056 776 5103 for more information.

SKILLS TO COMPETE

Reskilling / Retraining after Covid-19

This initiative is a reskilling and retraining response to the Covid-19 pandemic, which aims to build transversal and digital skills, through the targeted provision of modular based education and training from NFQ levels 4-6, within growth sectors and occupations, to increase employability.

Run in conjunction with local INTREO office.

Modules are at QQI Levels 4, 5 and 6.

www.fetchcourses.ie for courses.

SKILLS TO ADVANCE

EMPLOYEE DEVELOPMENT

This initiative offers upskilling opportunities to employees. It can assist SMEs to identify training needs and offer tailored training. It aims to equip employees with skills to progress in their current job and also to avail of new opportunities. The training is highly subsidised.

Courses are at QQI Level 5 and 6.

Contact Kilkenny and Carlow ETB for more information

087 668 5857



Irish National Framework of Qualifications (NFQ)

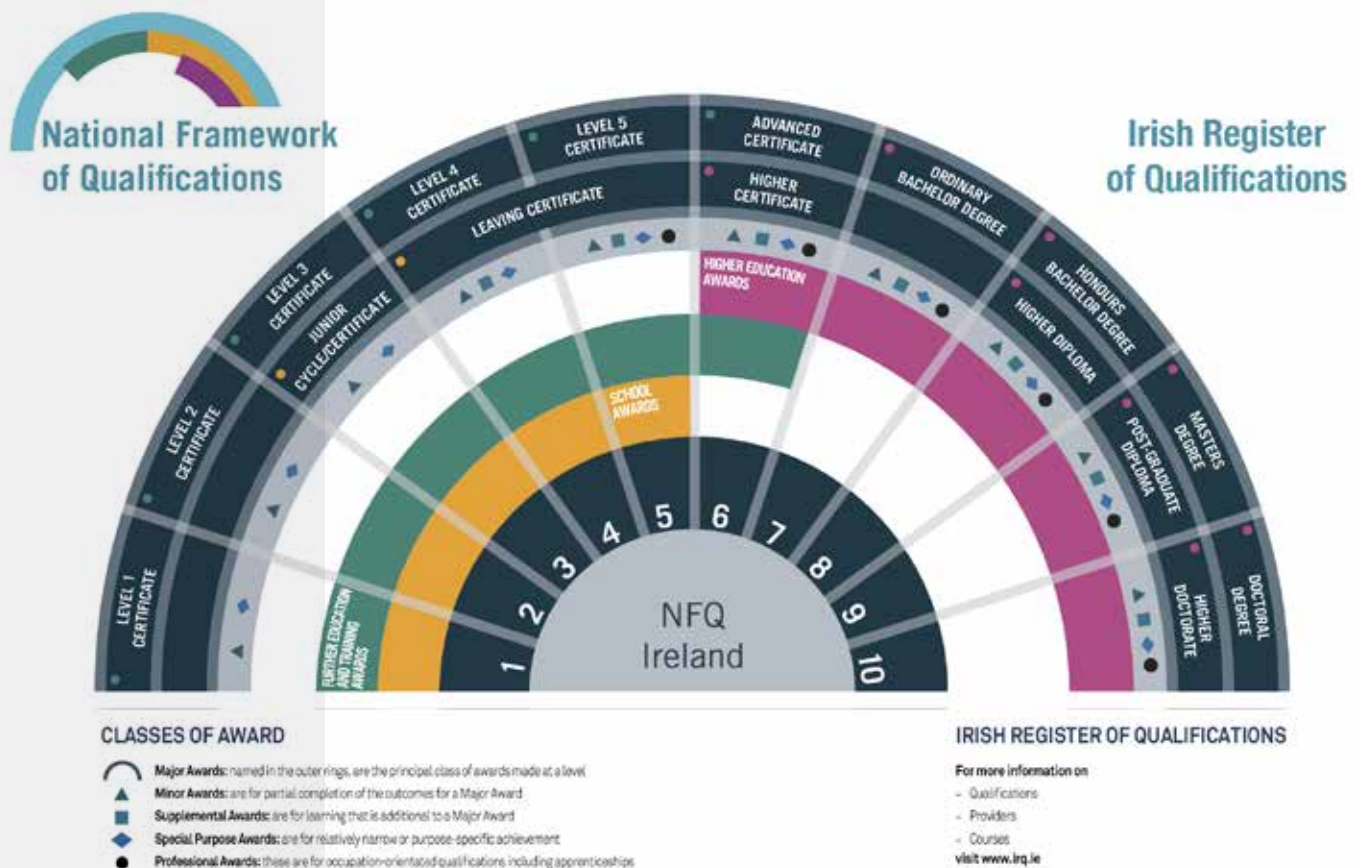
The National Framework of Qualifications (NFQ). The NFQ is designed for the development, recognition and award of qualifications based on standards of knowledge, skill and competence acquired by learners. The framework consists of 10 levels, from basic learning to doctoral awards. Throughout this course directory, you will see the NFQ level and award type to which a programme leads alongside other related information to help you understand and compare programmes of education and training.

Recent changes to the NFQ

In late 2020, following consultation with our key stakeholders, the Framework was updated to reflect changes in recent years across the education and training landscape: www.qqi.ie

- Junior Cycle Reform
- The Technological Universities Act
- Institutes of Technology enabled to make their own awards
- The future inclusion of the awards of Listed Awarding Bodies in the Framework
- Development of Professional Award Type Descriptors at NFQ Levels 5-9
- The launch of the Irish Register of Qualifications

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



Financial Supports

Some courses are fully funded, others have reduced fees, and depending on your own circumstance, you might be entitled to funding or an allowance while you are in education.

You can meet with a qualified Adult Guidance Counsellor ([see page 8 for details](#)). See www.studentfinance.ie for further information.

Here are some of the funding options available:

Name Of Grant	Requirements	Extra Entitlements...	Course Requirements
Back to Education Allowance (BTEA)	<ul style="list-style-type: none"> • Must be over 21. • 18-20 if out of formal education for 2 years. • On a social welfare payment for certain time periods (waived for PUP recipients.) • You must be progressing in your level of education. 	<ul style="list-style-type: none"> • €500 payment per year if you have a qualifying child payment. 	<ul style="list-style-type: none"> • Recognised QQI award or equivalent.
Training Allowance	<ul style="list-style-type: none"> • On a qualifying social welfare payment before starting the course. • Age-related, depending on the training centre. 	<ul style="list-style-type: none"> • You might also be entitled to related allowances e.g. travel, accommodation, meal, national childcare scheme in addition to the training allowance. 	<ul style="list-style-type: none"> • For courses run through Further Education and Training (FET) training courses in Education and Training Boards (ETB) training centres. E.g. • Local Training Initiatives • Community Training Centres – Carlow CTC and KEY • Training Services Unit courses • Youthreach
Childcare Supports Universal Subsidy	<ul style="list-style-type: none"> • Available to all families with children u-3 who haven't yet qualified for free pre-school. 	<ul style="list-style-type: none"> • 50c per hour, up to 45hours max. per week. 	<p>Web: www.ncs.gov.ie/en/types-of-subsidy/</p>
Income Assessed Subsidy	<ul style="list-style-type: none"> • For children aged 24 weeks – 15 years. • Means-tested i.e. depends on family income, age of children and other factors. 	<ul style="list-style-type: none"> • Rate given as per means test, up to 45 hours max. per week. 	<p>Web: www.ncs.gov.ie/en/types-of-subsidy/</p>



The above table is a summarised note on funding. Make an appointment with an Adult Guidance Counsellor to work through the options. Specific deadlines apply to different applications.

Name Of Grant	Requirements	Extra entitlements...	Course Requirements
Post Leaving Certificate Participant Contribution (exemptions)	<p>You won't have to pay the Government PLC Levy (fee) on full time FET College/ PLC courses if you are an Irish citizen/EU national and are:</p> <ul style="list-style-type: none"> • A full medical card holder in your own right, or are the dependent child of a medical card holder • Eligible under the student grant scheme • In receipt of either the Back to Education Allowance (BTEA) or Vocational Training Opportunities Scheme (VTOS) allowances 	<ul style="list-style-type: none"> • Other course costs are not included, cost of materials etc. 	<ul style="list-style-type: none"> • Full time FET College / PLC course
Student Universal Support Ireland - SUSI	<p>Several criteria inc.:</p> <ul style="list-style-type: none"> • Nationality and Residency • Progressing in your level of education • Means tested <p>Grant comes in 2 parts – Maintenance Grant and Fee Grant.</p> <p>Income for grant purposes depends on which class of applicant you are, dependent or independent.</p>	<p>Amount of funding is calculated based on income and family circumstance.</p> <p>Maintenance: If awarded, it is paid into your account monthly, over 9 months.</p> <p>Fee Grant: If awarded, the student contribution charge is paid directly to the college.</p>	<ul style="list-style-type: none"> • Must be an approved course in an approved institution. Listed on www.susi.ie – talk to the Adult Guidance Service to check your course. • Maintenance grant only for FET PLC courses. • Available for limited periods per course level.
St. Vincent de Paul Education Fund	Case by case basis.		Web: www.svp.ie/what-we-do/educationgrants
Training Support Grant	<p>For those in receipt of Jobseeker's Allowance.</p> <p>You must meet with your Case Officer to apply.</p>	Up to €1000	<ul style="list-style-type: none"> • Short term training • To obtain or renew certification in order to gain employment e.g. safe pass, driving licences, HACCP, security industry permits <p>Web: www.gov.ie – Department of Social Protection</p>

Other Providers

Horticulture

Altamont Gardens

Altamont, Tullow, Co. Carlow

Tel: 059 915 9444

Email: altamontgardens@opw.ie

Facebook: www.facebook.com/altamontopw

For information on workshops and classes held please refer to their Facebook page.

An Gairdín Beo

Dublin Street, Carlow

Facebook: www.facebook.com/AnGairdinBeoCarlow/

Web: www.angairdinbeo.org

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

Kilkenny and Carlow ETB Courses

BTEI Kilkenny and Carlow ETB

1B Meadow Court, Burrin Street, Carlow

Tel: 059 913 9532 **Email:** bteicarlow@kilkennycarlowetb.ie **Web:** www.kcetb.ie | www.fetchcourses.ie

Venue	Ballon Business and Training Services Ltd
Duration	13 Weeks
Start Date	8/9/2021
End Date	8/12/2021
Certification	QQI Level 4 Minor Award
Timetable	Thursday Morning

- Establishing Ornamental Flowering Plants (4No662) *
www.fetchcourses.ie/course/finder?sfcw-courseid=322803

Venue	Ballon Business and Training Services Ltd
Duration	13 Weeks
Start Date	7/9/2021
End Date	7/12/2021
Certification	QQI Level 4 Minor Award
Timetable	-

Horticulture

- QQI Level 4 Horticulture (p/t) 4M1994 *^

Course Modules:

- Establishing Ornamental Flowering Plants (4No662)
www.fetchcourses.ie/course/finder?sfcw-courseid=322801

Venue	Ballon Business and Training Services Ltd
Duration	13 Weeks
Start Date	7/9/2021
End Date	7/12/2021
Certification	QQI Level 4 Minor Award
Timetable	-

Establishing Ornamental Trees and Shrubs

Horticulture

- QQI Level 4 Horticulture (p/t) 4M1994 *^

Course Modules:

- Establishing Ornamental Trees and Shrubs (4No666)

Venue	Ballon Business and Training Services Ltd
Duration	13 Weeks
Start Date	8/9/2021
End Date	8/12/2021
Certification	QQI Level 4 Minor Award
Timetable	Thursday Morning

Establishing Ornamental Trees and Shrubs

Horticulture

- QQI Level 4 Horticulture (p/t) 4M1994 *^

Course Modules:

- Establishing Ornamental Trees and Shrubs (4No666)

BTEI Carlow is also taking expressions of interest for a Horticulture course QQI Level 4 in their centre in Burrin Street, Carlow due to start in September 2021.

For more information please call 059 913 9532

Kilkenny and Carlow ETB Courses

Horticulture

BTEI Kilkenny and Carlow ETB

7 Danville Business Park, Ring Road, Kilkenny

Tel: 056 770 1020 Web: www.kcetb.ie | www.fetchcourses.ie

Venue	Piltown Community Centre
Duration	15 Weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 4 Minor Award
Timetable	Thursday Morning

Horticulture

- QQI Level 4 Horticulture (p/t) *^

Course Modules:

- Plant Identification, Care and Maintenance

<https://www.fetchcourses.ie/course/finder?sfcw-courseId=320129>

Venue	Piltown Community Centre
Duration	15 Weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 4 Minor Award
Timetable	Tuesday Morning

- Communications

<https://www.fetchcourses.ie/course/finder?sfcw-courseId=320131>

Venue	St Canice's Hall
Duration	15 Weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 4 Minor Award
Timetable	Friday Morning

- Communications

<https://www.fetchcourses.ie/course/finder?sfcw-courseId=320089>

Venue	St Canice's Hall
Duration	15 Weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 4 Minor Award
Timetable	Wednesday Morning

- Work Experience

<https://www.fetchcourses.ie/course/finder?sfcw-courseId=309880>

Venue	Danville
Duration	15 Weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 5 Minor Award
Timetable	Tuesday morning

Horticulture

- QQI Level 5 Horticulture (p/t) *^

Course Modules:

- Soil Science

<https://www.fetchcourses.ie/course/finder?sfcw-courseId=309919>

Other Providers

Horticulture

Bagenalstown Family Resource Centre

Royal Oak Road, Moneybeg,
Bagenalstown, Co. Carlow

Tel: 059 972 2028

Web: www.bagenalstownfamilyresourcecentre.ie

Email: bagenalstownfrc70@gmail.com

For up-to-date information on gardening and horticulture courses please call or email the centre.

Ballon Business and Training Services

The Old School, Ballon, Co. Carlow

Tel: 059 915 9447

Email: ballonbts@gmail.com

Web: www.ballonbts.com

Facebook: www.facebook.com/BallonBusinessTrainingService/

For up-to-date information on the training courses scheduled please contact the centre directly or view their Facebook page.

Birdwatch Ireland – Carlow Branch

Email: birdwatchcarlow@gmail.com

Facebook: www.facebook.com/wildcarlow

Web: www.birdwatchireland.ie

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

Carlow Environmental Network

Email: info@ccen.ie

Facebook: www.facebook.com/CarlowEnvironmentalNetwork/

Web: www.ccen.ie

The aim of CCEN is to enhance the physical and social environment of County Carlow. Are you interested in making County Carlow sustainable and beautiful for all? We'd love to have your input and ideas.

Ballin Temple Nature Club

Balin Temple, Ardattin Co Carlow

Tel: 086 817 9238

Email: manager@ballintemple.com

Web: www.ballintemple.com

Blended Learning

Smallholder's Garden Course - seven live monthly modules, to span the growing season from March to September. Providing guidance and support to other smallholders who are starting out. Examples of course content: organic vegetable growing, organic square bales, poultry - for eggs not meat (chickens, ducks, geese), and logging for renewable solid fuel. Blended learning- all modules available as good quality recordings (in addition to the live Zoom option and the in-person option).

Carlow Beekeepers Association

Facebook: www.facebook.com/carlowbeekeepers/

Web: www.carlowbeekeepers.com/

Carlow Beekeepers Association promotes beekeeping within the county and provides support and education for local beekeepers.

Carlow Flower Club

Facebook: www.facebook.com/Carlow-Flower-Club-1399524343702018/

For more information on the Carlow Flower Club please see their Facebook page

Kilkenny and Carlow ETB Courses

Horticulture

Venue	St Canice's Hall
Duration	15 Weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 5 Minor Award
Timetable	Thursday morning

• Team Working

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=320079>

Venue	Droichead FRC
Duration	15 Weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 5 Minor Award
Timetable	Wednesday Morning

• Soil Science and Plant Media

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=320124>

Other Providers

Birdwatch Ireland Kilkenny Branch

Email: birdwatchkilkenny@gmail.com

Web: www.birdwatchireland.ie

The Kilkenny branch of Birdwatch Ireland organises regular outings as well as slideshows and talks. Look out for details of all outings on the website, the local press and the local radio.

Darver House Gardens

Jeninstown, Co. Kilkenny

Tel: 056 776 7028 / 086 807 2040

Web: www.darverhousenursery.com

Basic Gardening Classes and Floral Art Classes (p/t)

Dunmore Country School

Swan Rd, Swan, Durrow, Co. Laois

Tel: 087 125 8002

Email: tanguy@dunmorecountryschool.ie

Natural Beekeeping Course with the Warré Hive – it is a full day course

• www.dunmorecountryschool.ie/warre-hive

Intensive Horticultural Course

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

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

County Kilkenny Horticultural Society

Club House Hotel, Patrick Street, Kilkenny

Tel: 056 776 2826

Email: bourkeclaire@gmail.com

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

Droichead Family Resource Centre

Old CBS School, West Street, Callan, Co. Kilkenny

Tel: 056 775 5660

Web: www.droicheadfrc.ie

Horticulture QQI Level 5 (p/t) *^

• Soil Science and Plant Media (5N2528)

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=320124>

HCT Learning

Unit 2 Purcellsinn Business Park,
Dublin Road, Kilkenny

Tel: 056 777 0761 **Web:** www.hctlearning.ie

- QQI Level 5, 5N1745 Agriculture Mechanics (p/t) *
- QQI Level 5, 5N1797 Boom Sprayer Pesticide Application (p/t) *
- QQI Level 5, 5N3404 Chainsaw Operations (p/t) *
- QQI Level 4, 4N0689 Communications (p/t) *
- QQI Level 4, 4N0662 Establishing Ornamental Flowers (p/t) *
- QQI Level 4, 4N0666 Establishing Trees and Shrubs (p/t) *
- QQI Level 5, 5N3405 Felling and Processing Small Trees (p/t) *
- QQI Level 5, 5N2466 Hand Held Pesticide Application Handling and Distribution of Pesticides (p/t) *
- QQI Level 4, 4N0681 Hard Landscape Construction (p/t) *
- QQI Level 4, 4N0683 Horticultural Tools and Equipment (p/t) *
- QQI Level 5, 5N1908 Landscape Construction and Maintenance (p/t) *
- QQI Level 5, 5N20435 Mechanical Pesticide Application (p/t) *

Kilkenny and Carlow ETB Courses

Horticulture

Carlow Institute of Further Education and Training

Mortarstown Upper, Carlow, R93 X0FX

Tel: 059 913 4230 **Email:** info@carlowinstitute.ie **Web:** www.carlowinstitute.ie

Venue	Carlow Institute of Further Education and Training	Animal Care
Duration	9 months	• QQI Level 5 Animal Care Enterprise (f/t) *^ www.fetchcourses.ie/course/finder?sfcw-courseid=304100
Start Date	27/08/2021	Course Content: Animal Anatomy and Physiology, Animal Grooming, Animal Welfare, Business Administration, Communications, Small Animal Husbandry, Start Your Own Business, Work Experience
End Date	03/06/2022	
Certification	QQI Level 5 Major Award - 5M2768	
Timetable	Full time course	

Venue	Carlow Institute of Further Education and Training	• QQI Level 5 Animal Healthcare (f/t) *^ www.fetchcourses.ie/course/finder?sfcw-courseid=305071
Duration	9 months	Course Content: Animal Anatomy and Physiology, Animal Grooming, Animal Welfare, Biology, Communications, Mathematics, Small Animal Husbandry, Work Experience
Start Date	27/08/2021	
End Date	03/06/2022	
Certification	QQI Level 5 Major Award - 5M2768	
Timetable	Full time course	

Venue	Carlow Institute of Further Education and Training	• QQI Level 6 Animal Care Enterprise (f/t) *^ www.fetchcourses.ie/course/finder?sfcw-courseid=305021
Duration	9 months	Course Content: Animal Science and Health, Animal Behaviour, Animal Grooming, Communications, Kennel and Cattery Management, Large Animal Husbandry, Wild Animal Husbandry, Work Experience.
Start Date	27/08/2021	
End Date	03/06/2022	
Certification	QQI Level 6 Major Award - 6M5153	
Timetable	Full time course	

Community Education Service Carlow Kilkenny and Carlow ETB

1a Meadow Court, Burrin Street, Carlow

Tel: 059 917 9376 **Email:** fdunne@kcetb.ie **Web:** www.kcetb.ie

Venue	Gairdín Beo, Old Dublin Road, Carlow R3E1HF	Raised Beds and Vertical Planters
Duration	6 Mondays (10am-1pm)	Course Content: Create two-tiered raised bed and vertical planters to suit smaller spaces around the home.
Start Date	06/09/2021	
End Date	11/10/2021	
Certification	-	
Timetable	Part-time course	

Venue	Gairdín Beo, Old Dublin Road, Carlow R3E1HF	Apple Tree Pruning
Duration	-	Duration: 10am-12pm on Monday 18th October and Thursday 21st October
Start Date	18/10/2021	Course Content: Practical guidance and hands on experience on how to prune apple trees.
End Date	21/10/2021	
Certification	-	
Timetable	Part-time course	

Other Providers

Horticulture

Kildalton College

Piltown, Co. Kilkenny

Tel: 051 644 400

Web: www.teagasc.ie

www.teagasc.ie/media/website/publications/2020/Teagasc-College-Prospectus-2021web.pdf

Crops and Machinery Management

- QQI Level 5 Certificate in Agriculture Programme (f/t) **
- QQI Level 6 Advanced Certificate in Agriculture (Crops and Machinery Management) (f/t) **

Duration: 2 years

- Teagasc Professional Diploma in Dairy Farm Management
- Teagasc Professional Diploma in Dairy Farm Management (f/t) **

Duration: 2 years on-farm professional work experience with 20 course days per year.

Dairy Herd Management

- QQI Level 5 Certificate in Agriculture Programme (f/t) **
- QQI Level 6 Advanced Certificate in Agriculture (Crops and Machinery Management) (f/t) **

Duration: 2 years

- QQI Level 5 Certificate in Agriculture Programme (f/t) **
- QQI Level 6 Advanced Certificate in Agriculture Dairy Herd Management Programme (f/t) **

Duration: 2 years.

Drystock Herd Management

- QQI Level 5 Certificate in Agriculture Programme (f/t) **
- QQI Level 6 Advanced Certificate in Agriculture (Drystock Management) Programme (f/t) **

Duration: 2 years

Equine

- QQI Level 5 Certificate in Horsemanship (Equitation) (f/t) **
- QQI Level 6 Advanced Certificate in Horsemanship (Equitation) (f/t) **

Duration: 2 years

Stud Management

- QQI Level 5 Certificate in Horsemanship (Stud) (f/t) **
- QQI Level 6 Advanced Certificate in Stud Management programmes (f/t) **

Duration: 2 years

Part-time course

This course, accredited by QQI, is designed for students that are 23 or over, and want to complete the course on a part-time basis.

Programme: Teagasc Part-time Green Cert Programme

Duration: 2 to 2½ years on a part-time basis

Horticulture

- QQI Level 5 Certificate in Horticulture (f/t) **

Duration: 1 years (full-time) September to May.

Qualifications: This programme is validated by the QQI and leads to a major award Level 5 Certificate in Horticulture

- QQI Level 6 Advanced Certificate in Horticulture (f/t) **

Duration: 1 years (full-time) September to March (Landscape); November to July (Nursery, Sportsturf and Food).

Distance Education Aim: This course has been developed to meet the training requirements of Graduates from other non-agricultural award programmes who are interested in farming. Programme: Teagasc Distance Education Green Cert Programme (For Award Holders)

Duration: The course extends over a minimum of 15–20 months

Qualifications: QQI Level 5 Certificate in Agriculture 5M20454 and QQI Level 6 Specific Purpose Certificate in Farming 6S20487.

Teagasc Careers in the Land-based Sector

Career stepping stones

The Teagasc education and training is centred on three core occupational roles

Operative: QQI Level 5 The role of an operative or assistant is crucial to everyday operation. The role may be permanent or casual. Teagasc has training and education programmes which will train you for your desirable career.

Manager: QQI Level 7 The role encompasses a significant business management dimension as a business owner or an employed manager.

Technician: Level 6 The role involves taking responsibility for production and administration. This may be as a crop producer, livestock producer, breeder, horticulturist or an assistant manager.

Other Providers

Horticulture

Doyle's Equestrian Centre

Coole Lane, Coole, Carlow

Tel: 087 954 9640

Web: www.doylesequestriancentre.ie

Group and private lessons for adults

Gales Hill Stables Ashfield

Ballickmoyler, Carlow, R93 HH32

Tel: 087 244 0632

Email: galeshill@gmail.com

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

MPM Horse Riding and Equestrian Centre

Rahill, Rathvilly, Co. Carlow

Tel: 085 889 4237

Email: mpmequestrian@gmail.com

Web: www.mpmequestrian.com

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

TEAGASC Education Office

Oak Park, Carlow

Tel: 059 918 3555 / 087 909 0530

Web: www.teagasc.ie

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

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

Currently taking applications for both Adult courses.

- Distance course runs over 12 months starting in December (Must be a major award holder Level 6 or above)

or

- Part Time course open to all over 23 years old generally run in the evenings Tuesday and Thursday 6:30 – 9pm duration of the course is 18 months

ONLINE APPLICATION

www.teagasc.ie/education/going-to-college/apply-online/

COURSE START DATE

The course will start with induction for successful applicants on Tuesday 14th, September 2021

Focused Training Ireland

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

Tel: 059 911 8912/ 089 400 9937

Web: www.focusedtrainingireland.com

Control of Substances Hazardous to Health (COSHH) *

Online

Hacketstown Core Centre

Hacketstown, Co. Carlow

Email: hacketstowncore@gmail.com

Facebook: Hacketstown Community Group

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

COURSE DURATION & FORMAT:

This course will run over 18 months.

ATTENDANCE REQUIREMENTS:

Students are required to attend Kildaton College 2 evenings per week (6.30pm-9.30pm), 1 for practical skills and 1 for theory classes (there will be an option to join this class online or attend in person). There are also 6 full practical days (9am-5pm) scheduled throughout the course.

COURSE ASSESSMENT:

The assessment of this course is likely to be a combination of online exams, onsite exams, practical learning diaries and assignments. Clarity on assessments will be provided at induction and will be informed by Government COVID Guidelines. Assessments are scheduled throughout the course.

REPEATS / DEFERRALS:

Repeat skills assessments, exams etc. will be offered to students in March 2023.

Other Providers

Horticulture

Mid-Kilkenny Beekeepers Association

Paul O'Donnell

Tel: 086 272 4977

Email: pauljosephodonnell@eircom.net

Web: www.facebook.com/MidKilkennyBeekeepers/

The Mid-Kilkenny Beekeepers Association meets the first Wednesday of each month (except Summer months)

South Kilkenny Beekeepers Association

Jeninstown, Co. Kilkenny

Web: www.irishbeekeeping.ie/about-us/find-a-bee-keepers-association-near-you/

The South Kilkenny Beekeepers Association meets on occasional Monday nights during the Winter months. Beginners course available.

Mount Juliet Equestrian Centre

Mount Juliet Equestrian, Thomastown, Co. Kilkenny

Tel: 056 777 3025

Email: equestrian@mountjuliet.ie

Web: www.mountjulietequestrian.com

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

Nuenna Farm Equestrian Centre

Kilkenny Rd, Freshford

Gillian Maher: 087 278 6684

Email: nuennaquestrian@hotmail.com

Web: www.aire.ie/index.php/component/k2/item/119-nuenna-farm-equestrian-centre

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

Riding lessons are available from Monday to Saturday. All levels are catered for from beginners to more advanced riders.

Newpark Close Family

Resource Centre, Newpark Lower, Kilkenny

Tel: 056 772 3309 **Email:** newparklti@gmail.com

Web: www.newparkclosefrc.com

Health and Safety Training - One Day Course

Training Covers:

- Safe Plan of Action
- Safe Operation of Horticultural Tools and Equipment
- Chemical Spraying

Beginners Gardening Classes

- Seed Germination
- Potting Plants
- Garden Design and Care
- Cuttings
- Soil Structure and Preparation

Suitable For All Levels of Ability, Wheelchair Accessible Facilities

Kilkenny and Carlow ETB Courses

Ormonde College of Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321

Email: info@ormondecollege.ie

Web: www.ormondecollege.ie

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award (f/t) *^
Timetable	Full time course

Animal Care

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

www.fetchcourses.ie/course/finder?sfcw-courseid=319641

Course Content: Work Experience, Communications, Biology, Animal Behaviour, Animal Grooming, Animal Welfare, Animal Anatomy and Physiology, Small Animal Husbandry and Housing.

Other Providers

Horticulture

COURSE FEES:

The course fee of €1,700 is payable on acceptance of an offer.

COURSE REQUIREMENT

Applicants for the Teagasc Part-time Green Cert must be 23 years old on commencement of this course. The Teagasc Part-Time Green Cert programme leads to a Level 5 Certificate in Agriculture and a Level 6 Specific Purpose Certificate in Farming. These awards are made by Quality and Qualifications Ireland (QQI). Successful achievement of both awards fulfils the education requirement for 'Young Trained Farmer' status for stamp duty exemption, and for certain Department of Agriculture, Food and Marine (DAFM) schemes. (Note: requirements under DAFM schemes and stamp duty exemption can change at any time, and is outside the control of Teagasc). Access to all farm details (including financial details) on the home farm or nominated farm. Please note: the farm owner must sign the form agreeing to grant access to the farm details (Farm Accounts, herd information, nutrient management plans) so that real farm based projects can be completed. It is recommended that students possess a basic level of IT skills. Students must also have access to a laptop or PC for the course duration.

Online Courses / Blended Learning Websites

Ballin Temple Nature Group
www.ballintemple.com

Ballon Business and Training Services
www.ballonbts.com

FETCH Courses
www.fetchcourses.ie

Focused Training Ireland
www.focusedtrainingireland.com

ICOS Skillnet (Irish Co-Operative Organisation Society) is a learning network for companies of all sizes in the co-operative and agri-business sectors
www.icosskillnet.ie/courses

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

Kilkenny and Carlow ETB Courses

Horticulture

Venue	Grennan Equestrian College, Newtown, Thomastown
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award (f/t) *^
Timetable	Full time course

Horsemanship

- QQI Level 5 Horsemanship (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=319673>

Course Content: Work Experience, Equine Anatomy and Physiology, Equine Nutrition, Horse Conformation and Evaluation, Communications, Sport Horse Riding, Sport Horse Riding Instruction, Stable and Yard Routine, Young Horse Training Techniques.

Venue	Grennan Equestrian College, Newtown, Thomastown
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 6 Major Award (f/t) *^
Timetable	Full time course

Horsemanship

- QQI Level 6 Horsemanship (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=319719>

Course Content: Work Experience, Communications, Sport Horse Riding, Equine Nutrition, Stable and Yard Supervision, Horse Conformation and Evaluation, Sport Horse Riding Instruction, Young Horse Training Techniques.

The Mill Family Resource Centre

Main Street, Urlingford, Co. Kilkenny

Tel: 056 883 8466

Email: millfrcmc@gmail.com

Allotments: The Mill Family Resource Centre have allotments available for rent if anyone is interested contact the centre.

Online Courses

Darver House Nurseries

www.darverhousenursery.com/

KCETB Courses

www.fetchcourses.ie

Garden Design Academy

www.gardendesignacademy.ie

Kilroys College

www.kilroyscollege.ie/course.php?courseid=13andsec=2

Learning Cloud

www.learningcloud.ie/horticulture-gardening-courses

Teagasc Kildalton

www.teagasc.ie/education/going-to-college/apply-online/agriculture-courses/

The Organic College

www.organiccollege.com/distance-learning/2-about-the-courses-and-modules/



Apprenticeships

An Apprenticeship is a recognised system of training for people in craft or skills-based trade / profession. It combines learning in an ETB / college with work-based learning in a company. Employers can develop talented employees and apprentices can earn while they learn and gain a qualification in their chosen field.

Features

- Industry-led in response to skill needs
- Leads to an award at Levels 5 to 10 on the National Framework of Qualifications (NFQ)
- Between 2-4 years in duration
- Minimum 50% on the job learning
- Traditional apprenticeships have 7 phases – 3 off the job. Phase 2 typically at an ETB
- Flexible delivery online, blended, off the job learning in increments/ blocks
- Apprentices are employed under a formal contract of apprenticeship.
- The employer pays the apprentice for the duration of the apprenticeship.



How Apprenticeships Work

There are 2 main types of apprenticeships:

Craft Apprenticeships:

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

New Apprenticeships:

New Apprenticeships have been developed in recent years, lasting 2-4 years and some examples are in the biopharmachem, finance, hospitality, ICT, logistics, sales, and hair industries

For more information please go to:
www.apprenticeships.ie

Maths for Apprentices Courses in Kilkenny and Carlow ETB

Carlow Adult Learning Service

Tullow Road, Carlow

Tel: 059 913 5544

Email: calcadmin@eircom.net

Kilkenny Adult Learning Service

43 Upper Patrick Street, Kilkenny

Tel: 056 776 5103

Email: adulthoodeducationoffice@kilkennycarlowetb.ie

Tuition is provided during the day and at night in the Kilkenny service. We offer classes to all adults who want to improve their skills in maths. Apprentice Maths Support course (p/t). Courses include Craft Calculations: Maths for Apprentices. To support Apprentices in their chosen craft.

Kilkenny and Carlow ETB Apprenticeship Services

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

Carlow Apprenticeships Services

County Carlow
Tomás McCarthy

Tel: 087 683 2633

Email: tomas.mccarthy@kilkennycarlowetb.ie

Web: www.kcetbtraining.ie

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Kilkenny Apprenticeship Services

County Kilkenny
Virginia Bohan

Tel: 087 122 0882

Email: virginia.bohan@kilkennycarlowetb.ie

Web: www.kcetbtraining.ie

Other Providers

Accounting

Accounting Technicians Ireland

Ormonde College of Further Education,
Ormonde Road, Kilkenny

Tel: 01 649 8100

Web: www.accountingtechniciansireland.ie

Online

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

Kilkenny and Carlow ETB Courses

Office Administration

BTEI Kilkenny and Carlow ETB

1B Meadow Court, Burrin Street, Carlow

Tel: 059 913 9532 **Email:** bteicarlow@kilkennycarlowetb.ie **Web:** www.kcetb.ie | www.fetchcourses.ie

Venue	BTEI, 1B Meadow Court, Burrin Street, Carlow
Duration	13 Weeks
Start Date	06/09/2021
End Date	06/12/2021
Certification	QQI Level 3 Minor Award *^
Timetable	Monday Mornings

Information and Communications Technology Skills (ICTS)

- QQI Level 4 ICT (p/t) *^

Course Modules:

- Internet Skills (3N0931)

www.fetchcourses.ie/course/finder?sfcw-courseid=322772

Skills To Compete

Venue	BTEI, 1B Meadow Court, Burrin Street, Carlow
Duration	13 Weeks
Start Date	09/09/2021
End Date	09/12/2021
Certification	QQI Level 4 Minor Award
Timetable	Thursday Mornings

Information and Communications Technology Skills (ICTS)

- QQI Level 4 ICT (p/t) *^

Course Modules:

- Communications (4N0689)

www.fetchcourses.ie/course/finder?sfcw-courseid=322785

Venue	BTEI, 1B Meadow Court, Burrin Street, Carlow
Duration	13 Weeks
Start Date	07/09/2021
End Date	07/12/2021
Certification	QQI Level 4 Minor Award
Timetable	Tuesday Mornings

Information and Communications Technology Skills (ICTS)

- QQI Level 4 ICT (p/t) *^

Course Modules:

- Computer Applications (4N1112)

www.fetchcourses.ie/course/finder?sfcw-courseid=322780

Other Providers

Accounting

Accounting Technicians Ireland

Ormonde College of Further Education,
Ormonde Road, Kilkenny

Tel: 056 776 3321

Web: www.accountingtechniciansireland.ie

Skills To Advance (refer to page 12)

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

Venue: Ormonde College

Start Date: 20/09/2021

End Date: 29/04/2022

Duration: 32 Weeks

Certification:

Year 1 Certificate for Accounting Technicians

Year 2 Diploma for Accounting Technicians

Timetable: Monday and Wednesday evening

- Accounting Technician Apprenticeship (p/t) * 2 years

Waterford College of Further Education

www.accountingtechniciansireland.ie/study-ati/partner-colleges-students/partner-colleges/waterford-college-of-further-education

Kilkenny and Carlow ETB Courses

Adult Learning Service Kilkenny

43 Upper Patrick Street, Kilkenny

Tel: 056 776 3149 **Email:** wordaid@kkadulthood.ie

Web: www.kcetb.ie | www.fetchcourses.ie

Upcoming Courses with Kilkenny Adult Learning Service (subject to change)

Starting week 13th September 2021

Accredited IT Courses Offered:

Monday 13th September from 2pm – 4pm

- Desktop Publishing (QQI Level 3)
- Wednesday 15th September – Mornings:
- Word Processing (QQI Level 3) – 9.30am – 11.30am
- Spreadsheets (QQI Level 3) – 11.30am – 1.30pm

Wednesday 15th September – Evenings:

- Word Processing (QQI Level 3) – 6pm – 7.30pm
- Spreadsheets (QQI Level 3) – 7.30pm – 9.00pm

Thursday 16th September

- Internet Skills (QQI Level 3) – 9.30am – 11.30am
- Desktop Publishing (QQI Level 3) – 11.30am – 1.30pm

All of the above courses will lead onto QQI Level 4.

Computers for beginners:

- Monday 13th September – 9.30am – 11.30am
- Tuesday 14th September – 6pm – 8.00pm
- Wednesday 15th September – 4pm – 6pm
- Thursday 16th September – 2pm – 4pm

Everyday Technology – Using Smart Phones, Going Online, TEAMS, ZOOM

- Monday 13th September 11.30am – 1.30pm
- Tuesday 14th September 10am – 12 noon

Kilkenny and Carlow ETB Courses

Office Administration

Venue	BTEI, 1B Meadow Court, Burrin Street, Carlow
Duration	13 Weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 4 Minor Award
Timetable	Monday Mornings

Information and Communications Technology Skills (ICTS)

- QQI Level 4 ICT (p/t) *^

Course Modules:

- Desktop Publishing (4N1854)

www.fetchcourses.ie/course/finder?sfcw-courseid=322775

Venue	BTEI, 1B Meadow Court, Burrin Street, Carlow
Duration	13 Weeks
Start Date	08/09/2021
End Date	08/12/2021
Certification	QQI Level 4 Minor Award
Timetable	Wednesday Mornings

Information and Communications Technology Skills (ICTS)

- QQI Level 4 ICT (p/t) *^

Course Modules:

- Information Technology Skills (4N1125)

www.fetchcourses.ie/course/finder?sfcw-courseid=322784

Skills To Compete (refer to page 12)

Venue	BTEI, 1B Meadow Court, Burrin Street, Carlow
Duration	13 Weeks
Start Date	10/09/2021
End Date	10/12/2021
Certification	QQI Level 5 Minor Award
Timetable	Friday Mornings

Office Administration

- QQI Level 5 Office Administration (p/t) *^

Course Modules:

- Text Production (5N1422)

www.fetchcourses.ie/course/finder?sfcw-courseid=322722

Skills To Compete

Venue	BTEI, 1B Meadow Court, Burrin Street, Carlow
Duration	13 Weeks
Start Date	07/09/2021
End Date	07/12/2021
Certification	QQI Level 5 Minor Award
Timetable	Tuesday Mornings

Office Administration

- QQI Level 5 Office Administration (p/t) *^

Course Modules:

- Communications (5N0690)

www.fetchcourses.ie/course/finder?sfcw-courseid=322703

Skills To Compete

Venue	BTEI, 1B Meadow Court, Burrin Street, Carlow
Duration	13 Weeks
Start Date	07/09/2021
End Date	07/12/2021
Certification	QQI Level 5 Minor Award
Timetable	Tuesday Mornings

Office Administration

- QQI Level 5 Office Administration (p/t) *^

Course Modules:

- Word Processing (5N1358)

www.fetchcourses.ie/course/finder?sfcw-courseid=322696

Skills To Compete

Kilkenny and Carlow ETB Courses

Accounting

Back to Education Initiative BTEI Kilkenny and Carlow ETB

7 Danville Business Park, Ring Road, Kilkenny

Tel: 056 770 1020

Web: www.kcetb.ie | www.fetchcourses.ie

Venue Danville Duration 15 weeks Start Date 06/09/2021 End Date 17/12/2021 Certification QQI Level 5 Minor Award ^{★^} Timetable Friday mornings	Office Administration • QQI Level 5 Office Administration (p/t) ^{★^} www.fetchcourses.ie Course Modules: • Communications https://www.fetchcourses.ie/course/finder?sfcw-courseid=319743 Skills To Compete (refer to page 12)
Venue Danville Duration 15 weeks Start Date 06/09/2021 End Date 17/12/2021 Certification QQI Level 4 Minor Award ^{★^} Timetable Tuesday mornings	Office Administration • QQI Level 4 Office Skills (p/t) ^{★^} www.fetchcourses.ie Course Modules: • General Office Skills https://www.fetchcourses.ie/course/finder?sfcw-courseid=309858
Venue Danville Duration 15 weeks Start Date 06/09/2021 End Date 17/12/2021 Certification QQI Level 5 Minor Award ^{★^} Timetable Wed. mornings	• Personal and Professional Development https://www.fetchcourses.ie/course/finder?sfcw-courseid=291393
Venue Danville Duration 15 weeks Start Date 06/09/2021 End Date 17/12/2021 Certification QQI Level 5 Minor Award ^{★^} Timetable Friday mornings	• Spreadsheet https://www.fetchcourses.ie/course/finder?sfcw-courseid=319740 Skills To Compete
Venue Danville Duration 15 weeks Start Date 06/09/2021 End Date 17/12/2021 Certification QQI Level 5 Minor Award ^{★^} Timetable Monday mornings	• Text Production https://www.fetchcourses.ie/course/finder?sfcw-courseid=301900 Skills To Compete
Venue Danville Duration 15 weeks Start Date 06/09/2021 End Date 17/12/2021 Certification QQI Level 4 Minor Award Timetable Thursday mornings	• Word Processing https://www.fetchcourses.ie/course/finder?sfcw-courseid=326016

Kilkenny and Carlow ETB Courses

Office Administration

Venue	Ballon Business and Training Services Ltd
Duration	16 Weeks
Start Date	06/09/2021
End Date	13/12/2021
Certification	QQI Level 5 Minor Award
Timetable	Monday Mornings

Office Administration

- QQI Level 5 Office Administration (p/t) *^

Course Modules:

- Payroll Manual and Computerised (5N1546)

www.fetchcourses.ie/course/finder?sfcw-courseid=322717

Skills To Compete

Venue	Ballon Business and Training Services Ltd
Duration	16 weeks
Start Date	10/01/2022
End Date	02/05/2022
Certification	QQI Level 5 Minor Award
Timetable	Monday Mornings

Office Administration

- QQI Level 5 Office Administration (p/t) *^

Course Modules:

- Legal Practice and Procedures (5N1394)

www.fetchcourses.ie/course/finder?sfcw-courseid=322699

Skills To Compete (refer to page 12)

Venue	Ballon Business and Training Services Ltd
Duration	17 weeks
Start Date	04/01/2022
End Date	03/05/2022
Certification	QQI Level 5 Minor Award
Timetable	Tuesday Mornings

Office Administration

- QQI Level 5 Office Administration (p/t) *^

Course Modules:

- Text Production (5N1422)

www.fetchcourses.ie/course/finder?sfcw-courseid=322701

Skills To Compete

Other Providers

Ballon Business and Training Services

The Old School, Ballon, Co. Carlow

Tel: 059 915 9447

Email: ballonbts@gmail.com

Facebook: www.facebook.com/BallonBusinessTrainingService/

Web: www.ballonbts.com

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

For up-to-date information on the training courses scheduled please contact the centre directly or view their Facebook page.

Other Providers

Office Administration

Barrow Training and Consultancy

High Street, Bagenalstown

Tel: 059 972 1416

Web: www.barrowtraining.ie

Online / Blended Courses

- QQI Level 6 6n4329 Supervisory Management
- QQI Level 6 6n4310 Business Management
- QQI Level 6 6n2775 Conflict Management
- QQI Level 6 6n4369 Corporate Governance
- QQI Level 5 5n0972 Customer Service
- QQI Level 6 6n0697 Customer Service
- QQI Level 6 6n4322 Employment Law
- QQI Level 6 6n4165 Finance
- QQI Level 6 6n3669 Group Work Theory and Practice
- QQI Level 6 6n3750 Human Resource Management
- QQI Level 6 6n2925 Professional Coaching
- QQI Level 6 6n1949 Personal and Professional Development
- QQI Level 6 6n2104 Supervisory Skills
- QQI Level 6 6n1948 Team Leadership

Kilkenny and Carlow ETB Courses

Office Administration

Carlow Institute of Further Education and Training

Mortarstown Upper, Carlow, R93 X0FX

Tel: 059 913 4230

Email: info@carlowinstitute.ie Web: www.carlowinstitute.ie

Venue	Carlow Institute of Further Education and Training	Business Studies
Duration	9 months	• QQI Level 5 Business with Digital Marketing (f/t) *^
Start Date	27/09/2021	www.fetchcourses.ie/course/finder?sfcw-courseId=305018
End Date	03/06/2022	Course Content: Business Administration Skills, Customer Service, Desktop Publishing, Digital Marketing, eBusiness Studies, Marketing Practice, Spreadsheet Methods, Work Experience
Certification	QQI Level 5 Major Award - 5M2102*^	
Timetable	Full time course	
Venue	Carlow Institute of Further Education and Training	Business Administration
Duration	9 months	• QQI Level 5 Certificate in Business with Legal Studies (f/t)*^
Start Date	27/08/2021	www.fetchcourses.ie/course/finder?sfcw-courseId=305020
End Date	03/06/2022	Course Content: Bookkeeping Manual and Computerised, Business Administration Skills, Business Law, Communications, Legal Practice and Procedures, Spreadsheet Methods, Word Processing, Work Experience
Certification	QQI Level 5 Major Award - 5M2468*^	
Timetable	Full time course	
Venue	Carlow Institute of Further Education and Training	Hospitality Operations
Duration	9 months	• QQI Level 5 Hotel and Hospitality Operations (f/t) *^ - PLC Work-Based programme *^
Start Date	27/08/2021	www.fetchcourses.ie/course/finder?sfcw-courseId=315917
End Date	03/06/2022	Course Content: Accommodation Techniques, Communications, Customer Service, Food Preparation, Reception and Front Office Skills, Restaurant Hospitality, Spreadsheet Methods, Word Processing, Work Experience.
Certification	QQI Level 5 Major Award - 5M2083*^	
Timetable	Full time course	
Venue	Carlow Institute of Further Education and Training	Medical Administration
Duration	9 months	• QQI Level 5 Medical Administrator (f/t) *^
Start Date	27/08/2021	www.fetchcourses.ie/course/finder?sfcw-courseId=305014
End Date	03/06/2022	Course Content: Business Administration Skills, Communications, Information and Administration, Medical Terminology, Spreadsheet Methods, Text Production, Word Processing, Work Experience
Certification	QQI Level 5 Major Award - 5M1997*^	
Timetable	Full time course	
Venue	Carlow Institute of Further Education and Training	Office Administration
Duration	9 months	• QQI Level 5 Office Administrator (f/t) *^
Start Date	27/09/2021	www.fetchcourses.ie/course/finder?sfcw-courseId=305015
End Date	03/06/2022	Course Content: Bookkeeping Manual and Computerised, Business Administration Skills, Communications, Information and Administration, Spreadsheet Methods, Text Production, Word Processing, Work Experience
Certification	QQI Level 5 Major Award - 5M1997*^	
Timetable	Full time course	

Other Providers

Office Administration

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre,
Athy Road, Strawhall, Carlow

Tel: 059 913 2152

Email: admin@carlowkilkennyskillnet.ie

Web: www.carlowkilkennyskillnet.ie
| www.eventbrite.ie

Online

- Building an Agile Business for a Sustainable Future (p/t) – 30th November 2021
- Communication Skills and Preferences (p/t) – 9th November 2021
- Corporate Restructuring and Insolvency (p/t) – 7th September 2021
- HR Essentials (p/t) – 28th September 2021
- Planning and Holding Successful Online Sales Meetings (p/t) – 26th October 2021
- Protecting Your Business against Cyber Risk (p/t) – 28th September 2021
- Rethinking how to Attract and Retain Great People (p/t) – 12th October 2021
- The Future of Work: A Hybrid Working Model (p/t) – 14th September 2021
- Website Marketing Audit (p/t) – 16th September 2021

Chamber Enterprise Centre

LIT Campus

Tel: 0504 49155

Email: info@2upskill.com

- QQI Level 6 Human Resources Management
Venue: Online - Virtual Classroom
Dates: 11th, 18th, 25th September, 2nd, 9th, 16th October 2021 (6 days)
- QQI Level 6 Employment Law
Venue: Online - Virtual Classroom
Dates: 6th, 13th, 20th, 27th November, 4th December 2021 (5 days)

E-College

LIT Campus

Tel: 1800 855 831

Web: www.ecollege.ie/course

Online

Support: eTutor Supported

- Online courses in Microsoft Access, Excel, Word, PowerPoint and International Computer Driving Licence (ICDL) (p/t)*

Self-directed Online Learning

www.carlowkilkenny.mykademy.com

- Board Meeting and Presentation Skills (p/t)
- Business Writing (p/t)
- Change Management (p/t)
- Delegation Skills (p/t)
- Discipline Management (p/t)
- How to Conduct Effective Interviews (p/t)
- Individual Development Planning (p/t)
- Influencing People Skills (p/t)
- Managing Under Pressure (p/t)
- Minute Taking (p/t)
- Negotiation Skills (p/t)
- Project Management (p/t)
- Time and Priority Management (p/t)
- Working Under Pressure (p/t)
- Workplace Attendance Management Skills (p/t)
- VDU Workstations Ergonomics (p/t)

Droichead Family Resource Centre

Old CBS School, West Street,
Callan, Co. Kilkenny

Tel: 056 775 5660 **Email:** admin@droicheadfrc.ie

- QQI Level 3 Employment Skills (p/t) *

Course Subjects:

A minimum of eight modules must be completed to achieve a major award:

- Career Preparation
- Communications
- Functional Mathematics
- Health and Safety
- Word Processing
- Internet Skills
- Personal Effectiveness
- Internet Skills
- Computer Literacy

Kilkenny and Carlow ETB Courses

Office Administration

Kilkenny and Carlow ETB Courses

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award - 5M2105*^
Timetable	Full time course

Retail Practice

- QQI Level 5 Sales and Marketing (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=316526

Course Content: Communications, Customer Service, Digital Marketing, Marketing Practice, Retail Display, Retail Selling, Spreadsheet Methods, Work Experience

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/09/2021
End Date	03/06/2022
Certification	QQI Level 6 Major Award - 6M5013*^
Timetable	Full time course

Administration

- QQI Level 6 Advanced Business Administration (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=304096

Course Content: Administration Practice, Bookkeeping Manual and Computerised, Customer Service, Payroll Manual and Computerised, Spreadsheets, Supervisory Management, Word Processing, Work Experience

Other Providers

CIELS (Carlow Institute of English Language Services)

Online

Askea, Carlow, R93 K5P2

Tel: 086 4060804

Email: info@ciels.ie / danny@ciels.ie

Web: www.ciels.ie

- Business Writing Skills (p/t)
- STAR Interview Skills (p/t)
- Presentation Skills (p/t)
- Essay Writing Skills (p/t)
- Professional E-mail Writing Skills (p/t)

Office Administration

Fr. McGrath Centre

St. Joseph's Rd, Kilkenny

Tel: 056 775 1988

Email: info@frm McGrathcentre.ie

Web: www.facebook.com/MidKilkennyBeekeepers/

Computer Training

A variety of affordable computer programmes are on offer from the Kilkenny Multimedia Centre to meet individual and group needs. These include ECDL (European Computer Driving Licence) and cover a range from beginners to advanced level. Funding for the ECDL course may be available for the unemployed persons (please check the eligibility with Intreo).

HCT

Unit 2 Purcellsinn Business Park,
Dublin Road, Kilkenny

Tel: 056 777 0761

Email: info@hctlearning.ie

Web: www.hctlearning.ie

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

Kilkenny Employment for Youth KEY

Garden Row, Kilkenny

Tel: 056 776 2774

Web: www.keyctc.ie

- QQI Level 4 Office Skills (f/t) *

Local Enterprise Board

John Street Lower,
College Park, Kilkenny

Tel: 056 775 2662

Web: www.localenterprise.ie/Kilkenny/TrainingEvents

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

Entrepreneurship – The Initium Programme

www.localenterprise.ie/News-and-Events/Initium-programme.html

Entrepreneurship is of growing importance to the economy and society in general because it deals with innovation, problem solving and wealth creation all really important factors for developing economies and societies in general. Entrepreneurs can change the way we live and work. If successful, their innovations may improve our standard of living, create wealth and jobs as well as the conditions for a prosperous society.

Griffin College

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

Tel: 1890 454 454

Email: info@griffin-college.com

Web: www.griffin-college.com

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

IPASS

Kilkenny Education Centre, Kilkenny

Tel: 01 408 9100

Email: ask@ipass.ie

Web: www.ipass.ie

Payroll Courses – Practical Payroll, Intermediate Payroll, Advanced Payroll, Taxation of Benefit in Kind, Redundancy and Termination, Payments, Payroll Health Check, Understanding Your Payslip, Annual Update Day.

Employment Law – Essential Employment Law, Protection Legislation, Minimum Notice, Unfair Dismissals and Redundancy, Staff Handbook.

VAT Courses – Epswt, Practical VAT, Advanced VAT, Relevant Contracts Tax, Professional, Services Withholding Tax (PSWT).

State and Semi State Courses – ePSWT, Practical Payroll, Advanced Payroll for the Public Sector, ASC and the Taxation of Illness Benefit, VAT Treatment of Goods, VAT Treatment of Services, Relevant Contracts Tax, Professional Services Withholding Tax.

International Payroll – International Payroll, German Payroll, French Payroll, Basic UK Payroll, Advanced UK Payroll, End of Year Procedures, UK Payroll Update Day.

Management Courses – Presentation Skills for Professionals, Supporting your Team in a Time of Change, Time Management, Dealing with Difficult Situations, Coaching and Developing Your Employees.

The Initium South East Programme includes:

The Initium South East project is an innovative series of start-up programmes led by the southeast LEOs, Enterprise Ireland and the Ireland South East Offices, in partnership with South East BIC and IT Carlow. It aims to animate, develop and support the creation of 40 new specialised start-up companies in the southeast.

Other Providers

Office Administration

E-College

Tel: 1800 855 831

Web: www.ecollege.ie

Online

Online courses in business (project management) and office management (ICDL, Microsoft Access, Excel, Word, and PowerPoint) and web and graphic design.

Business Courses

- Project Management Certified Associate (p/t) *
- PRINCE2® Foundation (6th Edition) (p/t) *
- Database Fundamentals (p/t) *

Office Productivity Courses

- International Computer Driving License (ICDL) (p/t) *
- Microsoft Access (p/t) *
- Microsoft Excel (p/t) *
- Microsoft Excel Expert (p/t) *
- Microsoft Power Point (p/t) *
- Microsoft Word (p/t) *
- Microsoft Word Expert (p/t) *

Web and Graphic Design Courses

- Visual Design using Adobe Photoshop (p/t) *
- Graphic Design and Illustration using Adobe Illustrator (p/t) *
- Print and Digital Media Publication using Adobe InDesign (p/t) *

Focused Training Ireland

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

Tel: 059 911 8912 / 089 400 9937

Email: info@focusedtrainingireland.com

Web: www.focusedtrainingireland.com

Online

- Assessing Display Screen Equipment (p/t) *
- Display Screen Equipment Awareness (p/t) *
- Disciplinary Procedures (p/t) *
- Introducing GDPR (p/t) *
- Equality, Diversity, Discrimination (p/t) *
- Effective Delegation (p/t) *
- Facebook for Business (p/t) *
- LinkedIn for Business (p/t) *
- Managing Meetings (p/t) *
- Performance Management (p/t) *
- Presentation Skills (p/t) *
- Social Media for Business (p/t) *
- Twitter for Business (p/t) *

Local Enterprise Office Carlow

Enterprise House O'Brien Road, Carlow

Tel: 059 912 9783

Email: enterprise@carlowcoco.ie

Web: www.localenterprise.ie/Carlow

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

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre, Athy Road, Carlow

Tel: 059 913 2152

Email: admin@carlowkilkennyskillnet.ie

Web: www.carlowkilkennyskillnet.ie

Online

- Building an Agile Business for a Sustainable Future (p/t) – 30/11/2021
- Communication Skills and Preferences (p/t) – 09/11/2021
- Corporate Restructuring and Insolvency (p/t) – 07/09/2021
- HR Essentials (p/t) – 28/09/2021
- Planning and Holding Successful Online Sales Meetings (p/t) – 26/10/2021
- Protecting Your Business Against Cyber Risk (p/t) – 28/09/2021
- Rethinking how to Attract and Retain Great People (p/t) – 12/10/2021
- The Future of Work: A Hybrid Working Model (p/t) – 14/09/2021
- Website Marketing Audit (p/t) – 16/09/2021

Self-directed Online Learning www.carlowkilkenny.mykademy.com

- Board Meeting and Presentation Skills (p/t)
- Business Writing (p/t)
- Change Management (p/t)
- Delegation Skills (p/t)
- Discipline Management (p/t)
- How to Conduct Effective Interviews (p/t)
- Individual Development Planning (p/t)
- Influencing People Skills (p/t)
- Managing Under Pressure (p/t)
- Minute Taking (p/t)
- Negotiation Skills (p/t)
- Project Management (p/t)
- Time and Priority Management (p/t)
- Working Under Pressure (p/t)
- Workplace Attendance Management Skills (p/t)
- VDU Workstations Ergonomics (p/t)

IPASS

Tel: 01 408 9100

Web: www.ipass.ie

Online

- QQI Level 6 Certificate in Payroll Techniques (p/t) *
- Practical Payroll (p/t)
- Intermediate Payroll (p/t)
- Advanced Payroll (p/t)
- Taxation of Benefit in Kind (p/t)
- Redundancy and Termination Payments (p/t)
- Payroll Health Check (p/t)
- Understanding Your Payslip (p/t)

Other Providers

Office Administration

Noreside Education Centre

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

Tel: 056 776 2146 / 056 776 4667

Email: noresideeducation@gmail.com

Web: www.noresidecentre.ie

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

Kilkenny and Carlow ETB Courses

Ormonde College of Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321

Web: www.ormondecollege.ie | <http://ormondecollege.ie/wp-content/uploads/2021/01/OCFE-Prospectus-2021.pdf>

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award *^
Timetable	Full Time Course

Office Administration (with Medical Terminology)

- QQI Level 5 Office Administration (with Medical Terminology) (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=320810>

Course Content: Information and Administration, Text Production, Word Processing, Customer Service, Work Experience, Audio Transcription, Medical Terminology, Reception and Frontline Office Skills, Bookkeeping Manual and Computerised Payroll Manual and Computerised

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award *^
Timetable	Full Time Course

Tourism and Event Management (exploring Ireland's Ancient East and Tourism nationally)

- QQI Level 5 Certificate in Tourism and Event Management (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=320810>

Course Content: Customer Service, Work Experience, Reception and Frontline Office Skill, Event Production, Heritage, Tourism Information and Administration, Word Processing, Tourism Principles and Practice.

Other Providers

Office Administration

Pitman Training Carlow Kilkenny

Unit 1, Deerpark Business Complex, Dublin Rd,
Carlow, R93 K409

Tel: 059 918 2415 / 085 163 9351

Email: carlow@pitman-training.ie

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

Online

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

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

Other Providers

St. Anne's College of Further Education

The Mullawn, Tullow, Carlow

Tel: 059 915 1473

Email: tulcomcu@eircom.net **Web:** www.tullowcommunityschool.ie

Venue	St. Anne's College of Further Education	Office Administration
Duration	36 weeks	• QQI Level 5 Office Administration (f/t) *^ www.fetchcourses.ie/coursefinder?sfcw-courseid=321217
Start Date	13/09/2021	Course Content: Audio-Typewriting, Communications, Database Methods, French or German, Information and Administration, Manual and Computerised Book-keeping, Spreadsheet Methods, Text Production, Word Processing, Work Experience
End Date	20/05/2022	
Certification	QQI Level 5 Major Award *^	
Timetable	Full time course	

Other Providers

Office Administration

Pitman Training Carlow Kilkenny

Unit 1 Deerpark Business Complex,
Dublin Rd, Carlow, R93 K409

Tel: 059 918 2415 / 085 163 9351 **Email:** carlow@pitman-training.ie

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

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

Programmes include:

- Business and Management Diplomas
- Project Management Diploma
- Professional Development Diplomas
- Software Developer Diploma
- Web Developer Diploma
- Graphic Design Diploma
- Executive PA Diploma
- Legal, Medical and Secretarial Diplomas
- Marketing Diplomas
- Accounting andamp; Book-keeping Diplomas
- Sage Accounts
- Manual andamp; Computerised Payroll
- Microsoft Office
- Typing and shorthand

Progressive College

Email: info@progressivecollege.ie

Web: www.progressivecollege.ie

Online Business Courses

- **QQI Level 6 Purchasing Supply Chain and Logistics – Online**
<https://progressivecollege.ie/product/qqi-level-6-purchasing-supply-chain-and-logistics-online/>
- **QQI Level 5 Accountancy Pathway**
<https://progressivecollege.ie/product/qqi-level-5-accountancy-pathway/>
- **QQI Level 5 Taxation**
<https://progressivecollege.ie/product/qqi-level-5-taxation/>
- **QQI Level 5 Spreadsheet Methods**
<https://progressivecollege.ie/product/qqi-level-5-spreadsheet-methods/>
- **QQI Level 5 Bookkeeping Manual and Computerised**
<https://progressivecollege.ie/product/qqi-level-5-bookkeeping-manual-computerised/>
- **QQI Level 5 Payroll Manual and Computerised**
<https://progressivecollege.ie/product/qqi-level-5-payroll-courses-manual-computerised/>

Other Providers

Office Administration

Venue	St. Anne's College of Further Education
Duration	36 weeks
Start Date	13/09/2021
End Date	20/05/2022
Certification	QQI Level 5 Major Award ^{^^}
Timetable	Full time course

Office Administration with Health Care Focus

- QQI Level 5 Office Administration with Health Care Focus (f/t) [^]

Course Content: Care of the Older Person, Communications, Database Methods, Information and Administration, Medical Terminology, Text Production, Word Processing, Work Experience (in Nursing Home)

Kilkenny and Carlow ETB Courses

Training Services Kilkenny and Carlow ETB

Unit 4, Danville Business Park, Kilkenny

Tel: 056 781 3014

Email: tsu.recruit@kilkennycarlowetb.ie **Web:** www.kcetbtraining.ie

Venue	Unit 4, Danville Business Park, Kilkenny
Duration	28 weeks
Start Date	Continuous Intake
End Date	-
Certification	City and Guilds
Timetable	Online

Leadership and Management

- ILM (Leadership and Management) City and Guilds online (p/t) ^{*}

www.fetchcourses.ie/course/finder?sfcw-courseId=327376

Timetable: This is an online course, learners work independently with regular tutor support. Learners will attend one/two online classes per week. Recommended number of hours per week for self-directed learning: 8 hours One-to-one check in with class tutor each fortnight to agree work plan for the coming fortnight

Qualification: Modules (Components) leading to the following City and Guilds Qualifications:

- L3 Award in Leadership and Management 8600-14
- L3 Certificate in Leadership and Management 8600-21
- L3 Diploma in Leadership and Management 8600-31

Description: This course is ideal for individuals who have management responsibilities but no formal training and are serious about developing their abilities. It particularly supports practising team leaders seeking to move up to the next level of management, and managers who need to lead people through organisational change, budget cuts or other pressures.

Content: Planning Change in the Workplace, Understanding Leadership, Understanding Performance Management, Understanding Recruitment and Selection of New Staff in the Workplace, Understanding how to manage remote workers, Understanding Stress Management in the Workplace, Understanding Innovation and Change in an Organisation, Understanding Conflict Management in the Workplace, Managing Workplace Projects, Planning and Allocating Work - Level 3, Leading and Motivating a Team Effectively, Understanding Costs and Budgets in an Organisation, Understanding Negotiation and Networking in the Workplace, Understand How to Lead Effective Meetings, Understanding Marketing for Managers

Skills To Advance (refer to page 12) **Online**

Kilkenny and Carlow ETB Courses

Office Administration

Training Services Kilkenny and Carlow ETB

7 Danville Business Park, Ring Road, Kilkenny

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

Web: www.fetchcourses.ie

Venue	Online
Duration	28 weeks
Start Date	-
End Date	-
Certification	Modules (Components) leading to the following City and Guilds Qualification
Timetable	This is an online course

ILM (Leadership and Management) Course

• ILM (Leadership and Management) Course

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=327369>

Course Content: Planning Change in the Workplace, Understanding Leadership, Understanding Performance Management, Understanding Recruitment and Selection of New Staff in the Workplace, Understanding how to manage remote workers, Understanding Stress Management in the Workplace, Understanding Innovation and Change in an Organisation, Understanding Conflict Management in the Workplace, Managing Workplace Projects, Planning and Allocating Work - Level 3, Leading and Motivating a Team Effectively, Understanding Costs and Budgets in an Organisation, Understanding Negotiation and Networking in the Workplace, Understand How to Lead Effective Meetings, Understanding Marketing for Managers

Timetable: This is an online course, learners work independently with regular tutor support.

Learners will attend one/two online classes per week.

Recommended number of hours per week for self-directed learning: 8 hours

One-to-one check in with class tutor each fortnight to agree work plan for the coming fortnight

Qualification: Modules (Components) leading to the following City and Guilds Qualifications:

- L3 Award in Leadership and Management 8600-14
- L3 Certificate in Leadership and Management 8600-21
- L3 Diploma in Leadership and Management 8600-31

Skills To Advance (refer to page 12)

Venue	Kilkenny Employment for Youth (KEY)
Duration	104 days
Start Date	30/8/2021
End Date	-
Certification	QQI Level 4 Major Award
Timetable	Full time

Office Skills

• Business and Office Administration QQI Level 4 2020 – 2021 (early school leavers)

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=289133>

Course Content: Business English, English and Communications, Computer Applications, Customer Service, Functional Maths, General Office Skills, Information Technology Skills, Personal Effectiveness, Reception Skills, Work Experience, Data Entry.

Venue	Online Course
Duration	14 weeks
Start Date	07/09/2021
End Date	16/12/2021
Certification	QQI Level 6 Special Purpose Award
Timetable	Online Part time

Train the Trainer – Online Course

• Online Train the Trainer - Part-Time

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=324475>

Kilkenny and Carlow ETB Courses

Office Administration

Training Services Kilkenny and Carlow ETB (Community Training) Kilkenny and Carlow ETB

Tel: 059 916 4257

Email: lisa.haugh@nln.ie **Web:** www.kcetbtraining.ie

The National Learning Network cater for a diverse range of learners who need extra supports to help them whilst training.

Venue	National Learning Network, Killeslin Road, Graiguecullen, Carlow
Duration	52 weeks
Start Date	Rolling intake
End Date	20/05/2022
Certification	QQI Level 4 Major Award ^{^^}
Timetable	Full time course

Retail and Office Skills

- QQI Level 4 Retail and Office Skills (f/t) ^{^^}

www.fetchcourses.ie/course/finder?sfcw-courseId=310103

Course Content: Computer Applications, Customer Service, English and Communications, General Office Skills, Information Technology Skills, Team Working, Reception Skills, Retail Sales Techniques, Retail Payment Procedures, Stock Control, Work Experience, Workplace Safety

At least one day a week will be spent on work placement in a retail environment.

Vocational Training Opportunities Schemes (VTOS) Kilkenny and Carlow ETB

1-3 Granby Row, Carlow

Tel: 059 914 0311

Email: una.hayes@kilkennycarlowetb.ie **Web:** www.vtoscarlow.ie

Venue	VTOS, 1-3 Granby Row, Carlow
Duration	38 weeks
Start Date	08/09/2021
End Date	20/05/2022
Certification	QQI Level 3 Major Award ^{^^}
Timetable	Full time course

Information and Communication Technologies

- QQI Level 3 Computer and Information Skills (f/t) ^{^^}

www.fetchcourses.ie/course/finder?sfcw-courseId=322081

Course Content: Application of Numbers, Career Preparation, Communications, Computer Literacy, Functional Mathematics, Personal Effectiveness, Spreadsheets, Word Processing

Venue	VTOS, 1-3 Granby Row, Carlow
Duration	39 weeks
Start Date	06/09/2021
End Date	-
Certification	QQI Level 4 Major Award ^{^^}
Timetable	-

Office Skills

- QQI Level 4 English Language with Office Administration (f/t) ^{^^}

www.fetchcourses.ie/course/finder?sfcw-courseId=323377

Course Content: Bookkeeping and Accounts, Business English, Communications, Customer Service, Data Entry, English as a Second Language, Functional Maths, General Office Skills, Spreadsheet Methods, Word Processing, Work Experience.

Venue	VTOS, 1-3 Granby Row, Carlow
Duration	39 weeks
Start Date	06/09/2021
End Date	-
Certification	QQI Level 4 Major Award ^{^^}
Timetable	-

Office Skills

- QQI Level 4 Office Administration (f/t) ^{^^}

www.fetchcourses.ie/course/finder?sfcw-courseId=323364

Course Content: Bookkeeping and Accounts, Business English, Career Planning, Communications, Customer Service, Data Entry, English as a Second Language, Functional Maths, General Office Skills, Mathematics, Personal and Interpersonal Skills, Reception Skills, Spreadsheet Methods, Word Processing, Work Experience.

Office Administration

Vocational Training Opportunities Scheme VTOS

Bishop Birch Training Institute, Nuncio Road, Kilkenny

Tel: 056 776 4719

Web: www.vtoskk.ie | www.vtoskk.ie/courses/

Venue	VTOS, Bishop Birch Training Institute, Kilkenny	Art, Craft and Design with Start Your Own Business • QQI Level 5 Art, Craft and Design (f/t) *^ https://www.fetchcourses.ie/course/finder?sfcw-courseid=310125 Course Content: Appreciation of Art, Craft and Design, Ceramics, Collage Techniques, Combined Materials Communications, Design Skills, Drawing, Marketing Practice, Painting, Personal Professional Development, Start Your Own Business.
Duration	39 weeks	
Start Date	30/08/2021	
End Date	27/05/2022	
Certification	QQI Level 5 Major Award (f/t) *^	
Timetable	Full Time Course	
Venue	VTOS, Bishop Birch Training Institute, Kilkenny	eBusiness • QQI Level 5 Certificate in IT with Web Design and Medical Terminology (f/t) *^ https://www.fetchcourses.ie/course/finder?sfcw-courseid=310119 Course Content: Computer architecture and systems, eBusiness studies, web authoring, internet, digital marketing, digital photography, word processing, statistics, medical terminology, French.
Duration	38 weeks	
Start Date	13/09/2021	
End Date	03/6/2022	
Certification	QQI Level 5 Major Award (f/t) *^	
Timetable	Full Time Course	
Venue	VTOS, Bishop Birch Training Institute, Kilkenny	General Learning • QQI Level 3 Introduction to Computers and General Learning (f/t) *^ https://www.fetchcourses.ie/course/finder?sfcw-courseid=310110 Course Content: Communications, computer literacy, internet skills, mathematics, nutrition and healthy options, functional mathematics, drawing, craft – ceramics, french, art and design, personal and interpersonal skills.
Duration	38 weeks	
Start Date	07/09/2021	
End Date	03/6/2022	
Certification	QQI Level 3 Major Award (f/t) *^	
Timetable	Full Time Course	
Venue	VTOS, Bishop Birch Training Institute, Kilkenny	Information Processing • QQI Level 5 Certificate in Office Skills with Payroll (f/t) *^ https://www.fetchcourses.ie/course/finder?sfcw-courseid=313948 Course Content: Database methods, spreadsheet methods, communications, business calculations, word processing, payroll, digital marketing, payroll, health and safety at work, internet skills, information and communication.
Duration	39 weeks	
Start Date	30/08/2021	
End Date	20/5/2022	
Certification	QQI Level 3 Major Award (f/t) *^	
Timetable	Full Time Course	

Other Providers

Office Administration

Venue	VTOS, 1-3 Granby Row, Carlow
Duration	38 weeks
Start Date	07/09/2021
End Date	-
Certification	QQI Level 5 Major Award *^
Timetable	Mon. - Fri. mornings and Tues. and Thur. afternoons

Business Administration

- QQI Level 5 Business Administration (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=322080

Course Content: Bookkeeping Manual and Computerised, Business Administration Skills, Communications, Database Methods, Marketing Practice, Payroll Manual and Computerised, Personal and Professional Development, Spreadsheet Methods, Word Processing, Work Experience

Online Courses / Blended Learning Websites

Accounting Technicians Ireland
www.accountingtechniciansireland.ie

Ballon and Business Training Services
www.ballonbts.com

Carlow Kilkenny Skillnet
www.carlowkilkennyskillnet.ie

CIELS (Carlow Institute of English Language Services)
www.ciels.ie

eCollege
www.ecollege.ie

Fetchcourses.ie
www.fetchcourses.ie

Focused Training Ireland
www.focusedtrainingireland.com

IPASS
www.ipass.ie

Kilkenny and Carlow ETB Training Services
www.kcetbtraining.ie

Local Enterprise Office Carlow
www.localenterprise.ie/Carlow

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

Other Providers

Office Administration

Venue	VTOS, Bishop Birch Training Institute, Kilkenny
Duration	37 Weeks
Start Date	13/09/2021
End Date	27/5/2022
Certification	Level 1, Level 2, Level 3 City and Guilds Certificate (f/t) *
Timetable	Full Time Course

IT Skills

• Level 1 Certificate for IT Users 7574-01 *^

The aim of this certificate is to provide learners starting out in their career with the skills to work effectively with ICT and deal with routine and straightforward tasks in the workplace.

• Level 2 Certificate for IT Users 7574-02 *^

The aim of this certificate is to enable learners to enhance their existing skills in using predefined or commonly used IT tools for activities that are at times non-routine or unfamiliar and to identify issues and devise solutions.

• Level 3 Diploma for IT Users 7574-03 *^

The aim of this Diploma is to enable learners with guidance to operate information and communication software or hardware with knowledge and understanding in the units selected to achieve the award.

<http://www.cityandguilds.com/qualifications-and-apprenticeships/it/it-user/7574-itqs-for-it-users>

Online Courses / Blended Courses

Accounting Technicians Ireland
www.accountingtechniciansireland.ie/Apprenticeship

Alison
www.alison.com

DCM Learning
www.dcmlearning.ie/courses/

eCollege
www.ecollege.ie/

KCETB courses
www.fetchcourses.ie/course/finder?sfcw-courseId=327369

Griffin College
www.griffin-college.com/fmcourses/

IPASS
www.ipass.ie/practical-payroll

Kilroys College
www.kilroyscollege.ie/

Local Enterprise Board
www.localenterprise.ie/Kilkenny/Training-Events

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

Skillnet
www.carlowkilkennyskillnet.ie/

The Open College
www.theopencollege.com

Other Providers

Childcare

Barrow Training and Consultancy

High Street, Bagenalstown, Co. Carlow

Tel: 059 972 1416

Email: marketing@barrowtraining.ie

Web: www.barrowtraining.ie

- QQI Level 5 Certificate in Special Needs Assisting (p/t) * - 13/09/2021
- QQI Level 6 Certificate in Special Needs Assisting (p/t) * - 01/11/2021

Online

- QQI Level 5 and Level 6 Modules and Certificate in Early Childhood Care and Education - (p/t) *^
- Child Development – 5N1764 (p/t) *
- Child Health and Well Being – 5N1765 (p/t) *
- Childminding Practice – 5N1766 (p/t) *
- Communications – 5N0690 (p/t) *
- Early Care and Education Practice – 5N1770 (p/t) *
- Early Childhood Education and Play – 5N1773 (p/t) *
- School Age Childcare – 5N1781 (p/t) *
- Special Needs Assisting – 5N1786 (p/t) *
- Work Experience – 5N1356 (p/t) *
- Child Development – 6N1942 (p/t) *
- Child Psychology – 6N2023 (p/t) *
- Childhood Social Legal and Health Studies – 6N1945 (p/t) *
- Communications – 6N1950 (p/t) *
- Early Childhood Curriculum – 6N1944 (p/t) *
- Early Learning Environment – 6N1933 (p/t) *
- Equality and Diversity in Childcare – 6N1974 (p/t) *
- Special Needs Assisting QQI L6 – 6N1957 (p/t) *
- Supervision in Early Childhood Care – 6N1973 (p/t) *
- Team Leadership – 6N1948 (p/t) *
- Work Practice – 6N1947 (p/t) *
- Children First Guidelines for Mandated Persons online (p/t) *
- The Implementation of Aistear online (p/t) *
- The Implementation of Siolta online (p/t) *
- Understanding the Autistic Spectrum online (p/t) *

Carlow County Childcare Committee

Enterprise House, O'Brien Road, Carlow, R93 YOY3

Tel: 059 914 0244 **Email:** info@carlowccc.ie

Web: www.carlowccc.ie

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

Kilkenny and Carlow ETB Courses

Childcare

Back to Education Initiative BTEI Kilkenny and Carlow ETB

7 Danville Business Park, Ring Road, Kilkenny

Tel: 056 770 1020

Web: www.kcetb.ie | www.bteikilkenny.com | www.fetchcourses.ie

Venue	BTEI Danville
Duration	? weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 6 Minor Award **
Timetable	Thursday mornings – 9.30 – 12.30 pm

Early Childhood Curriculum

- QQI Level 6 Advanced Certificate in Childcare - Early Childhood Curriculum (p/t) **

Course Content: The Advanced Certificate in Early Learning and Care (Level 6) comprises two stages. Stage 1 leads to the Level 5 Certificate in Early Learning and Care and stage 2 leads to the Advanced Certificate in Early Learning and Care (Level 6).

To earn a major award in ELC at NFQ level 6, a person must achieve the learning outcomes for a major award in ELC at both NFQ level 5 and level 6.

Other Providers

Barrow Training and Consultancy

High Street, Bagenalstown

Tel: 059 972 1416

Web: www.barrowtraining.ie

Online / Blended Courses

- QQI Level 5 Early Childhood Care and Education **
- QQI Level 6 Early Childhood Care and Education **

Book all 8 modules to complete your ECCE QQI Level 5 and 6 Major Award

- Child Development – 5N1764 (p/t) *
- Child Health and Well Being – 5N1765 (p/t) *
- Childminding Practice – 5N1766 (p/t) *
- Communications – 5N0690 (p/t) *
- Early Care and Education Practice – 5N1770 (p/t) *
- Early Childhood Education and Play – 5N1773 (p/t) *
- School Age Childcare – 5N1781 (p/t) *
- Special Needs Assisting – 5N1786 (p/t) *
- Work Experience – 5N1356 (p/t) *

IMPLEMENTATION OF AISTEAR

www.barrowtraining.ie/courses/childcare/childcare-workshops

Aim: In this online workshop learners will gain a working understanding of Aistear in practice. All learners are awarded a Certificate on completion.

This workshop is highly recommended for early years practitioners or those looking to gain an understanding of Aistear in practice.

Duration: Commence at a time suits you and work at your own pace. Full tutor support available throughout.

IMPLEMENTATION OF SIOLTA

www.barrowtraining.ie/courses/childcare/childcare-workshops

Aim: In this online workshop learners will gain knowledge of how Siolta comprises of principles, standards and components which all interrelate to ensure quality throughout all aspects of the setting. It also includes signposts for reflection which practitioners can use to evaluate quality across all domains of their setting.

Duration: Commence at a time suits you and work at your own pace. Full tutor support available throughout.

CHILDREN FIRST GUIDELINES FOR MANDATED PERSONS

www.barrowtraining.ie/courses/childcare/childcare-workshops

Accreditation: Each learner will receive a Barrow Training Certificate of attendance which is valid for 2 years.

Aim: This online workshop is intended to help you to recognise child abuse and neglect, and report concerns to Tusla.

Learning Outcomes

- Knowledge of the Children First Act 2015 and Children First: National Guidance
- Understanding of the role of Tusla and An Garda Síochána in protecting children
- Understanding of the roles and responsibilities of mandated persons as assigned under legislation

Online

Commence at a time suits you and work at your own pace. Full tutor support available throughout.

Kilkenny and Carlow ETB Courses

Childcare

Carlow Institute of Further Education and Training

Mortarstown Upper, Carlow, R93 XoFX

Tel: 059 913 4230

Email: info@carlowinstitute.ie **Web:** www.carlowinstitute.ie

Venue	Carlow Institute of Further Education and Training	Early Childhood Care and Education
Duration	9 months	• QQI Level 5 Early Years Educators (f/t) *^
Start Date	27/08/2021	http://www.fetchcourses.ie/course/finder?sfcw-courseId=305010
End Date	03/06/2022	Course Content: Child Development, Child Health and Wellbeing, Communications, Creative Arts for Early Childhood, Early Care and Education Practice, Early Childhood Education and Play, Equality and Diversity in Childcare, Work Experience.
Certification	QQI Level 5 Major Award *^	
Timetable	Full time course	

Venue	Carlow Institute of Further Education and Training	Community Care
Duration	9 months	• QQI Level 5 Special Needs Assistant (f/t) *^
Start Date	27/08/2021	www.fetchcourses.ie/course/finder?sfcw-courseId=305005
End Date	03/06/2022	Course Content: Care Provision and Practice, Communications, Equality and Disability, Human Growth and Development, Intellectual Disability Studies, Safety and Health at Work, Special Needs Assisting, Work Experience.
Certification	QQI Level 5 Major Award - 5M2786 *^	
Timetable	Full time course	

Other Providers

Focused Training Ireland

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

Tel: 059 911 8912 / 089 400 9937

Email: info@focusedtrainingireland.com

Web: www.focusedtrainingireland.com

Online

- Autism Awareness (p/t) *
- Early Years Foundation Stage (p/t) *
- Fire Marshal (p/t) *
- Level 1 Food Safety – Catering (p/t) *
- Level 2 Food Safety – Catering (p/t) *
- Manual Handling – (blended learning) (p/t) *
- Paediatric First Aid (p/t) *
- Safeguarding Children (p/t) *

Institute of Technology Carlow - Lifelong Learning

Kilkenny Road, Carlow

Tel: 059 917 5280

Email: LLL@itcarlow.ie

Web: www.itcarlow.ie/public/userfiles/files/LLL-Prospectus-2021.pdf

- QQI Level 6 Certificate in Caring for the Developing Child (p/t) * - 13 weeks

Social Care Training Ireland

Unit 4, Lismard House, Tullow Street, Carlow

Tel: 087 9576221

Email: info@socialcaretraining.ie

Web: www.socialcaretraining.ie

Online

Social Care Training Ireland provide a wide range of services that can be tailored to meet the needs of both practitioners and organisations. Social Care Training Ireland can also develop bespoke training courses, tailored specifically to organisation's requirements.

- Child Protection (p/t)
- Designated Liaison Person Training Webinar (p/t)
- HIQA National Standard's for Children's Residential Centres (p/t)
- Leadership and Management in Social Care (p/t)
- Professional Supervision Skills for Social Care Managers and Leaders (p/t)

Other Providers

Childcare

DEALING WITH BEHAVIOUR THAT IS CHALLENGING

www.barrowtraining.ie/courses/childcare/childcare-workshops

Accreditation: Barrow Training

Aim: Challenging Behaviour training aims to increase the knowledge of the care giver in the understanding of underlying causes of behaviours which are challenging, along with early intervention and non-physical methods for preventing or managing challenging behaviour. This ABA approved training also addresses how to recognize triggers of challenging behaviour and the importance of self-care for the carer.

Learning Outcomes

1. What is and causes of challenging behaviour
2. Factors that contribute to challenging behaviour
3. Communication and challenging behaviour
4. Strategies for managing challenging behaviour

Duration: 1 full day training in a classroom setting or Online - Commence at a time suits you and work at your own pace. Full tutor support available throughout.

Fr. McGrath Centre

St. Joseph's Rd, Kilkenny

Tel: 056 775 1988

Email: info@frmcgrathcentre.ie

Web: www.griffin-college.com

Childcare Training

The Childcare programme offers a variety of modules such as child development, early childhood education and caring for children. It is suitable for people hoping to gain employment in the childcare area, or for parents' personal development.

UNDERSTANDING THE AUTISTIC SPECTRUM

www.barrowtraining.ie/courses/childcare/childcare-workshops

Accreditation: Barrow Training

Aim: Designed to provide you with a thorough understanding of the autism spectrum, current research, and best practice approaches, this comprehensive programme equips teachers, parents and other practitioners with evidence-based strategies to meet the needs of children and young people with autism, from preschool to further education.

Participant Profile: This course is primarily designed to give teachers, parents and other allied professionals the confidence and skills to support children and young people with autism, including those with Asperger syndrome.

Online

Commence at a time suits you and work at your own pace. Full tutor support available throughout.

Kilkenny and Carlow ETB Courses

Ormonde College of Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321

Email: info@ormondecollege.ie

Web: www.ormondecollege.ie

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award (f/t) *^
Timetable	Full time course

Early Childhood Care and Education

• QQI Level 5 Childhood Studies (with Special Needs and Drama) (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=320837>

Course Content: Child development, child health and well-being, communications, creative arts for early childhood, early care and education practice, early childhood education and understanding special needs, work experience

Kilkenny and Carlow ETB Courses

Childcare

KCETB Evening Classes

Colaiste Eoin, Hacketstown

Tel: 059 647 1198 **Email:** info@ceh.ie **Web:** www.kcetb.ie

Venue	Colaiste Eoin, Hacketstown
Duration	9 weeks
Start Date	13/09/2021
End Date	15/11/2021
Certification	QQI Level 6 Minor Award - 6N1972 *^
Timetable	Monday evenings

Creative Studies for Special Needs

- QQI Level 5 and Level 6 modules in Early Childhood Care and Education (p/t) *

www.fetchcourses.ie/course/finder?sfcw-courseId=324272

Course Content: The purpose of this course is to enable the learner to acquire 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.

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

Carlow Youth Training, Unit 6A, Askea Business Park, O'Brien Road, Carlow

Tel: 059 913 2245

Email: info@carlowyouthtraining.org **Web:** www.carlowyouthtraining.org

CYT is a Community Training Centre which provides training to early school leavers aged between 16 and 21 and who are most at need of basic vocational training.

Venue	Carlow Youth Training, Unit 6A, Askea Business Park, O'Brien Road, Carlow
Duration	52 weeks
Start Date	Continuous Intake
End Date	20/05/2022
Certification	QQI Level 3 Major Award *^
Timetable	Full time course

Employability Skills

- QQI Level 3 Employability Skills with options (2021-22) - Childcare, Catering, Home Maintenance (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=310108

Course Content: Application of Number, Art and Craft Modules, Career Preparation, Childcare and Safety, Child Development and Play, Computer Based Module, Personal Effectiveness or Communications.

Online Courses / Blended Learning Websites

Barrow Training and Consultancy
www.barrowtraining.ie

Chevron Training
www.chevrontraining.ie

FETCH Courses
www.fetchcourses.ie

Focused Training Ireland
www.focusedtrainingireland.com

Kilroy's College
www.kilroyscollege.ie

Portobello Institute
www.portobelloinstitute.com

Progressive College
www.progressivecollege.ie

Social Care Training Ireland
www.socialcaretraining.ie

The Open College
www.theopencollege.com

Kilkenny and Carlow ETB Courses

Childcare

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 6 Major Award (f/t) *^
Timetable	Full time course

Early Childhood Care and Education

- QQI Level 6 Early Childhood Care and Education (f/t)) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=320842>

Course Content: Child development, childhood social legal and health studies, creative studies for special needs, early childhood curriculum, personal and professional development, special needs assisting, supervision in early childhood care, work experience

Progressive College

Email: info@progressivecollege.ie

Web: www.progressivecollege.ie

Online

Childcare Courses online (ECCE) Courses

• Fully Online Courses – Start Anytime

<https://progressivecollege.ie/product/qqi-level-5-ecce-childcare-online/>

<https://progressivecollege.ie/product/level-6-online-childcare-course/>

• Blended Online Courses – Start Autumn 2021

<https://progressivecollege.ie/product/qqi-level-6-online-ecce-course/>

<https://progressivecollege.ie/product/qqi-level-5-online-childcare-course/>

• Part-Time Classroom Childcare Courses

<https://progressivecollege.ie/product/qqi-level-6-childcare-course/>

<https://progressivecollege.ie/product/qqi-level-6-therapeutic-play-skills-part-time/>

<https://progressivecollege.ie/product/qqi-level-5-childcare-course/>

Online Courses / Blended Courses

Accounting Technicians Ireland

www.accountingtechniciansireland.ie/Apprenticeship

Barrow Training and Consultancy

www.barrowtraining.ie/

Canavan Byrne

www.canavanbyrne.ie/

Chevron Training

www.chevrontraining.ie/childcare-courses

KCETB Courses

www.fetchcourses.ie

Kilroys College

www.kilroyscollege.ie/course

Portobello Institute

www.findacourse.ie/courses-ireland/special-needs-assistant/

The Open College

www.theopencollege.com/

Community EDUCATION

WHAT IS Community EDUCATION

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

WHAT DOES Community education PROVIDE?

The Community Education Service facilitates and supports community-based education classes for a range of groups in local centres throughout Kilkenny and Carlow. Courses are provided in association with a variety of groups, e.g. women's groups, disability groups, active retirement groups and local development groups.

- Classes generally run for 6 - 10 weeks
- The cost of the tutor will be covered by Kilkenny and Carlow Education and Training Board (KCETB)
- The cost of premises hire / rent must be covered by the group
- The cost of materials must be covered by the group. (In certain cases some assistance may be available)

WHAT YOU NEED TO Apply

- Minimum group size of 8 people who are willing to participate and complete the course. In certain cases, groups of 6 learners will be considered. This is at the discretion of the Community Education Facilitator.
- A premises to hold your class and permission to use this
- An idea of what course the group would like to do (see back page for a selection of courses available)
- All learners must be over 18

There are many tutors available and every effort will be made to meet the needs and requirements of the group, but it may not always be possible to meet the exact criteria of what each group requires. Where this happens suggestions will be made of suitable alternatives.

ONCE
Approval
HAS BEEN
Given
WHAT IS NEEDED...

- " A completed funding application form
- " A completed learner Detail Form for each learner participating on the course. These must be completed on the first night and returned to tutor or to the Community Education office.
- " Learner Verification (this will be visual and no copies of any form of identification will be taken)

TO *Apply*

PLEASE CONTACT

Siobhan O'Brien

Tel: 087 720 5538

Email: Siobhan.O'Brien@
KilkennyCarlowETB.ie

Fiona Dunne

Tel: 059 917 9376

Email: fdunne@kcetb.ie

drama tai chi yoga
gardening jewellery making
creative writing beauty music
art computer skills felting
crafts personal development pottery
basket making quilting drumming
cooking stress management chair dance
interior design stained glass
mindfulness digital skills
carving sculpture

Kilkenny and Carlow ETB Courses

Computer Skills

Adult Learning Service Carlow

Tullow Road, Carlow

Tel: 059 913 5544

Email: info@carlowadultlearningcentre.ie **Web:** www.kcetb.ie

Venue	Online
Duration	2 weeks
Start Date	Rolling intake
End Date	-
Certification	-

Timetable 16 hours part time on Monday, Tuesday and Wednesday mornings

Beginner Computer Courses

• Online Skills for Everyday Life – Beginners Course (p/t)

Rolling intake in August, September, October, November and December

Venue	Online
Duration	1 week
Start Date	Rolling intake
End Date	-
Certification	-
Timetable	8 hours part-time over one week

Beginner Computer Courses

• Online Skills for Everyday Life – Intermediate Course (p/t)

Rolling intake in August, September, October, November and December

Back to Education Initiative (BTEI) Kilkenny and Carlow ETB

1B Meadow Court, Burrin Street, Carlow

Tel: 059 913 9532

Email: bteicarlow@kilkennycarlowetb.ie **Web:** www.kcetb.ie

Venue	BTEI, 1B Meadow Court, Burrin Street, Carlow
Duration	13 weeks
Start Date	06/09/2021
End Date	06/12/2021
Certification	QQI Level 3 Minor Award
Timetable	Monday mornings

Information and Communications Technology Skills (ICTS)

• QQI Level 4 (ICTS) (p/t) *^

Course Modules:

- Internet Skills (3N0931)

www.fetchcourses.ie/course/finder?sfcw-courseId=322772

Venue	BTEI, 1B Meadow Court, Burrin Street, Carlow
Duration	13 weeks
Start Date	07/09/2021
End Date	07/12/2021
Certification	QQI Level 4 Minor Award
Timetable	Tuesday mornings

Information and Communications Technology Skills (ICTS)

• QQI Level 4 (ICTS) (p/t) *^

Course Modules:

- Computer Applications (4N1112)

www.fetchcourses.ie/course/finder?sfcw-courseId=322780

Computer Skills

Adult Learning Service Kilkenny

43 Upper Patrick Street, Kilkenny

Tel: 056 776 3149

Email: wordaid@kkadulthood.ie **Web:** www.kcetb.ie

Venue	Thomastown Library
Duration	206 days
Start Date	28/06/2021
End Date	27/05/2022
Certification	QQI Level 3 Minor Award *
Timetable	Rolling intake

Digital Literacy and IT Skills

- QQI Level 3: Digital Literacy and IT Skills (p/t) *

Upcoming Courses with Kilkenny Adult Learning Service (subject to change)
Starting week - 13th September 2021

Accredited IT Courses Offered:

Monday 13th September from 2pm – 4pm

- Desktop Publishing (QQI Level 3)
- Wednesday 15th September – Mornings:
- Word Processing (QQI Level 3) – 9.30am – 11.30am
- Spreadsheets (QQI Level 3) – 11.30am – 1.30pm

Wednesday 15th September – Evenings:

- Word Processing (QQI Level 3) – 6pm – 7.30pm
- Spreadsheets (QQI Level 3) – 7.30pm – 9.00pm

Thursday 16th September

- Internet Skills (QQI Level 3) – 9.30am – 11.30am
- Desktop Publishing (QQI Level 3) – 11.30am – 1.30pm

All of the above courses will lead onto QQI Level 4.

Computers for beginners:

Monday 13th September – 9.30am – 11.30am

Tuesday 14th September – 6pm – 8.00pm

Wednesday 15th September – 4pm – 6pm

Thursday 16th September – 2pm – 4pm

Everyday Technology – Using Smart Phones, Going Online, TEAMS, ZOOM

Monday 13th September 11.30am – 1.30pm

Tuesday 14th September 10am – 12noon

Back to Education Initiative BTEI Kilkenny and Carlow ETB

7 Danville Business Park, Ring Road, Kilkenny

Tel: 056 770 1020

Web: www.kcetb.ie | www.fetchcourses.ie

Venue	Danville
Duration	15 weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 5 Minor Award **
Timetable	Friday mornings

Office Administration

- QQI Level 5 Office Administration (p/t) **

www.fetchcourses.ie

Course Modules:

- Communications
- <https://www.fetchcourses.ie/course/finder?sfcw-courseid=319743>

Skills To Compete (refer to page 12)

Computer Skills

Venue	BTEI, 1B Meadow Court, Burrin Street, Carlow
Duration	13 weeks
Start Date	06/09/2021
End Date	06/12/2021
Certification	QQI Level 4 Minor Award
Timetable	Monday mornings

Information and Communications Technology Skills (ICTS)

- QQI Level 4 (ICTS) (p/t) *^

Course Modules:

- Desktop Publishing (4N1854)
- www.fetchcourses.ie/course/finder?sfcw-courseId=322775

Venue	BTEI, 1B Meadow Court, Burrin Street, Carlow
Duration	13 weeks
Start Date	08/09/2021
End Date	08/12/2021
Certification	QQI Level 4 Minor Award
Timetable	Wed. mornings

Information and Communications Technology Skills (ICTS)

- QQI Level 4 (ICTS) (p/t) *^

Course Modules:

- Information Technology Skills (4N1125)
- www.fetchcourses.ie/course/finder?sfcw-courseId=322784

Skills To Compete (refer to page 12)

Venue	BTEI, 1B Meadow Court, Burrin Street, Carlow
Duration	13 weeks
Start Date	10/09/2021
End Date	10/12/2021
Certification	QQI Level 5 Minor Award
Timetable	Friday mornings

Office Administration

- QQI Level 5 Office Administration (p/t)*^

Course Modules:

- Text Production (5N1422)
- www.fetchcourses.ie/course/finder?sfcw-courseId=322722

Skills To Compete

Venue	BTEI, 1B Meadow Court, Burrin Street, Carlow
Duration	13 weeks
Start Date	07/09/2021
End Date	07/12/2021
Certification	QQI Level 5 Minor Award
Timetable	Tuesday mornings

Information and Communications Technology Skills (ICTS)

- QQI Level 5 Office Administration (p/t) *^

Course Modules:

- Word Processing (5N1358)
- www.fetchcourses.ie/course/finder?sfcw-courseId=322696

Skills To Compete

Venue	Ballon Business and Training Services Ltd
Duration	16 weeks
Start Date	06/09/2021
End Date	13/12/2021
Certification	QQI Level 5 Minor Award
Timetable	Monday mornings

Office Administration

- QQI Level 5 Office Administration (p/t) *^

Course Modules:

- Payroll Manual and Computerised (5N1546)
- www.fetchcourses.ie/course/finder?sfcw-courseId=322717

Adult Learning Service Carlow also offers the following courses:

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

Computer Skills

Venue	Danville
Duration	15 weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 4 Minor Award *^
Timetable	Tuesday mornings

Office Administration

- QQI Level 4 Office Skills (p/t) *^

www.fetchcourses.ie

Course Modules:

- General Office Skills

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=309858>

Venue	Danville
Duration	15 weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 5 Minor Award *^
Timetable	Wed. mornings

- Personal and Professional Development

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=291393>

Venue	Danville
Duration	15 weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 5 Minor Award *^
Timetable	Friday mornings

- Spreadsheet

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=319740>

Skills To Compete

Venue	Danville
Duration	15 weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 5 Minor Award *^
Timetable	Monday mornings

- Text Production

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=301900>

Skills To Compete

Venue	Danville
Duration	15 weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 4 Minor Award *^
Timetable	Monday mornings

- Word Processing

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=326016>

Kilkenny and Carlow ETB Courses

Computer Skills

Venue	Ballon Business and Training Services Ltd
Duration	17 weeks
Start Date	04/01/2022
End Date	03/05/2022
Certification	QQI Level 5 Minor Award
Timetable	Tuesday mornings

Office Administration

- QQI Level 5 Office Administration (p/t) *^

Course Modules:

- Text Production (5N1422)
- www.fetchcourses.ie/course/finder?sfcw-courseId=322701

Other Providers

Bagenalstown Family Resource Centre

Royal Oak Road, Moneybeg,
Bagenalstown, Co. Carlow

Tel: 059 972 2028

Email: bagenalstownfrc70@gmail.com

Web: www.bagenalstownfamilyresourcecentre.ie

IT and computer classes are ongoing and at various times throughout the year based on demand (p/t). Please call or email the centre for up-to-date information

Ballon Business and Training Services

The Old School, Ballon, Co. Carlow

Tel: 059 915 9447

Email: ballonbts@gmail.com

Web: www.ballonbts.com |

www.facebook.com/BallonBusinessTrainingService/

For up-to-date information on the training courses scheduled please contact the centre directly or view their Facebook page.

Borris Focus Centre

The Old School, Lower Main Street, Borris

Tel: 083 826 7871

Web: www.facebook.com/borrisfocuscentre/

Basic Computing for Beginners classes and 1:1 technology support (p/t)

Kilkenny and Carlow ETB Courses

Carlow Institute of Further Education and Training

Kilkenny and Carlow ETB

Mortarstown Upper, Carlow, R93 X0FX

Tel: 059 913 4230 **Email:** info@carlowinstitute.ie **Web:** www.carlowinstitute.ie

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award 5M2102 *^
Timetable	Full time course

Business Studies

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

www.fetchcourses.ie/course/finder?sfcw-courseId=305018

Course Content: Business Administration Skills, Customer Service, Desktop Publishing, Digital Marketing, eBusiness Studies, Marketing Practice, Spreadsheet Methods, Work Experience

Other Providers

Computer Skills

Bishop Birch Family Resource Centre

Bishop Birch Community Centre, Kilkenny

Tel: 056 775 6022

- Computer Classes at various levels (p/t)

County Kilkenny Library Service

John Street, Kilkenny

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

Email: info@kilkennylibrary.ie

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

E-College

LIT Campus

Tel: 1800 855 831

Web: www.ecollege.ie/course |

www.fetchcourses.ie/course/finder?sfcw-course-Id=326356

Online

eCollege is online 24/7. You can study at a time and place that suits you. All courses have qualified eTutor support Monday to Friday to help with course questions.

- JavaScript - Introduction to Programming using JavaScript
- Introduction to Programming using Python - Computer Programming, Data Science
- Java Foundations Certified Junior Associate - Computer Programming
- Java Associate Developer SE8 (Programmer I) - Computer Programming
- Software Testing – ISTQB Certified Tester – Foundation Level - Computer Programming
- Introduction to Programming using HTML and CSS - Computer Programming

Community Education Kilkenny

Lower New Street, Kilkenny

Tel: 056 778 6896

Email: siobhanobrien@kilkennycarlowetb.ie

- Online Skills for Everyday Life (p/t)
 - Beginners Programme 16 hours part-time over a two-week period
 - Intermediate Programme 8 hours part-time over a one-week period

Adults interested in participating in this short course will have the option to start in June, August, September, October, November or December 2021.

Fr. McGrath Centre

Kilkenny Multimedia Centre, Kilkenny

Tel: 056 775 1988

Web: www.frmcgrathcentre.ie

- A range of Computer courses including ECDL (p/t) *

Griffin College

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

Tel: 1890 454 454

Web: www.griffin-college.com

- A range of computer courses (p/t)

Adobe Dreamweaver Essentials *

www.findacourse.ie/courses-ireland/adobe-dreamweaver-essentials-it/

Adobe Flash – Essentials Course *

www.findacourse.ie/courses-ireland/adobe-flash-essentials-course/

PHP and MySQL Essentials Course *

www.findacourse.ie/courses-ireland/a1-php-and-mysql-essentials/

WordPress Essentials *

www.findacourse.ie/courses-ireland/a1-wordpress-essentials-course/

Computer Skills

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award 5M0536 *^
Timetable	Full time course

Computer Systems and Networks

- QQI Level 5 Computer Systems and Networks (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=305019

Course Content: Communications, Computer Systems Hardware, ICT Security Policy and Management, Maths for Information Technology, Networking Essentials, Operating Systems, Programming and Design Principles, Work Experience

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award 5M18518 *^
Timetable	Full time course

Film and TV Production

- QQI Level 5 Certificate in Film and TV Production (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=304998

Course Content: Cinematography Camera Operations, Communications, Film Production, Media Analysis, Personal Professional Development, Scriptwriting, Sound Engineering and Production, Television and Film Editing

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award 5M18518 *^
Timetable	Full time course

Media Production

- QQI Level 5 Film Editing and Special Effects (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=305002

Course Content: Communications, Design Skills, Digital Editing, Media Analysis, Multimedia Authoring, Sound Engineering and Production, Television and Film Editing, Work Experience

Certification: QQI Level 5 Major Award - 5M18518

Optional: Adobe Certified Associate exams in Photoshop, Premiere Pro and After Effects

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award 5M0529 *^
Timetable	Full time course

Software and Development

- QQI Level 5 Games and Apps Development (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=305017

Course Content: Communications, Fundamentals of Object-Oriented Programming, Games Analysis Design, Maths for Information Technology, Programming and Design Principles, Software Architecture, Web Authoring, Work Experience.

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award 5M1995 *^
Timetable	Full time course

Graphic Design

- QQI Level 5 Graphic Design and Visual Communication (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=305001

Course Content: Combined Materials, Communications, Design Skills, Desktop Publishing, Digital Photography, Drawing, Graphic Design Skills, Work Experience.

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award 5M2149 *^
Timetable	Full time course

Sound Production

- QQI Level 5 Music Technology (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=304992

Course Content: Communications, Desktop Multimedia Audio Production, Musicianship, Music Industry Studies, Music Technology, Radio Programme Production, Sound Engineering and Production, Work Experience

Other Providers

Computer Skills

HCT Learning

Unit 2 Purcellsinch Business Park,
Dublin Road, Kilkenny

Tel: 056 777 0761 **Web:** www.hctlearning.ie

- QQI Level 5 Reception and Frontline Office Skills (p/t) *
- QQI Level 6 Training Needs Identification and Design (p/t) *

Newpark Family Resource Centre

Newpark Close, Kilkenny

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

Email: info@kilkennylibrary.ie

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

BENEFIT 4 GRANT SCHEME

BENEFIT 4 is a computer training programme aimed at those who have basic/no experience with computers and the internet. Those unemployed, over the age of 55, or in receipt of a Social Welfare payment are eligible to take part in this programme.

- Participants will be educated in the following:
- Internet and Email Training
- Introduction to the use of government services online
- Introduction to Digital Photography
- Introduction to using the internet for voice/video communications
- Introduction to online banking

Kilkenny Employment for Youth KEY

Garden Row, Kilkenny

Tel: 056 776 2774

Web: www.keyctc.ie

- QQI Level 4 Graphics and Design (f/t) *

Noreside Education Centre

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

Tel: 056 776 2146 / 056 776 4667

Email: noresideeducation@gmail.com

Web: www.noresidecentre.ie

- QQI Level 5 Award in Desktop Publishing (p/t) *
- Digital Skills and Internet Course for beginners (p/t)

Modules include:

- Internet Security
- Online Banking
- Email
- Apps
- Department of Agriculture online services for the farming community
- Social Media basics

- Computers for Beginners (p/t) * Perfect for those with little or no computer/ internet experience, tuition in a classroom environment.
- Level 5 ECDL Certified by ICS Skills (p/t) *
- QQI Level 5 Social Media Workshops (p/t) *
- Level 5 Web Authoring 5N1910 - Award Type: Minor

Kilkenny and Carlow ETB Courses

Ormonde College of Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321

Email: info@ormondecollege.ie **Web:** www.ormondecollege.ie

Web: www.ormondecollege.ie/wp-content/uploads/2021/01/OCFE-Prospectus-2021.pdf

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award (f/t) **^
Timetable	Full time course

Office Administration (with Medical Terminology)

- QQI Level 5 Office Administration (with Medical Terminology) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=320810>

Course Content: Information and Administration, Text Production, Word Processing, Customer Service, Work Experience, Audio Transcription, Medical Terminology, Reception and Frontline Office Skills, Bookkeeping Manual and Computerised Payroll Manual and Computerised

Kilkenny and Carlow ETB Courses

Computer Skills

Community Education Service Carlow

Kilkenny and Carlow ETB, 1A Meadow Court,
Burrin Street, Carlow

Tel: 059 917 9376

Email: fdunne@kcetb.ie

Web: www.kcetb.ie

Digital IT Skills

- Digital IT Zoom Workshops

Venue: Online

Start Date: 04/10/2021 or 01/11/2021

End Date: 11/10/2021 or 08/11/2021

Other Providers

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre, Athy Road, Carlow

Tel: 059 913 2152

Email: admin@carlowkilkennyskillnet.ie

Web: www.carlowkilkennyskillnet.ie

Online

- Website Marketing Audit (p/t) – 16/09/2021
- Protecting your Business against Cyber Risk (p/t) – 28/09/2021

E-College

Tel: 1800 855 831

Web: www.ecollege.ie

Online

Online courses in business (project management) and office management (ICDL, Microsoft Access, Excel, Word, and PowerPoint) and web and graphic design.

Business Courses

- Project Management Certified Associate (p/t) *
- PRINCE2® Foundation (6th Edition) (p/t) *
- Database Fundamentals (p/t) *

Computer Programming Courses

- Introduction to Programming using JavaScript (p/t) *
- Introduction to Programming using Python (p/t) *
- Oracle Certified Associate Database SQL (p/t) *
- Java Foundations Certified Junior Associate (p/t) *
- Java Associate Developer SE8 (Programmer I) (p/t) *
- Java Professional Developer SE8 (Programmer II) (p/t) *
- Software Testing – ISTQB Certified Tester – Foundation Level (p/t) *
- Introduction to Programming using HTML and CSS (p/t) *

Data Science Courses

- Microsoft Excel (p/t) *
- Microsoft Excel Expert (p/t) *
- Database Fundamentals (p/t) *

IT Professional Courses

- CompTIA Network+ (p/t) *
- CompTIA Security+ (p/t) *
- CompTIA A+ (p/t) *
- Cisco Certified Network Associate (200-301 CCNA) (p/t) *
- Microsoft Azure Cloud Fundamentals AZ-900 (p/t) *
- Windows Operating Systems Fundamentals (p/t) *
- Windows Server Administration Fundamentals (p/t) *
- Windows Security Administration Fundamentals (p/t) *
- Networking Fundamentals (p/t) *

Office Productivity Courses

- Microsoft Access (p/t) *
- Microsoft Word (p/t) *
- Microsoft Word Expert (p/t) *
- Microsoft Power Point (p/t) *
- International Computer Driving Licence (ICDL) (p/t) *

Web and Graphic Design Courses

- Visual Design using Adobe Photoshop (p/t) *
- Graphic Design and Illustration using Adobe Illustrator (p/t) *
- Print and Digital Media Publication using Adobe InDesign (p/t) *

Other Providers

Computer Skills

Pitman Training Carlow Kilkenny

Unit 1 Deerpark Business Complex,
Dublin Rd, Carlow, R93 K409

Tel: 059 918 2415 / 085 163 9351 **Email:** carlow@pitman-training.ie

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

Blended Learning

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

Programmes include:

- Advanced Software and Web Developer Diploma
- Certified Java Associate
- CSS Essentials
- Introduction to HTML
- Java script Essentials
- MTA HTML5 Application Development Fundamentals
- MTA Software Development Fundamentals
- Web Developer Diploma
- WordPress for Business

RainRain Web Design

Kilkenny

Tel: 056 770 8942

Web: www.rainrain.ie/training-tuition

Email: bobmurphy@rainrain.com

- Training Areas;
- WordPress Training
- Webmaster Training
- Gutenberg Training
- Image and Media Training (preparing photos and video for the web)
- SEO Training
- Facebook / Blogging / Social Media Training
- Design Training
- HTML/CSS Training (the primary languages in use on the web)

The Mill Family Resource Centre

Main Street, Urlingford, Co. Kilkenny

Tel: 056 883 8466 **Web:** www.millfrcurlingford.com

Email: millfrcmc@gmail.com

Drop in I.T. Support - computers / laptops and mobile phones.
The Centre provides accredited and non-accredited free courses

Other Providers

Computer Skills

Focused Training Ireland

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

Tel: 059 911 8912 / 089 400 9937

Email: info@focusedtrainingireland.com

Web: www.focusedtrainingireland.com

Online

- Assessing Display Screen Equipment (p/t) *
- Display Screen Equipment Awareness (p/t) *
- Facebook for Business (p/t) *
- LinkedIn for Business (p/t) *
- Social Media for Business (p/t) *
- Twitter for Business (p/t) *

Institute of Technology Carlow - Lifelong Learning

Kilkenny Road, Carlow

Tel: 059 917 5280

Email: LLL@itcarlow.ie

Web: www.itcarlow.ie/public/userfiles/files/LLL-Prospectus-2021.pdf

- QQI Level 6 Certificate in Marketing with Social Media Skills (p/t) * one academic year
- QQI Level 6 Certificate in IP Networks (p/t) * - 13 weeks

Hacketstown Core Centre

Hacketstown, Co. Carlow

Email: hacketstowncore@gmail.com

Facebook: Hacketstown Community Group

- Digital Classes for Beginners (p/t)
- Advanced Computer Classes (p/t)

Pitman Training Carlow Kilkenny

Unit 1, Deerpark Business Complex, Dublin Rd,
Carlow, R93 K409

Tel: 059 918 2415 / 085 163 9351

Email: carlow@pitman-training.ie

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

Online

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

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

St. Anne's College of Further Education

The Mullawn, Tullow, Carlow

Tel: 059 915 1473 **Email:** tulcomcu@eircom.net **Web:** www.tullowcommunityschool.ie

Venue	St. Anne's College of Further Education
Duration	36 weeks
Start Date	13/09/2021
End Date	20/05/2022
Certification	QQI Level 5 Major Award **
Timetable	Full time course

Office Administration

- QQI Level 5 Certificate in Office Administration (f/t) *[^]
www.fetchcourses.ie/course/finder?sfcw-courseId=321217

Course Content: Audio-Typewriting, Communications, Database Methods, French or German, Information and Administration, Manual and Computerised Book-keeping, Spreadsheet Methods, Text Production, Word Processing, Work Experience

Venue	St. Anne's College of Further Education
Duration	36 weeks
Start Date	13/09/2021
End Date	20/05/2022
Certification	QQI Level 5 Major Award **
Timetable	Full time course

Office Administration with Health Care Focus

- QQI Level 5 Certificate in Office Administration with Health Care Focus (f/t) *[^]

Course Content: Care of the Older Person, Communications, Database Methods, Information and Administration, Medical Terminology, Text Production, Word Processing, Work Experience (in Nursing Home)

Computer Skills

Training Services Kilkenny and Carlow ETB

7 Danville Business Park, Ring Road, Kilkenny

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

Web: www.kcetb.ie | www.fetchcourses.ie

Venue	Kilkenny Employment for Youth (KEY)
Duration	104 days
Start Date	30/8/2021
End Date	-
Certification	QQI Level 4 Major Award
Timetable	Full time

ILM (Leadership and Management) Course

• ILM (Leadership and Management) Course

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=327369>

Course Content: Planning Change in the Workplace, Understanding Leadership, Understanding Performance Management, Understanding Recruitment and Selection of New Staff in the Workplace, Understanding how to manage remote workers, Understanding Stress Management in the Workplace, Understanding Innovation and Change in an Organisation, Understanding Conflict Management in the Workplace, Managing Workplace Projects, Planning and Allocating Work - Level 3, Leading and Motivating a Team Effectively, Understanding Costs and Budgets in an Organisation, Understanding Negotiation and Networking in the Workplace, Understand How to Lead Effective Meetings, Understanding Marketing for Managers

Timetable: This is an online course, learners work independently with regular tutor support. Learners will attend one/two online classes per week. Recommended number of hours per week for self-directed learning: 8 hours One-to-one check in with class tutor each fortnight to agree work plan for the coming fortnight Qualification: Modules (Components) leading to the following City and Guilds Qualifications:

- L3 Award in Leadership and Management 8600-14
- L3 Certificate in Leadership and Management 8600-21
- L3 Diploma in Leadership and Management 8600-31

Venue	Kilkenny Employment for Youth (KEY)
Duration	104 days
Start Date	30/8/2021
End Date	-
Certification	QQI Level 4 Major Award
Timetable	Full time

Office Skills

• Business and Office Administration QQI Level 4 2020 – 2021 (early school leavers)

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=289133>

Course Content: Business English, English and Communications, Computer Applications, Customer Service, Functional Maths, General Office Skills, Information Technology Skills, Personal Effectiveness, Reception Skills, Work Experience, Data Entry.

Vocational Training Opportunities Scheme VTOS

Bishop Birch Training Institute, Nuncio Road, Kilkenny

Tel: 056 776 4719 **Web:** www.vtoskk.ie | www.vtoskk.ie/courses/

Venue	VTOS, Bishop Birch Training Institute, Kilkenny
Duration	38 weeks
Start Date	13/09/2021
End Date	03/6/2022
Certification	QQI Level 5 Major Award (f/t) *^
Timetable	Full Time Course

eBusiness

• QQI Level 5 Certificate in IT with Web Design and Medical Terminology (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=310119>

Course Content: Computer architecture and systems, eBusiness studies, web authoring, internet, digital marketing, digital photography, word processing, statistics, medical terminology, French.

Other Providers

Computer Skills

St. Catherine's Community Services Centre

St. Joseph's Road, Carlow

Tel: 059 913 8706

Web: www.catherines.ie

Digital Skills for Citizens Programme - Basic Internet and Email Courses available for Smartphones, PC, Laptops or Tablets (p/t)

Kilkenny and Carlow ETB Courses

Vocational Training Opportunities Schemes (VTOS)

1-3 Granby Row, Carlow

Tel: 059 914 0311

Email: una.hayes@kilkennycarlowetb.ie **Web:** www.vtoscarlow.ie

Venue	VTOS, 1-3 Granby Row, Carlow
Duration	38 weeks
Start Date	08/09/2021
End Date	20/05/2022
Certification	QQI Level 3 Major Award *^
Timetable	Monday - Friday mornings

Computer and Information Skills

- QQI Level 3 Computer and Information Skills (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=322081

Course Content: Application of Numbers, Career Preparation, Communications, Computer Literacy, Functional Mathematics, Personal Effectiveness, Spreadsheets, Word Processing

Venue	VTOS, 1-3 Granby Row, Carlow
Duration	39 weeks
Start Date	06/09/2021
End Date	20/05/2022
Certification	QQI Level 4 Major Award *^

Office Skills

- QQI Level 4 English Language with Office Administration (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=323377

Course Content: Bookkeeping and Accounts, Business English, Communications, Customer Service, Data Entry, English as a Second Language, Functional Maths, General Office Skills, Spreadsheet Methods, Word Processing, Work Experience

Venue	VTOS, 1-3 Granby Row, Carlow
Duration	38 weeks
Start Date	07/09/2021
End Date	20/05/2022
Certification	QQI Level 5 Major Award *^
Timetable	Monday-Friday mornings and Tuesday and Thursday afternoon

Business Administration

- QQI Level 5 Business Administration (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=322080

Course Content: Bookkeeping Manual and Computerised, Business Administration Skills, Communications, Database Methods, Marketing Practice, Payroll Manual and Computerised, Personal and Professional Development, Spreadsheet Methods, Word Processing, Work Experience.

Online Courses / Blended Learning Websites

Ballon Business and Training Services
www.ballonbts.com

Carlow Kilkenny Skillnet
www.carlowkilkennyskillnet.ie

e-college
www.ecollege.ie

FETCH Courses
www.fetchcourses.ie

Focused Training Ireland
www.focusedtrainingireland.com

KCETB Training Services
www.kcetbtraining.ie

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

Computer Skills

Venue	VTOS, Bishop Birch Training Institute, Kilkenny
Duration	39 Weeks
Start Date	30/08/2021
End Date	20/5/2022
Certification	QQI Level 5 Major Award (f/t) *^
Timetable	Full Time Course

Information Processing

- QQI Level 5 Office Skills with Payroll (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=313948>

Course Content: Database methods, spreadsheet methods, communications, business calculations, word processing, payroll, digital marketing, payroll, health and safety at work, internet skills, information and communication.

Venue	VTOS, Bishop Birch Training Institute, Kilkenny
Duration	37 Weeks
Start Date	13/09/2021
End Date	27/5/2022
Certification	Level 1, Level 2, Level 3 City and Guilds Certificate (f/t) *
Timetable	Full Time Course

IT Skills

- Level 1 Certificate for IT Users 7574-01

The aim of this certificate is to provide learners starting out in their career with the skills to work effectively with ICT and deal with routine and straightforward tasks in the workplace.

- Level 2 Certificate for IT Users 7574-02

The aim of this certificate is to enable learners to enhance their existing skills in using predefined or commonly used IT tools for activities that are at times non-routine or unfamiliar and to identify issues and devise solutions.

- Level 3 Diploma for IT Users 7574-03

The aim of this Diploma is to enable learners with guidance to operate information and communication software or hardware with knowledge and understanding in the units selected to achieve the award.

www.cityandguilds.com/qualifications-and-apprenticeships/it/it-user/7574-itqs-for-it-users

Online Courses / Blended Courses

Alison

www.alison.com/course/

eCollege

www.ecollege.ie/

KCETB Courses

www.fetchcourses.ie

Griffin College

www.griffin-college.com/fmcourses/

Kilroys College

www.kilroyscollege.ie/

Kilkenny Library

www.kilkennylibrary.ie

Nightcourses

www.nightcourses.com/

Pitman Training Carlow / Kilkenny

www.pitman-training.ie/our-courses/comptiaccloudplus/

RainRain Web Design

www.rainrain.ie/rainrain/

The Open University

www.openuniversity.edu/



Spotlight Software and Development



What are you doing now?

I am on a Software Development traineeship - loving it at the moment. Hopefully I will continue on to work at a wonderful job in the future. The tutors are very good and there is a

good group in the class which is very helpful. We contact each other regularly in the groups as part of doing the group project in leadership.

On the course at the moment, we are studying leadership skills, PowerPoint presentations, Java coding, computer maths, Databases and Graphical User Interface (GUI) such as JavaScript, CSS and HTML.

Before...

Initially I completed my leaving certificate and worked in several areas within the construction industry over a number of years - gaining tickets and licenses for elevated machinery, fire suppression and confined spaces. Four years ago, I qualified as a coded pipe welder as certified by City and Guilds.

The story so far...

After meeting with a Guidance Counsellor in Carlow Adult Guidance Service, I then decided to do a beginner Python programming course via e-college. I enjoyed this course and progressed onto a KCETB Training Services Software Development traineeship (which is being delivered online at the moment due to Covid 19) with the hope of returning to the class room as soon as possible.

Next steps...

I would like to return to work as soon as possible or continue to I.T. Carlow to complete a degree in Software Development.

Any challenges along the way?

I would prefer face to face learning in a classroom or on zoom compared to an online course where communication is via email only.

What are the benefits of returning to education?

As a mature student I see the value in upskilling and learning skills which will help me find a job in the computing Industry and will open up job opportunities in the future.

What are the skills you have gained / developed?

The Software Development Traineeship has improved my communication skills and computer skills on Microsoft Office packages such as MS Word and MS Excel as well as leadership and computer programming skills. I feel more confident in myself and I believe that I am increasing my chances of getting employment in the future.

Any advice for someone thinking of returning to education?

Just do it!

Guidance Counsellor / Co-ordinator:

Ms Orla Reddy

County Kilkenny Adult Guidance Service

Lower New Street, Kilkenny,
R95 AV65

T: 056 776 4448

E: [adultguidance@
kkadulthood.ie](mailto:adultguidance@kkadulthood.ie)

Facebook: County Kilkenny
Adult Guidance Service

Guidance Counsellor / Co-ordinator:

Mr Shane Rooney

County Carlow Adult Guidance Service

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

T: 059 913 3123

E: [info@
carlowadultguidance.ie](mailto:info@carlowadultguidance.ie)

Facebook: County Carlow
Adult Guidance Service

Other Providers

Construction and Trades / Practical Skills

ARC Training Services Ltd

New Acre, Athy Road, Carlow

Tel: 059 913 1624

Email: info@arctrainingsolutions.com

Web: www.arctrainingsolutions.com

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

Private and funded courses provided

Carlow County Development Partnership

Main Street, Bagenalstown, Co. Carlow

Tel: 059 972 0733

Email: reception@carlowdevelopment.ie

Web: www.carlowdevelopment.ie

Courses for adults out of the labour market:

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

Barrow Training and Consultancy

High Street, Bagenalstown, Co. Carlow

Tel: 059 972 1416

Email: marketing@barrowtraining.ie

Web: www.barrowtraining.ie

Online and Blended Learning

- Chemical Awareness (p/t)
- Covid 19 Return to Work Awareness for Staff (p/t)
- Covid 19 Return to Work Procedures for Managers/ Supervisors (p/t)
- Driver Safety Awareness (p/t)
- Fire Safety Awareness (p/t) *
- Manual Handling (p/t) *
- Working at Heights (p/t)

Kilkenny and Carlow ETB Courses

Carlow Institute of Further Education and Training Kilkenny and Carlow ETB

Mortarstown Upper, Carlow, R93 X0FX

Tel: 059 913 4230 **Email:** info@carlowinstitute.ie **Web:** www.carlowinstitute.ie

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award 5M2145 *^
Timetable	Full time course

Motor Technology

- QQI Level 5 Automotive Technology (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=305069

Course Content: Auto Electricity, Communications, Engineering Workshop Processes, Mathematics, Motor Vehicle Theory, Motor Vehicle Practice, Safety and Health at Work, Work Experience.

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award 5M5010 *^
Timetable	Full time course

Construction Technology

- QQI Level 5 Construction and Building (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=305068

Course Content: Architectural Drawing, Building Construction, Communications, Computer Aided Draughting (2D), Safety and Health at Work, Wood Fabrication, Work Experience.

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award 5M2061 *^
Timetable	Full time course

Engineering Technology

- QQI Level 5 Engineering Technology (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=305067

Course Content: Building Construction, Communications, Computer Aided Draughting (2D), Engineering Drawing, Engineering Workshop Processes, Engineering Workshop Theory, Wood Fabrication, Work Experience.

Other Providers

Construction and Trades / Practical Skills

Barrow Training and Consultancy

High Street, Bagenalstown

Tel: 059 972 1416

Web: www.barrowtraining.ie

Online / Blended Courses

- Certified Fire Safety Awareness
- Chemical Awareness – Online
- Communications QQI Level 6 - Blended Learning
- Instructing Manual Handling - Blended Learning
- Safety Management - Blended Learning
- Team Leadership
- Work Practice - Blended Learning
- Working At Heights – Online

HCT Learning

Unit 2 Purcellsinch Business Park,
Dublin Road, Kilkenny

Tel: 056 777 0761 **Web:** www.hctlearning.ie

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

Kearney Training and Consultancy Ltd

Tel: 057 864 6619 **Web:** www.keyctc.ie

Email: info@ktcsafety.ie

Construction Services as follows:

- Construction Safety Management System Setup
- Safety Statements for the Construction Industry – Contractors, Sub Contractors and Self Employed
- Construction Health and Safety Plans
- Construction Site Safety Officer (Part time or full time)
- Site Safety Audits
- Method Statements
- Risk Assessments

Griffin College

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

Tel: 01 703 0403 | 085 867 2258

Email: info@griffin-college.com

Web: www.griffin-college.com

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

Kilkenny Employment for Youth KEY

Garden Row, Kilkenny

Tel: 056 776 2774

Web: www.keyctc.ie

Email: tsu.recruit@kilkennycarlrowetb.ie

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

Course	Certification	Max Candidates	Days	
180 Excavator Operation	CSCS/QQI	3	1	www.ktcsafety.ie/training-courses/180-excavator-training-and-ticket/
360 Excavator Operation (above 6 tonnes)	CSCS/QQI	3	1	www.ktcsafety.ie/training-courses/360-excavator-training-and-ticket-above-6-tonnes/
Articulated Dumper Operation	CSCS/QQI	4	1	www.ktcsafety.ie/training-courses/articulated-dumper-training/
Forward Tipping Site Dumper Operation	CSCS/QQI	4	1	www.ktcsafety.ie/training-courses/forward-tipping-site-dumper-operation/
Health & Safety at Roadworks	CSCS/QQI	20	1	www.ktcsafety.ie/training-courses/health-and-safety-at-roadworks/
Location of Underground Services (LUGS)	CSCS/QQI	4	2	https://www.ktcsafety.ie/training-courses/location-of-underground-services-training/

Kilkenny and Carlow ETB Courses

Construction and Trades / Practical Skills

Venue	Carlow Institute of Further Education and Training	Furniture Design and Making • QQI Level 5 Furniture Making and Woodworking (f/t) *^ www.fetchcourses.ie/course/finder?sfcw-courseid=305066
Duration	9 months	
Start Date	27/08/2021	
End Date	03/06/2022	
Certification	QQI Level 5 Major Award 5M2012 **^	Course Content: Communications, Design Skills, Drawing, Furniture Making, Wood Finishing, Wood Turning, Work Experience.
Timetable	Full time course	

Community Education Service Carlow Kilkenny and Carlow ETB

1a Meadow Court, Burrin Street, Carlow

Tel: 059 917 9376

Email: fdunne@kcetb.ie **Web:** www.kcetb.ie

Venue	Gairdin Beo, Old Dublin Road, Carlow R3E1HF	Woodwork Demonstrations Course Content: This is a practical woodwork demonstration in An Gairdin Beo. It will include how to create a two-tiered raised bed and a series of vertical planters that will suit smaller spaces and can be adapted to your own home situation.
Duration	6 Mondays (10am-1pm)	
Start Date	06/09/2021	
End Date	11/10/2021	
Certification	-	
Timetable	Part-time course	

Other Providers

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre, Athy Road, Carlow

Tel: 059 913 2152

Email: admin@carlowkilkennyskillnet.ie

Web: www.carlowkilkennyskillnet.ie

Online

Self-directed Online Learning

www.carlowkilkenny.mykademy.com

- Accident Investigation (p/t)
- Fire Safety (p/t)
- Health and Safety for Managers (p/t)

Glenn Lucas Woodturning

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

Tel: 059 972 7070

Email: info@glennlucas.com

Web: www.glennlucaswoodturning.com

- Woodturning classes and workshops for all levels (one-to-one tuition and group classes) (p/t)
- Remote Interactive Demo and Classes via Video Call (p/t)

Focused Training Ireland

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

Tel: 059 911 8912 / 089 400 9937

Email: info@focusedtrainingireland.com

Web: www.focusedtrainingireland.com

Online

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

Other Providers

Construction and Trades / Practical Skills

Lorry Mounted Crane	Lantra	4	1	www.ktcsafety.ie/training-courses/lorry-mounted-cranes-training/
Mini Digger (up to 6 Tonnes)	CSCS/QQI	3	1	www.ktcsafety.ie/training-courses/mini-digger-up-to-5-tonnes-training-course/
Mobile Crane	CSCS/QQI	2	1	www.ktcsafety.ie/training-courses/mobile-crane-training-crane-course-licence-ireland/
Ride on Roller	Lantra	4	1	www.ktcsafety.ie/training-courses/ride-on-roller-training/
Scaffolding	CSCS/QQI & Lantra	8-12	1-12	www.ktcsafety.ie/training-courses/scaffolding-courses/
Signing Lighting & Guarding	CSCS/QQI	8	3	www.ktcsafety.ie/training-courses/signing-lighting-and-guarding-at-roadworks/
Slinger/Signaller (Banksman)	CSCS/QQI	4	1	www.ktcsafety.ie/training-courses/slinger-signaller-banksman-training/
Telescopic Handler Operation (Teleporter)	CSCS/QQI	3	1	www.ktcsafety.ie/training-courses/telescopic-handler-operation-teleporter/
Tractor Dozer (Bull Dozer) Operation	CSCS/QQI	2	1	www.ktcsafety.ie/training-courses/tractor-dozer-bull-dozer-operation/

MKD Health and Safety Training

Kilmoganny, Co Kilkenny

Tel: 086 354 8461

Web: www.mkdsafety.com

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

Safepass

National Irish Safety Organisation

Tel: 01 465 9760

Web: www.niso.ie

- Safepass Training in Kilkenny (p/t) *

Safepass

Billy Moran, Kilkenny

Tel: 056 444 0883 / 087 268 3178

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

Safe Pass – Solas Learning Works

If you have a query with regard to Safe Pass, CSCS or QSCS courses please contact 01 533 2500 or send your query to CSUInfo@solas.ie

Tel: www.solas.ie/construction-lp/safe-pass/

Other Providers

Construction and Trades / Practical Skills

Hickson Safety Services

Rutland, Palatine, Co. Carlow

Tel: 086 826 2383

Web: www.hicksonsafety.ie/

- Fire Extinguisher Training (p/t) *
- Forklift Driving - Certification for Counter Balance, Reach Forklift Truck and Sideloaders (p/t) *
- Industrial Plant and Equipment (p/t) *
- M.E.W.P. / Cherrypickers Course - certification for Boom and Scissors Lift (p/t) *
- Outdoor Maintenance Training (p/t) *
- Overhead Gantry Cranes (novice and experienced operators) (p/t) *
- Roller Training (p/t) *
- Road Paver Training (p/t) *
- SafePass (p/t) *
- Safe Pass Alliance - Quarry and Mining Industry Safety Passport Training (p/t) *
- Safe Use of Lifting Equipment (novice and experienced operators) (p/t) *
- Skid Steer (p/t) *
- SOLAS QSCS - Quarries Skills Certification Scheme Experienced Operators (p/t) *
- Supervisor Training (p/t)
- The Lorry Loader (Truck Mounted Crane) (p/t) *
- Working at Heights - Harness Training (p/t) *

Hickson Safety Services also provides:

- Certification of Plant and Equipment
- Site Audits
- Safety Statements / Method Statements
- Inductions/Toolbox Talks

Institute of Technology Carlow - Lifelong Learning

Kilkenny Road, Carlow

Tel: 059 917 5280

Email: LLL@itcarlow.ie

Web: www.itcarlow.ie/public/userfiles/files/LLL-Prospectus-2021.pdf

- QQI Level 6 Certificate in Introduction to CAD and 3D Modelling (p/t) * - 12 weeks
- QQI Level 6 Certificate in Electrical Principles (p/t) * - 15 weeks
- QQI Level 6 Certificate in Fundamental PID Control (p/t) * - 10 weeks

Kilkenny and Carlow ETB Courses

KCETB Training Services - Carlow Apprenticeship Service

Tel: 087 683 2633

Email: tomas.mccarthy@kilkennycarlowetb.ie

Web: www.kcetbtraining.ie

Apprenticeship is the recognised means by which people are trained to become craftspeople in Ireland - www.apprenticeship.ie. If you require further information in relation to an Apprenticeship or if you are a business that would like to participate in the Apprenticeship Programme, please contact the Senior Training Advisor: Tomás McCarthy

Kilkenny and Carlow ETB Courses

Training Services Kilkenny and Carlow ETB Kilkenny and Carlow ETB

Unit 4, Danville Business Park, Ring Road, Kilkenny

Tel: 056 781 3014 **Email:** tsu.recruit@kilkennycarlowetb.ie **Web:** www.kcetbtraining.ie

Venue	Arc Training, Athy Rd, New Acre, Carlow
Duration	4 weeks
Start Date	09/08/2021
End Date	03/09/2021
Certification	(TIG) Stainless Steel Weld
Timetable	Full time course

TIG Welding

• Basic TIG Welding

www.fetchcourses.ie/course/finder?sfcw-courseid=323299

Course Content: The aim of this course is to up-skill and accredit, crafts-persons and senior apprentices to the first level of TIG Stainless Steel welding. Welders Approval Certification offered to EN 9606-1 SS01 standard.

Skills To Compete (refer to page 12)

Venue	Arc Training, Athy Rd, New Acre, Carlow
Duration	4 weeks
Start Date	13/09/2021
End Date	06/10/2021
Certification	MIG/MAG Weld (EN9606-1CS10)
Timetable	Full time course

MIG Welding

• Basic MIG Welding

www.fetchcourses.ie/course/finder?sfcw-courseid=323302

Course Content: 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. Welders Approval Certification in MIG process EN287 - 135 series is provided.

Skills To Compete

Construction and Trades / Practical Skills

Training Services Kilkenny and Carlow ETB

Unit 4, Danville Business Park, Ring Road, Kilkenny

Tel: 056 781 3014

Web: www.kcetb.ie | www.fetchcourses.ie

Venue	Danville
Duration	3 weeks
Start Date	13/09/2021
End Date	01/10/2021
Certification	-
Timetable	Friday mornings

Forklift Course

• Forklift, Safepass and Manual Handling

www.fetchcourses.ie/course/finder?sfcw-courseid=323249

Course Content: Learn to develop the skills, knowledge and competence to manoeuvre a Counterbalance Fork Truck safely and efficiently around obstacles, learn to operate a reach forklift truck safely and efficiently and complete manual handling and Safe Pass training.

Skills To Compete

Venue	National Learning Network Kilkenny
Duration	104 weeks
Start Date	30/8/2021
End Date	01/10/2021
Certification	QQI Level 4 (f/t) *^
Timetable	Full time course

General Learning

• Careerpath (2020-2021)

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=310102>

Course Content: English and Communications, Computer Applications, Customer Service, Functional Mathematics, Career Planning and Work Experience, Information Technology Skills, Personal Effectiveness, Retail Sales Techniques, Workplace Safety, Retail Payment Procedures.

Kilkenny and Carlow ETB Courses

Construction and Trades / Practical Skills

Venue	Carlow Town
Duration	10 weeks
Start Date	16/08/2021
End Date	22/10/2021
Certification	Varied
Timetable	Full time course

Warehouse Operations

• QQI Level 5 Warehouse Operations

www.fetchcourses.ie/course/finder?sfcw-courseId=316757

Course Content: Learn to acquire the knowledge, skill and competence to operate effectively and safely as an operative in a warehousing and or logistic environment under direction.

Certification: Warehousing QQI 5N2725, Counterbalance Forklift Truck Skills QQI 5N5831, Reach Forklift Skills QQI 5N5832, Career Planning, Manual Handling

Skills To Compete

Venue	Carlow Town
Duration	3 weeks
Start Date	04/10/2021
End Date	22/09/2021
Certification	Varied
Timetable	Full time course

Forklift, Safe Pass and Manual Handling

• Forklift, Safe Pass and Manual Handling

www.fetchcourses.ie/course/finder?sfcw-courseId=323250

Course Content: Learn to develop the skills, knowledge and competence to manoeuvre a Counterbalance Fork Truck safely and efficiently around obstacles, learn to operate a reach forklift truck safely and efficiently and complete manual handling and Safe Pass training.

Certification: Forklift Counterbalance Certificate (RTITB1), Forklift Reach Certificate (RTITBR), Electric Pallet/Stacker Truck (RTITB-EPST), Safe Pass, Manual Handling

Skills To Compete

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

Carlow Youth Training, Unit 6A, Askea Business Park, O'Brien Road, Carlow

Tel: 059 913 2245 **Email:** info@carlowyouthtraining.org **Web:** www.carlowyouthtraining.org

CYT is a Community Training Centre which provides training to early school leavers aged between 16 and 21 and who are most at need of basic vocational training.

Venue	Carlow Youth Training, Unit 6A, Askea Business Park, O'Brien Road, Carlow
Duration	52 weeks
Start Date	Continuous Intake
End Date	20/05/2022
Certification	QQI Level 3 Major Award *^
Timetable	Full time course

Employability Skills

• QQI Level 3 Employability Skills (with the option of Home Maintenance) (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=310108

Course Content: Application of Number, Art and Craft Modules, Career Preparation, Computer Based Module, General Home Maintenance Modules, Health and Safety Awareness, Personal Effectiveness or Communications.

Online Courses / Blended Learning Websites

Barrow Training and Consultancy
www.barrowtraining.ie

Carlow Kilkenny Skillnet
www.carlowkilkenny.mykademy.com

FETCH Courses
www.fetchcourses.ie

Focused Training Ireland
www.focusedtrainingireland.com

Glenn Lucas Woodturning
www.glennlucaswoodturning.com

Other Providers

Construction and Trades / Practical Skills

Safe Pass Course Providers a basic standard of safety awareness in the construction industry

Billy Moran

billmoran@eircom.net | 087 268 3178

Damien Hardiman

damien@hardimansafety.com | 087 893 5161

Solas

www.solas.ie/construction-lp/safe-pass | 01 533 2500

Manual Handling Course Providers

Barrow Training and Consultancy

www.barrowtraining.ie | 059 972 1416

David Grogan Safety Training

www.davidgrogantraining.ie | 086 104 8847

Kelron Health and Safety

info@kelron.ie | 056 777 0447

MD Safety Services

www.safetyservicesmunster.ie/manual-handling
087 149 3726

Online Courses / Blended Courses

Barrow Training and Consultancy

www.barrowtraining.ie/courses

KCETB Courses

www.fetchcourses.ie/course/finder?sfcw-
courseid=323249

Find a Course

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

Griffin College

www.griffin-college.com/

HCT

www.hctlearning.ie

Training Services Kilkenny

Tel: 056 776 2774

Email: info@keyctc.ie **Web:** www.keyctc.ie

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

• Construction • Electrical • Engineering • Motor

Welding Academy

Knocknamuck, Tullaroan, Co. Kilkenny

Tel: 056 883 5955 | 083 333 7816

Web: www.welding.ie

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



Spotlight Engineering Skills Traineeship



What are you doing now?

I am currently a student studying Electronic Engineering in IT Carlow. Previous to that, I completed an Engineering Skills Traineeship through the KCETB where I learned

about the Engineering Discipline, Materials Science and applications, and also received training in welding and fabrication.

Before...

After completing my Leaving Certificate I attained a QQI Level 5 in Music Production, Performance and Sound Engineering at Carlow Institute of Further Education. I taught guitar and music theory for several years before deciding to pursue Engineering as a possible course of study. I acquired several skills in the years following my Leaving Cert that allowed me to produce my own content for YouTube, including: video editing and production workflows, video presentation, educational material creation and photo editing skills.

The story so far...

The story so far... To date, I have attained a QQI Level 5 in Music Performance and Sound Engineering from Carlow Institute of Further Education and Training as well as a QQI Level 5 in an Engineering Skills Traineeship through KCETB. .

Next steps...

To qualify as an Electronic Engineer and to gain employment after having attained my degree. I love Engineering however as the spectrum is so broad that I wouldn't be able to predict where I might end up.

Guidance Counsellor / Co-ordinator:

Ms Orla Reddy

County Kilkenny Adult Guidance Service

Lower New Street, Kilkenny,
R95 AV65

T: 056 776 4448

E: [adultguidance@
kkadulthood.ie](mailto:adultguidance@kkadulthood.ie)

Facebook: County Kilkenny
Adult Guidance Service

What are the benefits of returning to education?

The benefits of returning to education, for me, are the possibilities of meeting and engaging with people from all around the world, gaining practical knowledge and skills that you can apply to other areas of your life, and learning how to think about solving problems as an individual, and as part of a team.

Any challenges along the way?

From studying Music, I have learned that it often can take a long time, and require a lot of patience, to see the improvements we want to see with

our skills. Everything takes time, and we should always have patience with ourselves as we learn.

And from the Electronic Engineering Degree I have learned that there is an infinite amount of knowledge that we do not know. No matter what your educational pathway is, there will always be something that you don't know and that can learn from. Make sure to pay attention, and always question your understanding.

Words of Wisdom...

As Socrates once said, "Know Thyself". In other words, I think it is absolutely vital to understand what kind of person you are. What your strengths, and weaknesses are before returning to the right educational pathway for you. Your local Adult Education and Guidance Service can help you answer those questions before you make your next move.

Guidance Counsellor / Co-ordinator:

Mr Shane Rooney

County Carlow Adult Guidance Service

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

T: 059 913 3123

E: info@
carlowadultguidance.ie

Facebook: County Carlow
Adult Guidance Service

Other Providers

Cookery / Culinary / Food

Bagenalstown Family Resource Centre

Royal Oak Road, Moneybeg,
Bagenalstown, Co. Carlow

Tel: 059 972 2028

Email: bagenalstownfrc70@gmail.com

Web: www.bagenalstownfamilyresourcecentre.ie

- Healthy Cookery classes are ongoing and run at various times throughout the year based on demand (p/t). Please call or email the centre for up-to-date information.

Barrow Training and Consultancy

High Street, Bagenalstown, Co. Carlow

Tel: 059 972 1416

Email: marketing@barrowtraining.ie

Web: www.barrowtraining.ie

Online

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

Ballon Business and Training Services

The Old School, Ballon, Co. Carlow

Tel: 059 915 9447

Email: ballonbts@gmail.com

Web: www.ballonbts.com | www.facebook.com/BallonBusinessTrainingService/

For up-to-date information on the training courses scheduled please contact the centre directly or view their Facebook page.

Kilkenny and Carlow ETB Courses

Carlow Institute of Further Education and Training

Mortarstown Upper, Carlow, R93 X0FX

Tel: 059 913 4230 **Email:** info@carlowinstitute.ie **Web:** www.carlowinstitute.ie

Venue	Carlow Institute of Further Education and Training	Hospitality Operations
Duration	9 months	• QQI Level 5 Hotel and Hospitality Operations (f/t) * [^] PLC
Start Date	27/08/2021	Work-Based programme
End Date	03/06/2022	www.fetchcourses.ie/course/finder?sfcw-courseid=315917
Certification	QQI Level 5 Major Award 5M2083 * [^]	Course Content: Accommodation Techniques, Communications, Customer Service, Food Preparation, Reception and Front Office Skills, Restaurant Hospitality, Spreadsheet Methods, Word Processing, Work Experience.
Timetable	Full time course	
Venue	Carlow Institute of Further Education and Training	Professional Cookery
Duration	9 months	• QQI Level 5 Professional Cookery and Chef Training (f/t) * [^]
Start Date	27/08/2021	www.fetchcourses.ie/course/finder?sfcw-courseid=305013
End Date	03/06/2022	Course Content: Culinary Techniques, Food Safety and HACCP. Food Science and Technology, Meal Service, Pastry, Baking and Desserts, International Cuisines, Menu Planning and Applied Nutrition, Personal Effectiveness, Spreadsheet Methods, Work Practice.
Certification	QQI Level 5 Major Award 5M2088 * [^]	
Timetable	Full time course	

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre, Athy Road, Carlow

Tel: 059 913 2152 **Email:** admin@carlowkilkennyskillnet.ie **Web:** www.carlowkilkennyskillnet.ie

Online

Self-directed online learning

www.carlowkilkenny.mykademy.com/

- HACCP Food Safety Level 1 and 2 (p/t)
- HACCP Food Safety Level 3 (p/t)

Other Providers

Cookery / Culinary / Food

Barrow Training and Consultancy

High Street, Bagenalstown

Tel: 059 972 1416

Web: www.barrowtraining.ie

Online / Blended Courses

www.barrowtraining.ie/courses/hospitality/hospitality-qqi

- QQI Level 4 Tourism Visitor Care 4N0628 (p/t) * (blended)
- QQI Level 5 Restaurant Hospitality 5N2028 (p/t) * (blended)
- QQI Level 5 Tourism Principles and Practice 5N2078 (p/t) * (blended)

Hospitality Workshops (Online) (p/t)

- Certified Food Safety Essentials FSAI 1
- Certified Principles of HACCP and Food Safety FSAI 2
- Food Allergen Awareness
- Serving Alcohol Sensibly

Hospitality Workshops (blended) (p/t)

- Bar Skills
- Barista Skills
- Cocktail Service
- Drinks Service
- Food Service
- Wine Service

Cooking Classes at Eden Hall

Ballyragget, Co. Kilkenny

Tel: 056 883 0838 / 087 285 8753

Web: www.cookingclasses.ie

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

Kilkenny City Tours

Ivan Sheridan

Tel: 086 730 1500

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

Kilkenny Tasting Tours

Anne Neary

Tel: 086 276 7656

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

Cater Care Ltd

Kilkenny

Tel: 061 469 008

Web: www.catercare.ie

www.barrowtraining.ie/courses/hospitality/hospitality-qqi

www.catercare.ie/training/qqi-accredited-training/#t_nav

- QQI Level 5 Implementing Food Safety Management Systems (p/t) * – 3 days
- QQI Level 5 Menu Planning and Applied Nutrition (p/t)* – 4 days
- QQI Level 6 Designing Food Safety Management Systems (p/t) * – 4 days
- QQI Level 6 Conducting Food Standards Auditing (p/t) * – 3 days

Training and Support around COVID-19 and the Work Place

Online Training

- FREE Food Allergy Training for Food Businesses
- Food Safety, HACCP and Allergen Awareness Training (Food Safety Authority of Ireland Level 1)
- Food Safety Requirements and Safe Lifting Skills

HCT Learning

Unit 2 Purcellsinch Business Park,
Dublin Road, Kilkenny

Tel: 056 777 0761 **Web:** www.hctllearning.ie

www.hctllearning.ie/courses-food.php

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

Kilkenny Employment for Youth KEY

Garden Row, Kilkenny

Tel: 056 776 2774

Web: www.keyctc.ie

- QQI Level 3 Catering and Art (f/t) *
- QQI Level 3 Catering and Hospitality (f/t) *

Kilkenny and Carlow ETB Courses

Cookery / Culinary / Food

Community Education Service Carlow Kilkenny and Carlow ETB

1A Meadow Court, Burrin Street, Carlow

Tel: 059 917 9376

Email: fdunne@kcetb.ie

Web: www.kcetb.ie

Online

Cookery Classes

Venue: Online

Start Date: Rolling intake

Duration: 6 weeks

Timetable: 2 hours per week

Other Providers

Focused Training Ireland

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

Tel: 059 911 8912 / 089 400 9937

Email: info@focusedtrainingireland.com

Web: www.focusedtrainingireland.com

Online

- Achieving Food Hygiene Rating Level 5 Introduction to HACCP Level 2 (p/t) *
- Level 1 Food Safety – Catering (p/t) *
- Level 2 Food Safety – Catering (p/t) *
- Level 1 Food Safety – Manufacturing (p/t) *
- Level 2 Food Safety – Manufacturing (p/t) *
- Level 1 Food Safety – Retail (p/t) *
- Level 2 Food Safety – Retail (p/t) *
- Supervising Food Safety – Level 3 (p/t) *

Eco Trails Blackstairs

The Old Rectory, Killedmond,
Borris, Co. Carlow

Tel: 059 977 3184/ 087 270 7189

Facebook: www.facebook.com/blackstairsecotrails

Web: www.blackstairsecotrails.ie

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

Hacketstown Core Centre

Hacketstown, Co. Carlow

Email: hacketstowncore@gmail.com

Facebook: Hacketstown Community Group

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

St. Catherine's Community Services Centre

St. Joseph's Road, Carlow

Tel: 059 913 8706

Web: www.catherines.ie

- Evening cookery classes (p/t)

Kilkenny and Carlow ETB Courses

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

Carlow Youth Training, Unit 6A, Askea Business Park, O'Brien Road, Carlow

Tel: 059 913 2245 **Email:** info@carlowyouthtraining.org **Web:** www.carlowyouthtraining.org

CYT is a Community Training Centre which provides training to early school leavers aged between 16 and 21 and who are most at need of basic vocational training.

Venue	Carlow Youth Training, Unit 6A, Askea Business Park, O'Brien Road, Carlow	Employability Skills (catering option)
Duration	52 weeks	• QQI Level 3 Employability Skills (catering option) (f/t) * [^]
Start Date	Continuous Intake	www.fetchcourses.ie/course/finder?sfcw-courseId=310108
End Date	20/05/2022	Course Content: Application of Number, Career Preparation, Computer Based Module, Culinary Operations, Health and Safety, Nutrition and Healthy Options, Personal Effectiveness or Communications.
Certification	QQI Level 3 Major Award * [^]	This course is aimed at 16 – 21 year old early school leavers.
Timetable	Full time course	

Other Providers

Cookery / Culinary / Food

Loughboy Library

Loughboy, Kilkenny

Tel: 056 779 4176 | 056 779 4160

Email: info@kilkennylibrary.ie

Web: www.kilkennylibrary.ie

www.librariesireland.iii.com/iii/encore/search/C__Scookery__Orighresult__U?lang=engandsuite=def

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

Online Resources Available

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

Emagazines

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

Ryeland House Cookery School

Cuffesgrange, Co. Kilkenny

Tel: 056 772 9073

Web: www.ryelandhousecookery.com

www.ryelandhousecookery.com/ryeland_house_kilkenny_ireland_day_classes.html

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

The Edward Hayden School of Cookery

Mill Road, Graiguenamanagh, Co. Kilkenny

Edel Bolger: 087 776 3312

Email: info@edwardhayden.ie

Web: www.edwardhayden.ie/cookery-school/

Online

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

Kilkenny and Carlow ETB Courses

Training Services Kilkenny and Carlow ETB

Unit 4, Danville Business Park, Ring Road, Kilkenny

Tel: 056 781 3014

Web: www.kcetb.ie | www.fetchcourses.ie

Venue	Gowran Park Training Kitchen, Gowran, Co. Kilkenny
Duration	10 weeks
Start Date	16/9/2021
End Date	24/11/2021
Certification	Pastry Baking and Desserts 5N2084
Timetable	Thursday and Friday

Professional Cookery

- QQI Level 5 Pastry Baking and Desserts

www.fetchcourses.ie/course/finder?sfcw-courseId=325960

Course Content: The purpose of this minor award is to equip learners with the knowledge, skills and competence to produce a range of baked goods, including breads, pastries and hot and cold desserts.

Skills To Advance (refer to page 12)

The Wine Academy Ireland

Mary Gaynor, The Quay, Thomastown, Co. Kilkenny

Tel: 056 772 4894 | 087 244 8321

Web: www.wineacademy.ie

Other Providers

Cookery / Culinary / Food

The Chocolate Garden of Ireland

Rath, Tullow, Co. Carlow

Tel: 059 648 1999

Email: info@chocolategarden.ie

Web: www.chocolategarden.ie

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

The Nutrition Clinic Online

Carlow Gateway Business Centre, Athy Road. Carlow

Tel: 086 388 2975

Email: suzanne@nutritionclinic.ie

Web: www.nutritionclinic.ie

- The Gut Reset Five Week Course (p/t)
- Offering workshops in basic nutrition for everyday application as either 4 or 6 week duration (2 hours per class).
- Other specialist topics and one-off sessions also available. (p/t)

Thrive With Lorraine

Thrive Hub, Tullow, Co. Carlow

Tel: 059 913 2245 **Email:** nutrition@thrivestore.ie **Web:** www.thrivewithlorraine.ie

Venue	Thrive Hub, Tullow, Co. Carlow
Duration	Varied
Start Date	Continuous Intake
End Date	-
Certification	-
Timetable	Part-time course

Cooking to destress and digest (p/t)

One day Masterclass (10am-4pm)

Next Course Date: 04/09/2021

Learn how to: reduce stress in your body, support cravings naturally, boost digestion and Increase your energy levels. The Masterclass includes: yoga and 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.

Stretch your Palate (p/t)

A seven-week adventure into the world of yoga, movement, nutrition, cooking, breathwork and so much more

Next Course Date: 30/09/2021 (Thursdays 7pm-9pm)

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.

Online Courses / Blended Learning Websites

Ballon and Business Training Services
www.ballonbts.com

Barrow Training and Consultancy
www.barrowtraining.ie

FETCH Courses
www.fetchcourses.ie

Online Courses / Blended Learning Websites

Focused Training Ireland
www.focusedtrainingireland.com

KCETB Community Education Service Carlow
www.kcetb.ie

The Nutrition Clinic
www.nutritionclinic.ie

Other Providers

Cookery / Culinary / Food

Venue	Gowran Park Training Kitchen, Co. Kilkenny	Culinary Skills • QQI Level 4 Culinary Skills - STA 2 – Traineeship https://www.fetchcourses.ie/course/finder?sfcw-courseid=329798
Duration	40 weeks	
Start Date	18/10/2021	Course Content: Personal Effectiveness, Menu Planning, Catering Operations and Systems, Culinary Techniques, Pastry, Baking And Desserts, Career Preparation and Planning, Mathematics, Information Technology Skills (Community).
End Date	22/07/2022	
Certification	QQI Level 4	
Timetable	Tuesday's	

Venue	National Learning Network Kilkenny	General Learning • QQI Level 4 Introduction to Working in Hospitality/Tourism (2020-2021) (f/t) *^ https://www.fetchcourses.ie/course/finder?sfcw-courseid=289144
Duration	104 days	
Start Date	30/08/2021	Course Content: Career Planning, English and Communications, Computer Applications, Customer Service, Food and Nutrition, Functional Maths, Health Related Fitness, Information Technology Skills, Personal Effectiveness, Work Experience, Workplace Safety, Stock Control, Retail Sales Techniques, Retail Payment Procedures, Tourism Visitor Care.
End Date	22/07/2022	
Certification	QQI Level 4	
Timetable	Full time	

Other Providers

The Wine Academy Ireland

Mary Gaynor, The Quay, Thomastown, Co. Kilkenny

Tel: 056 772 4894 | 087 244 8321

Web: www.wineacademy.ie

Online Courses / Blended Courses

Ballymaloe Cookery School
www.cookingisfun.ie/

CaterCare
www.catercare.ie/training/online-training

Catherine Fulvio
www.catherinefulvio.com/online-cookery-school/

East Coast Cookery School
www.eastcoastcookeryschool.ie/

Fetchcourses
www.fetchcourses.ie

HCT Learning
www.hctllearning.ie/

Nightcourses
www.nightcourses.com/course-category/furtherlearning/arts-crafts-hobbies/cookery

The Edward Hayden School of Cookery
<https://edwardhayden.ie/cookery-school/>

Other Providers

Counselling, Social and Humanities

Barrow Training and Consultancy

High Street, Bagenalstown, Co. Carlow

Tel: 059 972 1416

Email: marketing@barrowtraining.ie

Web: www.barrowtraining.ie

Online

- QQI Level 5 in Child Development (p/t) *
- QQI Level 5 in Child Psychology (p/t) *
- QQI Level 5 in Intellectual Disability Studies (p/t) *
- QQI Level 5 in Social Studies (p/t) *
- QQI Level 5 in Understanding Mental Health (p/t) *
- Dealing with Challenging Behaviour (p/t)
- End of Life (p/t)
- Safeguarding Vulnerable People at Risk of Abuse (p/t)

CIELS (Carlow Institute of English Language Services)

Askea, Carlow, R93 K5P2

Tel: 086 406 0804

Email: info@ciels.ie / danny@ciels.ie

Web: www.ciels.ie

Online

- Business Writing Skills (p/t)
- STAR Interview Skills (p/t)
- Presentation Skills (p/t)
- Essay Writing Skills (p/t)
- Professional E-mail Writing Skills (p/t)

Carlow College, St. Patrick's

College Street, Carlow

Tel: 059 915 3200

Email: slo@carlowcollege.ie

Web: www.carlowcollege.ie

Carlow College, St. Patrick's offers a range of exciting and relevant programmes that cater for a variety of interests. The lecturers are highly qualified, committed and enthusiastic individuals who believe education in Carlow College will provide opportunities for new experiences and help the learner acquire skills and friendships in a community of like-minded people.

If you are interested in exploring specific areas of study then the Evening Courses, available in both semesters (Autumn and Spring), in History, Creative Writing, Philosophy and Psychology for example might be of interest.

If you would like Personal Development opportunities you can study modules within the disciplines of the College: History, Psychology, English, Creative Arts and Media Studies, Philosophy and Theology.

Carlow College is committed to equality, diversity and inclusion for all students regardless of identity and background. They strive to create an inclusive and transformative educational experience where each student is valued for their individuality. Students are encouraged to reach their full potential by staff and their peers through a supportive and empowering learning journey.

Kilkenny and Carlow ETB Courses

Carlow Institute of Further Education and Training

Mortarstown Upper, Carlow, R93 X0FX

Tel: 059 913 4230 **Email:** info@carlowinstitute.ie **Web:** www.carlowinstitute.ie

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award *^
Timetable	Full time course

Social Studies

- Certificate in Applied Social Studies (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=305072

Course Content: Communications, Equality and Disability, Intercultural Studies, Psychology, Social Studies, Understanding Community Development, Work Experience, Young People and Society

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award *^
Timetable	Full time course

Pre-University Arts and Humanities

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

www.fetchcourses.ie/course/finder?sfcw-courseId=305007

Course Content: Communications, Creative Writing, English Literature, History, Personal Professional Development, Philosophy, Psychology, Research and Study Skills

Other Providers

Counselling, Social and Humanities

Barrow Training and Consultancy

High Street, Bagenalstown

Tel: 059 972 1416

Web: www.barrowtraining.ie

Online / Blended Courses

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

Community Education (KCETB)

Community Education Service,
Lower New Street, Kilkenny

Tel: Siobhán O'Brien 056 778 6896

Email: Siobhan.O'Brien@kilkennycarlowetb.ie

Taster Events of courses available through Community Education Kilkenny

Week of Monday 20th September

Monday – Friday

10.30 am – 12.30 pm

Flower Arranging, Art, Chair exercise and dance, drumming, mindfulness.

Kilkenny Recreation and Sports Partnership

John's Green House, John's Green,
Kilkenny, R95 CX92

Email: info@krsp.ie

Web: www.krsp.ie/courses/ |
www.facebook.com/Kilkennysports

Disability Awareness Coaching

This course is aimed at coaches, clubs, sports development officers, volunteers, sports leaders, youth club leaders, those involved in or with an interest in the inclusion of people with a disability in sports and physical activity. The 2 ½ hour course aims to enable coaches to apply their knowledge and skills when coaching participants with disabilities.

Inclusive Games Workshop

This workshop may be of help for your organisation, club, school etc. This workshop will provide those attending with an opportunity to participate in a variety of games that are suitable for children and adults with disabilities. The tutor will demonstrate a number of games that can be used as warm-ups, cool downs or as part of the main session. Participants will also be shown how to adapt the games to meet the specific needs of those they are working with.

Disability Inclusion Training

It is a theory and practical course that covers terminology, barriers to participation, legislation and guidance and an introduction to disability sports and ways of adapting activities to make them inclusive.

This course has been designed for a range of audiences including National Governing Bodies, Coaches, Volunteers, Teachers/SNA, Administrative staff, Leisure Personal and Sports Development Officers.

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre,
Athy Road, Strawhall, Carlow

Tel: 059 913 2152

Email: admin@carlowkilkennyskillnet.ie

Web: www.carlowkilkennyskillnet.ie
| www.eventbrite.ie

Online

Self-Directed Learning

- Art of Listening
- Crisis Intervention
- Employment Law (p/t)
- Self-care
- The Five pillars of a Caregiving Experience
- The Role of Culture

Irish Wheelchair Association Kilkenny

Eimear Phelan, Claddagh Court,
College Road, Kilkenny

Tel: 056 776 2775

Email: eimear.phelan@iwa.ie

- Life Skills Training
- www.iwa.ie/services/young-adults/life-skills-training/

Kilkenny and Carlow ETB Courses

Counselling, Social and Humanities

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award ^{^^}
Timetable	Full time course

Pre-University Politics and International Studies

- Certificate in General Studies - Pre-University Politics and International Studies (f/t) ^{^^}

www.fetchcourses.ie/course/finder?sfcw-courseId=315908

Course Content: Conflict Resolution, European Studies, Intercultural Studies, Political Philosophy, Political Studies, Spanish, Teamworking, Personal Professional Development

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award ^{^^}
Timetable	Full time course

Legal Studies

- Certificate in Legal Studies (f/t) ^{^^}

www.fetchcourses.ie/course/finder?sfcw-courseId=305016

Course Content: Business Law, Communications, Criminal Law, Family Law, Legal Practice and Procedures, Safety and Health at Work, Word Processing, Work Experience

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award ^{^^}
Timetable	Full time course

Psychology

- Certificate in Psychology (f/t) ^{^^}

www.fetchcourses.ie/course/finder?sfcw-courseId=318283

Course Content: Behavioural Studies, Communications, Conflict Resolution, Personal Effectiveness, Psychology, Research and Study Skills, Understanding Mental Health, Work Experience

Community Education Service Carlow Kilkenny and Carlow ETB

1A Meadow Court, Burrin Street, Carlow

Tel: 059 917 9376

Email: fdunne@kcetb.ie

Web: www.kcetb.ie

Online

Creative Writing

Venue: Online

Start Date: Rolling intake

Duration: 6 weeks

Timetable: 2 hours per week

Other Providers

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre, Athy Road, Carlow

Tel: 059 913 2152

Email: admin@carlowkilkennyskillnet.ie

Web: www.carlowkilkennyskillnet.ie

Online

- HR Essentials (p/t) – 28/09/2021

Equinox Education Services Ltd

Carlow Gateway Business Centre,
Athy Road, Carlow, R93 C7P6

Tel: 059 917 9340 / 087 997 5625

Email: info@equinox4study.com

Web: www.equinox4study.com

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

Kilkenny and Carlow ETB Courses

Counselling, Social and Humanities

Ormonde College of Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321

Email: info@ormondecollege.ie

Web: www.ormondecollege.ie

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award (f/t) *^
Timetable	Full time course

Community Care

- QQI Level 5 Community Care with Social Studies (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=321400>

Course Content: Work Experience, Safety and Health at Work, Communications Level 5, Care of Older Person, Care Provision and Practice, Human Growth and Development, Nutrition, Social Studies, Infection Prevention and Control.

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award (f/t) *^
Timetable	Full time course

Community Health Services

- QQI Level 5 Applied Psychology (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=321410>

Course Content: Work Experience, Communications, Care Support, Child Development, Community Addiction Studies, Human Growth and Development, Social Studies, Psychology.

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award (f/t) *^
Timetable	Full time course

Nursing Studies

- QQI Level 5 Nursing Studies (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=321403>

Course Content: Work Experience, Communications, Anatomy and Physiology, Care Provision and Practice, Human Growth and Development, Nursing Theory and Practice, Nutrition, Infection Prevention and Control, Biology.

Other Providers

PCI College

Kilkenny

Tel: 01 464 2268 **Web:** www.pccollege.ie

- **Certificate in Counselling & Psychotherapy** | 5 months | October 2021 (p/t) *^
www.pccollege.ie/counselling-courses/foundation-counselling-psychotherapy

- **Certificate in Counselling & Psychotherapy** | Blended | 4 Modules | Apply Anytime (p/t) *
www.pccollege.ie/counselling-courses/online-and-blended-learning

- **BSc Honours Counselling & Psychotherapy** | 4 Years (p/t) *
www.pccollege.ie/counselling-courses/degree-counselling-psychotherapy

- **BSc Honours Counselling & Psychotherapy Upgrade Course** | 2 Years (p/t) *
www.pccollege.ie/counselling-courses/degree-counselling-psychotherapy-upgrade

- **Certificate in Psychology** | Online | 5 Modules | Apply Anytime (p/t) *
www.pccollege.ie/psychologycourses/onlinepsychology

Other Providers

Counselling, Social and Humanities

Focused Training Ireland

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

Tel: 059 911 8912/ 089 400 9937

Web: www.focusedtrainingireland.com

Online

Classroom Based Courses

- Understanding your own mental health Level 1 (p/t) * QNUK accreditation
- Understanding Mental Wellbeing in the Workplace Level 2 (p/t) * QNUK accreditation
- Supporting individuals during a mental health crisis in work Level 3 (p/t) * QNUK accreditation
- Mental Health Instructor Training

Online Courses

- Conflict Management (p/t) *
- Developing Employee Relations (p/t) *
- Developing Teamwork (p/t) *
- Introduction to Emotional Intelligence (p/t) *
- Leadership Skills (p/t) *
- Managing Meetings (p/t) *
- Negotiation (p/t) *
- Stress Management (p/t) *
- Time Management (p/t) *

Social Care Training Ireland

Unit 4, Lismard House, Tullow Street, Carlow

Tel: 087 9576221

Email: info@socialcaretraining.ie

Web: www.socialcaretraining.ie

Online

Social Care Training Ireland provide a wide range of services that can be tailored to meet the needs of both practitioners and organisations. Social Care Training Ireland can also develop bespoke training courses, tailored specifically to organisation's requirements.

- Designated Liaison Person Training (p/t)
- Leadership and Management in Social Care (p/t)
- Post Crisis Debriefing (p/t)
- Professional Report Writing for Social Care Professionals (p/t)
- Professional Supervision Skills for Social Care Managers and Leaders (p/t)
- Safeguarding Vulnerable Adults Training (p/t)

Institute of Technology Carlow - Lifelong Learning

Kilkenny Road, Carlow

Tel: 059 917 5280

Email: LLL@itcarlow.ie

Web: www.itcarlow.ie/public/userfiles/files/LLL-Prospectus-2021.pdf

- Part-time evening courses over one or two semesters (13 weeks) with QQI Level 6 Certification
- Advocacy (p/t) *
- Ageing Studies (p/t) *
- Caring for the Developing Child (p/t) *
- Cognitive and Social Psychology (p/t) *
- Groupwork and Facilitation Skills (p/t) *
- Introduction to Criminology and the Irish Justice System (p/t) *
- Introduction to Social Care (p/t) *
- Introduction to Psychology (p/t) *
- Irish Architectural History (p/t) *
- Legal Practice and Procedure (p/t) *
- Legal Research and Communications (p/t) *
- Organisational Psychology (p/t) *
- The Irish Legal System (p/t) *

Online Courses / Blended Learning Websites

Barrow Training and Consultancy
www.barrowtraining.ie

Carlow Institute of English Language Services (CIELS)
www.ciels.ie

Carlow Kilkenny Skillnet
www.carlowkilkennyskillnet.ie

Equinox Education Services Ltd
www.equinox4study.com

Focused Training Ireland
www.focusedtrainingireland.com

KCETB Community Education Service Carlow
www.kilkennycarlow.etb.ie/further-education-and-training/community-education-service/

Social Care Training Ireland
www.socialcaretraining.ie

Other Providers

Counselling, Social and Humanities

Venue	PCI College, Kilkenny	Counselling and Psychotherapy
Duration	4 years	• BSc Honours Counselling and Psychotherapy (p/t) *
Start Date	?/10/2021	www.pcicollege.ie/counselling-courses/degree-counselling-psychotherapy
End Date	?	
Certification	QQI Level 5 Major Award **^	
Timetable	Part time course	

Venue	PCI College, Kilkenny	Counselling and Psychotherapy
Duration	2 years	• BSc Honours Counselling and Psychotherapy Upgrade Course (p/t) *
Start Date	?/10/2021	www.pcicollege.ie/counselling-courses/degree-counselling-psychotherapy-upgrade
End Date	?	
Certification	QQI Level 5 Major Award **^	
Timetable	Part time course	

Venue	PCI College, Kilkenny	Psychology
Duration	?	• Certificate in Psychology (p/t) *
Start Date	?/10/2021	https://www.pcicollege.ie/psychologycourses/onlinepsychology
End Date	?	Online 5 Modules Apply Anytime
Certification	QQI Level 5 Major Award **^	
Timetable	Part time course	

Recovery College South East

Roachpond, Kilkenny,
R95 YYC0, Kilkenny

- Morning Meditations

Online Courses / Blended Courses

Chevron Training

www.findacourse.ie/courses-ireland/bsc-hons-health-and-social/

CMIT

www.findacourse.ie/courses-ireland/certificate-in-social-care/

Drug and Counselling

www.findacourse.ie/courses-ireland/drug-and-alcohol-counselling/

KCETB Courses

www.fetchcourses.ie

ICHAS

www.ichas.ie/counselling-courses-psychotherapycourses

Kilkenny Library

www.kilkennylibrary.ie

Night Courses

www.nightcourses.com/

Open University

www.openuniversity.edu/welcome/study-socialsciences-with-the-open-university

PCI College

www.pcicollege.ie/counselling-courses/onlineand-blended-learning

Other Providers

Creative Arts

ArtLinks

Carlow County Arts Office

Tel: 059 917 0301

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

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

Kilkenny and Carlow ETB Courses

Back to Education Initiative (BTEI) Kilkenny and Carlow ETB

1B Meadow Court, Burrin Street, Carlow

Tel: 059 913 9532

Email: bteicarlow@kilkennycarlowetb.ie **Web:** www.kcetb.ie

Venue	BTEI, 1B Meadow Court, Burrin Street, Carlow	Desktop Publishing
Duration	13 weeks	• QQI Level 4 ICT (p/t) *^
Start Date	06/09/2021	Course Modules:
End Date	06/12/2021	• Desktop Publishing (4N1854)
Certification	QQI Level 4 Minor Award	www.fetchcourses.ie/course/finder?sfcw-courseId=322775
Timetable	Part time	

Bagenalstown Family Resource Centre

Royal Oak Road, Moneybeg,
Bagenalstown, Co. Carlow

Tel: 059 972 2028

Email: bagenalstownfrc70@gmail.com

Web: www.bagenalstownfamilyresourcecentre.ie

• Art and Crafts classes are ongoing and run at various times throughout the year based on demand (p/t). Please call or email the centre for up-to-date information.

Ballon Business and Training Services

The Old School, Ballon, Co. Carlow

Tel: 059 915 9447

Email: ballonbts@gmail.com

Web: www.ballonbts.com | www.facebook.com/BallonBusinessTrainingService/

For up-to-date information on the training courses scheduled please contact the centre directly or view their Facebook page.

Belwira Art

The Old School, Ballon, Co. Carlow

Tel: 085 122 6021

Email: belwirainfo@gmail.com

Web: www.belwiraart.com

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

Ballinkillen Lorum Community Centre

Ballinkillen, Bagenalstown, R21 ED29

Tel: 059 977 5175/ 089 257 8122

Email: officeblccc@gmail.com

Web: www.facebook.com/ballinkillenlorumccc/

For up-to-date information on the training courses scheduled please contact the centre directly or view their Facebook page.

Before and After

55 Dublin Street, Carlow

Tel: 086 400 8270

Email: beforeandafter55@gmail.com

Web: www.kinteriordesign.ie

- Interior Design Workshops (p/t)
- Painting and Decorating Workshops (p/t)

Blackstairs Film Society

Rathanna Community Hall

Web: www.blackstairsfilmsociety.com | www.facebook.com/blackstairsfilmsocietyborris/

• Blackstairs Film Society was formed to provide art house and foreign language film to the local community in and around Borris and the Blackstairs Mountains.

Other Providers

Creative Arts

Baurnafea Willow Works

Castlewarren, Co. Kilkenny

Tel: 059 972 6947**Web:** www.baurnafeastudio.ie

- One-day creative willow workshops. Learn the basic basketry techniques of this traditional skill. All classes are small groups. Suitable for beginners and improvers.

Castlecomer Library

Castlecomer, Co. Kilkenny

Tel: 056 444 0561 **Email:** info@kilkennylibrary.ie**Web:** www.kilkennylibrary.ie

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

Online Resources Available

- Download bestselling ebooks, e-audiobooks and emagazines for FREE.
- Choose from thousands of titles from popular authors and different genres.
- Easy to read with different fonts sizes and backgrounds - including Dyslexic.
- Easy listening with sleep timer function and adjustable playback speeds.
- Use on smartphones and tablets or on PC and ereader devices
- FREE App available: App Store, Google Play, Amazon App Store (Kindle Fire only) Emagazines
- Browse and download your favourite magazines from 250 + popular titles
- FREE access from anywhere
- No checkout limits
- Current and back issues available
- FREE App available on APP store, Google Play and Amazon App Store

Design and Crafts Council of Ireland

Castle Yard, Kilkenny

Tel: 056 776 1804 **Web:** www.dcci.ie/**• Jewellery and Goldsmith Skills and Design Course (f/t) ****

This two year programme located at DCCI's headquarters in Kilkenny City specialises in the tradition of precious metals and gemstones, covering design, production techniques and manufacture.

www.jewellerycourse.ie | Facebook

• Ceramics Skills and Design Course (f/t) **

Our two year intensive skills based programme located in Thomastown, Co. Kilkenny specialises in production skills, clay and glaze technology, kiln theory and operation, surface treatments, drawing and design, the history of ceramics and contemporary practice.

www.jewellerycourse.ie

• Future Makers Awards and Supports

DCCI's annual Future Makers Awards and Supports programme rewards the next generation of creative makers, providing support for development of an exciting career in the design and craft industry. The programme funds research, training, residencies, exhibitions, studio development and more.

www.futuremakers.ie

Castlecomer Discovery Park

The Estate Yard, Drumgoole, Castlecomer, Co. Kilkenny, R95 HY7X

Web: www.belwiraart.com | www.facebook.com/BELwiraArt

Workshop offer for 2021/22

- "Relaxing Art for Adults" with Elwira Bernaciak
- Painting using acrylic paints and mixed media.
- Private 2.5h 1: 1 session at Studio and Gallery in Castlecomer Co. Kilkenny for beginners and intermediate students. (3 sessions - you will receive a certificate of participation and knowledge of artistic tools) Reservation by email - belwira.info@gmail.com - possibility to buy a gift voucher for someone else for the workshop. Creative materials will be available in the studio. Possibility to conduct workshops in a group of three people, after determining all safety details. The price of the workshop depends on the number of sessions and groups. You will get all the information in the email.

David Comerford

Woodturning Classes, Thomastown, Co Kilkenny

Tel: 087 272 9608 | 056 772 4491**Web:** www.davidcomerford.net/classes.html**Email:** burrwood@gmail.com**Classes are available in:**

- Spindle Turning
- Bowl Turning
- Texturing and Decoration Techniques

Full Day: 9.30am - 5.30pm

Ferrybank Library

Ferrybank Shopping Centre, Ferrybank Via Waterford

Tel: 051 897 200 | 056 779 4160**Email:** info@kilkennylibrary.ie**Online Free Resources Available Universal Class**

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

Other Providers

Creative Arts

Borris Focus Centre

The Old School,
Lower Main Street, Borris

Web: www.facebook.com/borrisfocuscentre/

- For up-to-date information on courses e.g. art classes, basket making, creative writing please view their Facebook page.

Brownshill Art Studio

Tel: 086 868 6783

Email: jeanrobertson40@gmail.com

- Adult painting classes in oils, watercolour and acrylic (p/t)
- Silk painting workshops (p/t)
- Felting workshops (p/t)
- Mural painting projects for community groups and schools

Carlow College, St. Patrick's

College Street, Carlow

Tel: 059 915 3200

Email: slo@carlowcollege.ie

Web: www.carlowcollege.ie

Carlow College, St. Patrick's offers a range of exciting and relevant programmes that cater for a variety of interests. The lecturers are highly qualified, committed and enthusiastic individuals who believe education in Carlow College will provide opportunities for new experiences and help the learner acquire skills and friendships in a community of like-minded people.

If you are interested in exploring specific areas of study then the Evening Courses, available in both semesters (Autumn and Spring), in History, Creative Writing, Philosophy and Psychology for example might be of interest.

If you would like Personal Development opportunities you can study modules within the disciplines of the College: History, Psychology, English, Creative Arts and Media Studies, Philosophy and Theology.

Carlow College is committed to equality, diversity and inclusion for all students regardless of identity and background. They strive to create an inclusive and transformative educational experience where each student is valued for their individuality. Students are encouraged to reach their full potential by staff and their peers through a supportive and empowering learning journey.

Borris Lacemakers

Kilkenny Road, Carlow

Email: borrislacemakers@gmail.com

Web: www.borrislacemakers.wordpress.com | www.facebook.com/borrislace/

- For information on upcoming events, weekly classes, and workshops please drop an email or send a message online through their Facebook page.

Carlow Arts Office

Carlow County Council, Athy Road, Carlow

Tel: 059 917 0301

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

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

Carlow County Youth Theatre

Carlow Arts Office, Carlow County Council

Tel: 059 913 6204

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

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

Carlow Fabric and Crafts

Bridewell Lane, Carlow Town

Tel: 059 913 1995

Web: www.carlowfabcraft.ie

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

Kilkenny and Carlow ETB Courses

Carlow Institute of Further Education and Training

Mortarstown Upper, Carlow, R93 X0FX

Tel: 059 913 4230 **Email:** info@carlowinstitute.ie **Web:** www.carlowinstitute.ie

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award **
Timetable	Full time course

Art and Mixed Media

- Certificate in Art and Mixed Media (Portfolio Preparation) (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseid=305003

Course Content: Collage Techniques, Combined Materials, Communications, Drawing, Painting, Printmaking, Sculpture, Work Experience

Other Providers

Creative Arts

Graiguenamanagh Library

Convent Lane, Graiguenamanagh

Tel: 056 779 4178 | 056 779 4160

Email: info@kilkennylibrary.ie

Web: www.kilkennylibrary.ie

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 - Share - Social sharing is easy with Pressreader.
 - Stay Current - Titles hit Pressreader as soon as they're published, so you always have access to the freshest content.
 - Local and International - Choose from thousands of publications, from local content to major international titles
- FREE App available: App Store, Google.

Kilkenny and Carlow ETB Courses

Grennan Mill Craft School

Thomastown, Co. Kilkenny

Tel: 056 772 4557

Web: www.grennanmillcraftschool.com

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award (f/t) *^
Timetable	Full time course

Art, Craft and Design

- QQI Level 5 Art, Craft and Design (f/t) *

<https://www.fetchcourses.ie/course/finder?sfcw-courseId=320613>

Course Content: Work Experience, Communications, Design Skills, Drawing, Ceramics, Printmaking, Woven Textiles, Art Metalcraft.

Venue	Grennan Mill Craft School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 6 Major Award (f/t) *^
Timetable	Full time course

Art

- QQI Level 6 Advanced Craft Studies (f/t) *

<https://www.fetchcourses.ie/course/finder?sfcw-courseId=320618>

Course Content: Communications, Creative Application Ceramics, Exhibition Techniques, Design Skills, Drawing, Silversmithing and Fabrication, Woven Textiles, Printmaking.

HCT Learning

Unit 2 Purcellsinn Business Park,
Dublin Road, Kilkenny

Tel: 056 777 0761 **Web:** www.hctlearning.ie

- QQI Level 4 Woodcraft (p/t)

Kilkenny and Carlow ETB Courses

Creative Arts

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award *^
Timetable	Full time course

Film and TV Production

- QQI Level 5 Certificate in Film and TV Production (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseid=304998

Course Content: Cinematography Camera Operations, Communications, Film Production, Media Analysis, Personal Professional Development, Scriptwriting, Sound Engineering and Production, Television and Film Editing

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award *^
Timetable	Full time course

Film Editing and Special Effects

- QQI Level 5 Certificate in Film Editing and Special Effects (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseid=305002

Course Content: Communications, Design Skills, Digital Editing, Media Analysis, Multimedia Authoring, Sound Engineering and Production, Television and Film Editing, Work Experience

Optional: Adobe Certified Associate exams in Photoshop, Premiere Pro and After Effects

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award *^
Timetable	Full time course

Graphic Design and Visual Communication

- QQI Level 5 Certificate in Graphic Design and Visual Communication (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseid=305001

Course Content: Combined Materials, Communications, Design Skills, Desktop Publishing, Digital Photography, Drawing, Graphic Design Skills, Work Experience

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award *^
Timetable	Full time course

Music Performance

- QQI Level 5 in Music Performance (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseid=305000

Course Content: Communications, Event Production, Music Industry Studies, Music Performance, Music Theory and Practice, Sound Engineering and Production, Work Experience

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award *^
Timetable	Full time course

Sound Production

- QQI Level 5 in Music Technology (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseid=304992

Course Content: Communications, Desktop Multimedia Audio Production, Musicianship, Music Industry Studies, Music Technology, Radio Programme Production, Sound Engineering and Production, Work Experience

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award *^
Timetable	Full time course

Performing Arts

- QQI Level 5 in Performing Arts (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseid=304999

Course Content: Acting Skills and Techniques, Communications, Dance Performance, Music Performance, Performance Craft, Theatre Studies, TV and Film Acting, Work Experience

Other Providers

Creative Arts

Kilkenny City Library

John's Quay, Kilkenny

Tel: 056 779 4174

Email: info@kilkennylibrary.ie

Web: www.kilkennylibrary.ie

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

Online Free Resources Available

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

KCAT Art Centre

Mill Lane, Callan, Co. Kilkenny

Tel: 056 775 5115

Email: alice@kcat.ie

Web: www.kcat.ie/learningopportunities/

- There are year-long programmes, masterclass weekends, shorter evening courses and Open Studio settings. The aim is to offer personal support for each participant where positive transformative experiences can lead to a deepening of self-knowledge along with technical artistic skills.

Ceramics Studio

Tuesday 9.30 am to 4 pm

September 2021 to May 2022

- An open space for working on individual projects. A space suited to those who already have a basic knowledge of working with clay. Participants are facilitated to develop their own practise.

Ceramics for Teenagers 13 to 17 years

Wednesday 6pm to 9pm

September 2021 to June 2022

- This is an introductory course for those who have an interest in hand-building methods and decoration techniques. Participants are taught basic approaches to sculpting with clay, progressing through glazing and firing steps to finished pieces.

Ceramics Studio

Fridays 9.30 pm – 12.30 pm

September 2021 to June 2022

- This is an introductory course for those who have an interest in hand-building methods. Participants are taught basic approaches to sculpting with clay progressing through glazing and firing steps to finished pieces.

Night Classes

September 2021 to May 2022

Wednesday 6pm to 9pm

Open for enrolment throughout the year, this class is for all levels of ability. The group provides support and encouragement in a relaxed environment while the facilitator attends to each student individually to help them in their learning. All basic materials are provided.

Mary Gaine

Tel: 056 776 2582

Email: gainemary@gmail.com

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

Minerva Patchwork and Needlework

Tel: Margaret McEvoy 056 776 2691

Email: mgtmcevoy22@gmail.com

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

Mosaic Mandala

Tel: Judith Ashton 087 697 6395

Crafting beautiful colourful mosaics allows participants to deeply relax and open to their innate creativity. In 3 sessions you will how to cut and glue tiles, make your own unique piece and then grout and polish.

Sheila Jordan

1 John's Green, Kilkenny

Tel: 056 779 4138

Email: opencirclearts@gmail.com

Web: www.OpenCircleArts.ie

Open Circle Arts is a community-based arts organisation that works to make arts programming affordable and accessible to women in Co Kilkenny. The programme provides women throughout Kilkenny with high quality arts learning, facilitated by artists who are highly experienced in working in communities. It offers a diverse and varied arts programme throughout the year, and is open to women of all ages, from all walks of life, living in Kilkenny City and County. The project is supported by the Arts Office of Kilkenny County Council, and Kilkenny Education and Training Board. Courses and projects vary from year to year but usually include, drawing, printmaking, textiles 2D and 3D work and Creative Writing.

Kilkenny and Carlow ETB Courses

Creative Arts

Community Education Service Carlow
Kilkenny and Carlow ETB

1A Meadow Court, Burrin Street, Carlow

Tel: 059 917 9376**Email:** fdunne@kcetb.ie**Web:** www.kcetb.ie

Online

Willow Basket Weaving

Venue: Gairdín Beo, Old Dublin Road, Carlow R3E1HF**Start Date:** 15/11/2021**Duration:** 1 day (10am-5pm)

Each participant will learn weaving skills and will be enabled to make their own basket.

Art Classes

Online

Start Date: Rolling intake**Duration:** 6 weeks**Timetable:** 2 hours per week

Other Providers

Carlow Little Theatre Society

Email: carlowlittletheatre@gmail.com**Web:** www.carlowlittletheatre.com |

www.facebook.com/CarlowLittleTheatre

- New members welcome for onstage, backstage, and technical positions.

Hacketstown Core Centre

Hacketstown, Co. Carlow

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

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

Killougternane Community Hall

Borris, Co. Carlow

Web: www.facebook.com/Killoughternane-Hall-124528537624721

For information on the art and music classes please view their Facebook page.

Made in Carlow

139 Tullow Street, Carlow

Tel: Maurice O'Reilly on 087 614 9874**Web:** www.facebook.com/MadeinCarlow

- Art classes (p/t)
- One-to-one tuition (p/t)

Creative Processes

Webb's Social Farm, Moorefield,
Kilcoole, Rathoe, Co. Carlow**Tel:** 085 753 4544**Web:** www.facebook.com/Webbs-Social-Farm-Carlow-710674299374823 |

www.instagram.com/creative.processes.carlow/

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

Glenn Lucas Woodturning

Flander's Cross, Knockclonegad,
Bagenalstown, Co. Carlow**Tel:** 059 972 7070**Email:** info@glennlucas.com**Web:** www.glennlucaswoodturning.com

Online

- Woodturning classes and workshops for all levels (one-to-one tuition and group classes) (p/t)
- Remote Interactive Demo and Classes via Video Call (p/t)

Leighlin Craft Club

Leighlin Parish Centre

Tel: 059 972 8549**Web:** www.leighlinparish.ie/group/craft-knitting-club

Craft and Knitting Club

Kilkenny and Carlow ETB Courses

Creative Arts

Ormonde College of Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321

Email: info@ormondecollege.ie

Web: www.ormondecollege.ie

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award (f/t) *^
Timetable	Full time course

Art with Animation Studies

- QQI Level 5 Certificate in Art with Animation Studies (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=320364>

Course Content: Work Experience, Drawing, Painting, Sculpture, Problem Solving, Printmaking, Appreciation of Art, Craft and Design, Digital Photography, Animation Drawing Studies.

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award (f/t) *^
Timetable	Full time course

Media Production

- QQI Level 5 Creative Media and Design (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=320652>

Course Content: Work Experience, Communications, Desktop Publishing, Graphic Design Skills, Appreciation of Art, Craft and Design, Computer Illustrated Graphics, Digital Photography, Media Analysis, Design Skills, Drawing.

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award (f/t) *^
Timetable	Full time course

Fine Art (Portfolio Preparation)

- QQI Level 5 Certificate in Art (Fine Art – Portfolio Preparation) (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=319736>

Course Content: Work Experience, Design Skills, Drawing, Painting, Sculpture, Problem Solving, Printmaking, Appreciation of Art, Craft and Design, Digital Photography

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award (f/t) *^
Timetable	Full time course

Media Studies

- QQI Level 5 Media Studies (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=320396>

Course Content: Work Experience, Communications, Digital Photography, Entrepreneurial Skills, Event Production, Media Analysis, Radio Programme Production, Film Production, Scriptwriting, Web Authoring, Digital Marketing.

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 6 Major Award (f/t) *^
Timetable	Full time course

Advanced Certificate in Fine Art (with Animation Options)

- QQI Level 6 Certificate in Art (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=320378>

Course Content: Work Experience, Design Skills History and Appreciation of Art and Design, Drawing, Combined Materials, Fine Art Photography, Painting, Constructive Thinking Skills, Studio Practice, Printmaking, Animation Drawing.

Other Providers

Creative Arts

Orchard Craft Studio

Bagenalstown, Co. Carlow, R21NA06

Web: www.orchardcraftstudio.com

- Evening and weekend sewing courses (p/t)

Pitman Training Carlow Kilkenny

Unit 1, Deerpark Business Complex, Dublin Rd, Carlow, R93 K409

Tel: 059 918 2415 / 085 163 9351

Email: carlow@pitman-training.ie

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

Online / Blended Learning

- Advanced Software and Web Developer Diploma (p/t) *
- Digital Marketing Diploma with the Digital Marketing Institute (p/t) *
- Graphic Design Diploma with Adobe ACA (p/t) *
- Web Developer Diploma (p/t) *
- Web Design Specialist Diploma (p/t) *

VISUAL Arts Centre

College Street, Carlow

Tel: 059 917 2400

Web: www.visualcarlow.ie

- Workshops and classes in the Arts

Mulvarra House

Bauck, St. Mullins

Tel: 051 424 936 **Email:** info@mulvarra.com

Web: www.mulvarra.com

For up-to-date information on the training courses/ retreats scheduled please call or view their website.

Slaney Quilting Studio

Rathvilly, Co. Carlow

Tel: 085 774 9774

Web: www.slaneyquiltingstudio.com

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

St. Catherine's Community Services Centre

St. Joseph's Road, Carlow

Tel: 059 913 8706

Web: www.catherines.ie

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

Music

Askea Church Choir

Tel: 059 914 2565

Web: www.askeaparish.ie

Ballinabranna Church Choir

Tel: Bernadette 087 792 8929

Web: www.leighlinparish.ie

- New members are welcome

Carlow Cathedral Choirs

Tel: 059 914 1267

Web: www.carlowcathedral.ie

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

Carlow College of Music

College Street, Carlow

Tel: Majella Swan 059 914 0676

Email: info@carlowcollegeofmusic.ie

Web: www.carlowcollegeofmusic.ie

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

Aspiro Choir

Tel: Mary 087 653 6143

Web: www.aspirochoir.ie

Borris Church Choir and Borris Men's Choir

Tel: Art O'Leary 086 884 3845

Web: www.borrisparish.ie

- New members are always welcome

Carlow Choral Society

Tel: Miriam 087 942 2608

Email: carlowchoralsoicety@gmail.com

Web: www.carlowchoralsociety.net

- New members are always welcome

Carlow Pipe Band

Tel: Hugh 083 870 8333

Email: carlowpipeband@gmail.com

Facebook: www.facebook.com/carlowpipeband

- New members are welcome

Other Providers

Creative Arts

Margaret McEvoy / Alison Baxter

Loughboy, Kilkenny

Tel: 056 776 2691 / 051 648 924**Email:** mgmtmcevoy22@gmail.com

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

The Mill Family Resource Centre

Main Street, Urlingford, Co. Kilkenny

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

- The knitting and crochet circle meet in the centre weekly each Wednesday from 2 pm until 4.30 pm. Everyone welcome to come along and join.

Kilkenny and Carlow ETB Courses

Vocational Training Opportunities Scheme VTOS

Bishop Birch Training Institute, Waterford Road, Kilkenny

Tel: 056 776 4719 **Web:** www.vtoskk.ie | www.vtoskk.ie/courses/

Venue	VTOS, Bishop Birch Training Institute, Kilkenny
Duration	36 weeks
Start Date	08/09/2021
End Date	20/5/2022
Certification	QQI Level 5 Major Award (f/t) *^
Timetable	Full Time Course

Art, Craft and Design with Start Your Own Business

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

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=310125>

Course Content: Communications, Combined Materials, Design Skills, Drawing, Painting, Personal Professional Development, Ceramics, Appreciation of Art, Craft and Design, Collage Techniques, Start Your Own Business, Marketing Practice.

Venue	VTOS, Bishop Birch Training Institute, Kilkenny
Duration	37 weeks
Start Date	02/09/2021
End Date	20/5/2022
Certification	QQI Level 5 Major Award (f/t) *^
Timetable	Full Time Course

Furniture Design and Making

- QQI Level 5 Furniture Design and Making (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=313041>

Course Content: Communications, Design Skills, Drawing, Personal Professional Development, Sculpture, Ceramics, Furniture Making, Wood Turning, Materials and Finishes.

Music

Guitar and Ukulele School

Mark Anthony McGrath

Tel: 085 713 2946**Email:** guitarmcgrath@gmail.com**Web:** www.markanthonymcgrath.com

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

Harpist - Singer - Pianist

Main Street, Urlingford, Co. Kilkenny

Tel: Ann 086 371 0706**Email:** millfrcmc@gmail.com**Web:** www.millfrcurlingford.com

- Available for wedding ceremonies. Vast repertoire of beautiful music for both church and registry office weddings. Vocal duets, flute and oboe also available on request.

Other Providers

Music

**Comhaltas Ceoltóirí
Éireann South Carlow**

Killoughternane Hall

Tel: 087 416 0504**Email:** southcarlow@comhaltas.net**Web:** www.facebook.com/Killoughternane-Hall-124528537624721

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

Killeshin Pipe Band**Tel:** Gerry Dunne 087 912 4555 /

Claire Geoghegan 087 695 3608

Web: www.facebook.com/KilleshinPipeBand

- New members, both drumming and piping, always welcome

Newtown Church Choir**Tel:** 087 657 0566**Web:** www.bagenalstownparish.ie

- New members are welcome

Rathvilly Church Choir**Tel:** 059 916 1114**Web:** www.rathvillykilteganparish.ie

- New members are welcome

St. Clare's Choirs Graiguecullen**Tel:** 059 914 1833**Web:** www.graiguecullenkilleshin.com

- Ladies Choir and Male Choirs

Carlow County Library Service**Tel:** 059 912 9705**Email:** library@carlowcoco.ie**Web:** www.carlowlibraries.ie**FB:** www.facebook.com/carlowcountylibraries

Community Piano - A Yamaha piano is available for public use and housed in the GB Shaw Room in Carlow Central Library. Individuals and groups are encouraged to use the piano. The piano must be reserved for use, membership is required to make a booking, and bookings are at the discretion of the library. Usage policy and booking forms are available at the desk.

Leighlinbridge Church Choir**Tel:** 059 972 2607**Web:** www.leighlinparish.ie

- New members are welcome

Rathanna Marching Band**Tel:** Patsy 085 772 0100**Web:** www.facebook.com/rathannamarchingband

- New members are welcome

St. Andrew's Church (Bagenalstown)**Tel:** 059 972 1154**Web:** www.bagenalstownparish.ie

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

Tullow Church Choir**Tel:** 059 915 1277**Web:** www.tullowparish.com

- New members are welcome

**Online Courses /
Blended Learning Websites****Aspiro Choir**

www.aspirochoir.ie

Ballon and Business Training Services

www.ballonbts.com

KCETB Community Education Service Carlow

www.kilkennycarlow.etb.ie/further-education-and-training/community-education-service/

Glenn Lucas Woodturning

www.glennlucaswoodturning.com

Pitman Training Carlow Kilkenny

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

Other Providers

Music

Kilkenny Academy of Music and Singing

Ormonde Road, Kilkenny

Tel: 086 896 2865

Email: guitarmcgrath@gmail.com

Web: www.kilkennyacademyofmusicandsinging.com

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

Web: www.kilkennyviolinstudio.com

- Violin classes for all levels and ages (p/t) * Music Therapy and Piano / Keyboard Lessons

Soulful Spirit Choir

Kilkenny

Tel: 086 163 9922

Web: www.soulfulspiritchoirkilkenny.com

- This is a thriving and energetic choir who perform at numerous church, civic and community events. New members are always welcomed and supported (following COVID directive)

Thukolo Gospel and Spiritual Choir

St. Johns Parish Day Centre, Kilkenny City

Tel: 087 232 2110 **Web:** www.thukolo.com

- Meets on Tuesday nights for rehearsals at 8pm and new members are always welcome (p/t) (following COVID directive).

Ann Moylan

Kilkenny City

Tel: 086 604 5409

Email: millfrcmc@gmail.com

Web: www.millfrcurlingford.com

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

Music Tuition

Jane Pearson

Tel: 086 403 9689

- Cello and Violin classes for adults and children (p/t)

The Unity Singers

St. Kieran's College, Kilkenny

Tel: 087 279 7804

- New members are welcome (following COVID directive)

Online Courses / Blended Courses

Libraries Ireland

www.librariesireland.ie/elibrary

The Art Institute

www.theartinstitute.ie

The Open College

www.theopencollege.com

Other Providers

Customer Service and Retail

Barrow Training and Consultancy

High Street, Bagenalstown, Co. Carlow

Tel: 059 972 1416

Email: marketing@barrowtraining.ie

Web: www.barrowtraining.ie

Online

- QQI Level 5 Certificate in Food Safety and HACCP (p/t) *
- Retail Customer Care Awareness (p/t)
- Certified Food Safety Essentials Level 1 (p/t) *
- Certified Principles of HACCP and Food Safety (p/t) *
- Food Allergen Awareness (p/t)
- Selling Alcohol Sensibly (p/t)
- Serving Alcohol Sensibly (p/t)

Kilkenny and Carlow ETB Courses

Carlow Institute of Further Education and Training

Mortarstown Upper, Carlow, R93 X0FX

Tel: 059 913 4230

Email: info@carlowinstitute.ie **Web:** www.carlowinstitute.ie

Venue	Carlow Institute of Further Education and Training	Business with Digital Marketing
Duration	9 months	• Certificate in Business with Digital Marketing (f/t) *^ www.fetchcourses.ie/course/finder?sfcw-courseid=305018
Start Date	27/08/2021	Course Content: Business Administration Skills, Customer Service, Desktop Publishing, Digital Marketing, eBusiness Studies, Marketing Practice, Spreadsheet Methods, Work Experience.
End Date	03/06/2022	
Certification	QQI Level 5 Major Award 5M2102 *^	
Timetable	Full time course	
Venue	Carlow Institute of Further Education and Training	Hotel and Hospitality Operations
Duration	9 months	• QQI Level 5 Hotel and Hospitality Operations (f/t) *^ www.fetchcourses.ie/course/finder?sfcw-courseid=315917
Start Date	27/08/2021	Course Content: Accommodation Techniques, Communications, Customer Service, Food Preparation, Reception and Front Office Skills, Restaurant Hospitality, Spreadsheet Methods, Word Processing, Work Experience.
End Date	03/06/2022	
Certification	QQI Level 5 Major Award 5M2083 *^	
Timetable	Full time course	
Venue	Carlow Institute of Further Education and Training	Sales and Marketing
Duration	9 months	• QQI Level 5 Sales and Marketing (f/t) *^ www.fetchcourses.ie/course/finder?sfcw-courseid=316526
Start Date	27/08/2021	Course Content: Communications, Customer Service, Digital Marketing, Marketing Practice, Retail Display, Retail Selling, Spreadsheet Methods, Work Experience.
End Date	03/06/2022	
Certification	QQI Level 5 Major Award 5M2105 *^	
Timetable	Full time course	

Kilkenny and Carlow ETB Courses

Customer Service and Retail

Back to Education Initiative BTEI Kilkenny and Carlow ETB

7 Danville Business Park, Ring Road, Kilkenny

Tel: 056 770 1020

Web: www.kcetb.ie | www.fetchcourses.ie

Venue	Danville	Office Administration
Duration	15 weeks	• QQI Level 5 Office Administration (p/t) *^
Start Date	06/09/2021	www.fetchcourses.ie
End Date	17/12/2021	Course Modules:
Certification	QQI Level 5 Minor Award *^	• Communications
Timetable	Friday mornings	https://www.fetchcourses.ie/course/finder?sfcw-courseid=319743
		Skills To Compete (refer to page 12)
Venue	Danville	• Personal and Professional Development
Duration	15 weeks	https://www.fetchcourses.ie/course/finder?sfcw-courseid=291393
Start Date	06/09/2021	
End Date	17/12/2021	
Certification	QQI Level 5 Minor Award *^	
Timetable	Wed. mornings	
Venue	Danville	• Spreadsheet
Duration	15 weeks	https://www.fetchcourses.ie/course/finder?sfcw-courseid=319740
Start Date	06/09/2021	Skills To Compete
End Date	17/12/2021	
Certification	QQI Level 5 Minor Award *^	
Timetable	Friday mornings	
Venue	Danville	• Text Production
Duration	15 weeks	https://www.fetchcourses.ie/course/finder?sfcw-courseid=301900
Start Date	06/09/2021	Skills To Compete
End Date	17/12/2021	
Certification	QQI Level 5 Minor Award *^	
Timetable	Monday mornings	

Barrow Training and Consultancy

High Street, Bagenalstown

Tel: 059 972 1416

Web: www.barrowtraining.ie

Online / Blended Courses

- QQI Level 4 Tourism Visitor Care (p/t) *
- QQI Level 5 Customer Service (p/t) *
- QQI Level 5 Restaurant Hospitality (p/t) *
- QQI Level 5 Tourism Principles and Practice (p/t) *
- QQI Level 6 Customer Service (p/t) *

Workshops:

- Event Management and Marketing Workshop (p/t)
- Hospitality IT Workshop (p/t)
- Hospitality Social Media Workshop (p/t)
- Reception Skills Workshop (p/t)

Chamber Enterprise Centre

LIT Campus Thurles, Co. Tipperary

Tel: 0504 49155

Email: info@zupskill.com

Web: www.millfrcurlingford.com

- QQI Level 5 Reception and Frontline Office Skills

Venue: Online - Virtual Classroom

Dates: 20th, 27th August, 3rd, 10th, 17th September 2021 (5 days)

Other Providers

Customer Service and Retail

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre, Athy Road, Carlow

Tel: 059 913 2152

Email: admin@carlowkilkennyskillnet.ie

Web: www.carlowkilkennyskillnet.ie **Self-directed**

Online Learning <https://carlowkilkenny.mykademy.com/>

Online

- Armed Robbery Awareness (p/t)
- Customer Service Management (p/t)
- HACCP Food Safety Level 1 and 2 (p/t)
- HACCP Food Safety Level 3 (p/t)
- Selling Through Customer Service (p/t)

Institute of Technology Carlow - Lifelong Learning

Kilkenny Road, Carlow

Tel: 059 917 5280

Email: LLL@itcarlow.ie

Web: www.itcarlow.ie/public/userfiles/files/LLL-Prospectus-2021.pdf

- Certificate in Marketing and Social Media Skills (QQI Level 6 Certification) (p/t) *

E-College

Tel: 1800 855 831

Web: www.ecollege.ie

Online

- Visual Design using Adobe Photoshop (p/t) *
- Graphic Design and Illustration using Adobe Illustrate (p/t) *
- Print and Digital Media Publication using Adobe InDesign (p/t) *

Pitman Training Carlow Kilkenny

Unit 1, Deerpark Business Complex, Dublin Rd, Carlow, R93 K409

Tel: 059 918 2415 / 085 163 9351

Email: carlow@pitman-training.ie

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

Online / Blended Learning

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

- Web Design Specialist Diploma (p/t) *
 - Digital Marketing Diploma with the Digital Marketing Institute (p/t) *
- www.pitman-training.ie/our-courses/digital-marketing-diploma/

Start Date: Flexible

Study type: In the centre, online, or a combination

Training type: Diploma

Duration: 350 hours or 14 weeks full-time study

- Graphic Design Diploma with Adobe ACA (p/t) *
- www.pitman-training.ie/our-courses/graphic-design-diploma-1/

Start Date: Flexible

Study type: In the centre, online, or a combination

Training Type: Diploma

Duration: 110 hours or 5 weeks full-time study

- Marketing Assistant Diploma (p/t) *
- www.pitman-training.ie/our-courses/marketing-assistant-diploma/

Start Date: Flexible

Study Type: In the centre, online, or a combination

Training Type: Diploma

Duration: 195 hours or 8 weeks full-time study

Other Providers

Customer Service and Retail

HCT Learning

Unit 2 Purcellsinn Business Park,
Dublin Road, Kilkenny

Tel: 056 777 0761 **Web:** www.hctlearning.ie

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

National Learning Network (NLN)

Regent House, William Street, Kilkenny

Tel: 056 779 7500 **Web:** kilkenny@nlm.ie

- QQI Level 3 Rehabilitative Training (f/t) *
- QQI Level 4 Pathway to Employment Tourism and Trade (f/t) *

Local Enterprise Board

Kilkenny County Council, County Hall,
John Street, Kilkenny City, R95 A39T

Tel: 056 775 2662 **Email:** info@leo.kilkennycoco.ie

Web: www.localenterprise.ie/Kilkenny/Contact/

- Kilkenny Local Enterprise Board (Leo) Provides a Range of Enterprise Training and Development supports.

Noreside Education Centre

3 St. Canice's Court Dean Street, Kilkenny

Tel: 056 776 2146 / 056 776 4667

Web: www.noresidecentre.ie

Email: noresideeducation@gmail.com

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

Kilkenny and Carlow ETB Courses

Ormonde College of Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321

Email: info@ormondecollege.ie **Web:** www.ormondecollege.ie

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award (f/t) *^
Timetable	Full time course

Office Administration (with medical terminology)

- QQI Level 5 Certificate in Office Administration (with Medical Terminology) (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=320810>

Course Content: Customer Service, Work Experience, Audio Transcription, Bookkeeping Manual and Computerised Payroll Manual and Computerised, Text Production, Information and Administration, Reception and Frontline Office Skills, Medical Terminology, Word Processing.

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award (f/t) *^
Timetable	Full time course

Tourism and Event Management (exploring Ireland's Ancient East and tourism nationally)

- QQI Level 5 Certificate in Tourism and Event Management (f/t) *^

Course Content: Customer Service, Work Experience, Reception and Frontline Office Skills, Event Production, Heritage, Tourism Information and Administration, Word Processing, Tourism Principles and Practice. Terminology, Word Processing.

Other Providers

Customer Service and Retail

Training Services Kilkenny and Carlow ETB (Community Training) Kilkenny and Carlow ETB

Killeshin Road, Graiguecullen, Carlow

Tel: 059 913 1696 **Email:** carlow@nln.ie **Web:** www.nln.ie

The National Learning Network cater for a diverse range of learners who need extra supports to help them when training.

Venue	National Learning Network	Retail and Office Skills
Duration	52 weeks	• QQI Level 4 Certificate in Retail and Office Skills (f/t) *^ www.fetchcourses.ie/course/finder?sfcw-courseId=310103
Start Date	Rolling intake	Course Content: Computer Applications, Customer Service, English and Communications, General Office Skills, Information Technology Skills, Team Working, Reception Skills, Retail Sales Techniques, Retail Payment Procedures, Stock Control, Work Experience, Workplace Safety.
End Date	-	At least one day a week will be spent on work placement in a retail environment.
Certification	QQI Level 4 Major Award *^	
Timetable	Full time course	

Online Courses / Blended Learning Websites

Barrow Training and Consultancy www.barrowtraining.ie

Carlow Kilkenny Skillnet www.carlowkilkennyskillnet.ie

e-college www.ecollege.ie

FETCH Courses www.fetchcourses.ie

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

Other Providers

Customer Service and Retail

Pitman Training Carlow Kilkenny

Unit 1 Deerpark Business Complex,
Dublin Rd, Carlow, R93 K409

Tel: 059 918 2415 / 085 163 9351 **Email:** carlow@pitman-training.ie

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

• Digital Marketing Diploma

www.pitman-training.ie/our-courses/digital-marketing-diploma/

Start Date: Flexible

Study Type: In centre, online, or a combination

Training Type: Diploma

Duration: 350 hours or 14 weeks full-time study

• Marketing Assistant Diploma

www.pitman-training.ie/our-courses/marketing-assistant-diploma/

Start Date: Flexible

Study Type: In centre, online, or a combination

Training Type: Diploma

Duration: 195 hours or 8 weeks full-time study

Kilkenny and Carlow ETB Courses

Training Services Kilkenny and Carlow ETB

Unit 4, Danville Business Park, Kilkenny

Tel: 056 781 3014

Email: tsu.recruit@kilkennycarlowetb.ie **Web:** www.kcetbtraining.ie

Venue	National Learning Network Kilkenny
Duration	104 days
Start Date	30/08/2021
End Date	-
Certification	QQI Level 4) *^
Timetable	Full time course

General Learning

- QQI Level 4 Introduction to Working in Hospitality/Tourism (2020-2021) (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=289144>

Course Content: Career Planning, English and Communications, Computer Applications, Customer Service, Food and Nutrition, Functional Maths, Health Related Fitness, Information Technology Skills, Personal Effectiveness, Work Experience, Workplace Safety, Stock Control, Retail Sales Techniques, Retail Payment Procedures, Tourism Visitor Care.

Other Providers

Retail Ireland Skillnet

Tel: 074 917 6853

Email: info@retailirelandskillnet.com

Web: www.retailirelandskillnet.com/programs-courses/

This Course Is Delivered by the Following Method - Training Partnership

- QQI Level 5 Retail Communications (p/t) *
- QQI Level 5 Retail Display (p/t) *
- QQI Level 5 Retail Practice (p/t) *
- Apprenticeship in Retail Supervision

www.retailirelandskillnet.com/apprenticeship/employer/

Online Courses / Blended Courses

Barrow Training and Consultancy

www.barrowtraining.ie/

CMIT

www.cmit.ie/admin-and-customer-servicedistance-learning/

DCM Learning

www.dcmlearning.ie/courses/

KCETB Courses

www.fetchcourses.ie

HCT Learning

www.hctlearning.ie/

Open College

www.openstudycollege.com/

Pitman Training

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

Premier Training

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

General Learning Skills for Return to Work and Education

Adult Education Guidance and Information Service (Carlow)

1A Meadow Court, Burrin Street, Carlow

Tel: 059 913 3123

Email: info@carlowadultguidance.ie

Web: www.carlowadultguidance.ie

Return to Education / Return to Employment

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

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

Service offers:

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

Back to Education Initiative (BTEI)

1B Meadow Court, Burrin Street, Carlow

Tel: 059 913 9532

Email: bteicarlow@kilkennycarlowetb.ie

Web: www.kcetb.ie

Return to Education

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

- QQI Level 3 in Beginner Computers (p/t) *
- QQI Level 4 in Horticulture (p/t) **
- QQI Level 4 in Information and Communications Technology Skills (ICTS) (p/t) **
- QQI Level 5 in Healthcare Support (p/t) **
- QQI Level 5 in Office Administration (p/t) **

Adult Learning Service Carlow

Tullow Road, Carlow

Tel: 059 913 5544

Email: info@carlowadultlearningcentre.ie

Web: www.kcetb.ie

Return to Education

- One to One and group classes to support reading, writing, spelling, numeracy and computer skills (p/t)
- Online Skills for Everyday Living – beginners and intermediate classes (p/t)
- Driver Theory Test Preparation (p/t)
- Courses in Family Learning to support the development of reading, writing and learning skills in the home (p/t)
- QQI Level 1 Certificate in Mathematics (p/t) *
- QQI Level 1 Certificate in Personal Development (p/t) *
- QQI Level 1 Certificate in Reading (p/t) *
- QQI Level 1 Certificate in Writing (p/t) *
- QQI Level 2 Certificate in Mathematics (p/t) *
- QQI Level 2 Certificate in Personal Development (p/t) *
- QQI Level 2 Certificate in Reading (p/t) *
- QQI Level 2 Certificate in Writing (p/t) *
- QQI Level 3 Certificate in Communications (p/t) *
- QQI Level 3 Certificate in Mathematics (p/t) *
- QQI level 3 Certificate in Personal Development (p/t) *

Other Providers

Barrow Training and Consultancy

High Street, Bagenalstown, Co. Carlow

Tel: 059 972 1416

Email: marketing@barrowtraining.ie

Web: www.barrowtraining.ie

Online

Return to Education/ Return to Employment

- Range of Personal Development courses (p/t)

General Learning Skills for Return to Work and Education

Adult Education Guidance and Information Service

Return to Education / Return to Employment
Kilkenny Adult Guidance Service

Lower New Street, Kilkenny

Tel: 056 776 4448

Email: adultguidance@kkadulthood.ie

Web: www.kcetb.ie

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

Service Offers:

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

Adult Literacy Service Kilkenny – Educational Guidance/ Return to Employment

43 Upper Patrick Street
Kilkenny and Carlow ETB

Tel: 056 776 3149 **Email:** wordaid@kkadulthood.ie

Web: www.kcetb.ie

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

Adult Learning Service Kilkenny

43 Upper Patrick Street, Kilkenny and Carlow ETB

Tel: 056 776 3149 **Email:** wordaid@kkadulthood.ie

Web: www.kcetb.ie | www.fetchcourses.ie

Upcoming Courses with Kilkenny Adult Learning Service (subject to change)

Starting week 13th September 2021

Accredited IT Courses Offered:

Monday 13th September from 2pm – 4pm

- Desktop Publishing (QQI Level 3)
- Wednesday 15th September – Mornings:
- Word Processing (QQI Level 3) – 9.30am – 11.30am
- Spreadsheets (QQI Level 3) – 11.30am – 1.30pm

Wednesday 15th September – Evenings:

- Word Processing (QQI Level 3) – 6pm – 7.30pm
- Spreadsheets (QQI Level 3) – 7.30pm – 9.00pm

Thursday 16th September

- Internet Skills (QQI Level 3) – 9.30am – 11.30am
- Desktop Publishing (QQI Level 3) – 11.30am – 1.30pm

All of the above courses will lead onto QQI Level 4.

Computers for beginners:

Monday 13th September – 9.30am – 11.30am

Tuesday 14th September – 6pm – 8.00pm

Wednesday 15th September – 4pm – 6pm

Thursday 16th September – 2pm – 4pm

Digital Literacy and IT Skills

- QQI Level 3: Digital Literacy and IT Skills (p/t) *

Venue: Thomastown Library

Duration: 206 days

Start Date: 28/06/2021

End Date: 27/05/2022

Certification: QQI Level 3 Minor Award *

Timetable: Rolling intake

Everyday Technology – Using Smart Phones, Going Online, TEAMS, ZOOM

Monday 13th September 11.30am – 1.30pm

Tuesday 14th September 10am – 12noon

Kilkenny and Carlow ETB Courses

Back to Education Initiative BTEI Kilkenny and Carlow ETB

7 Danville Business Park, Ring Road, Kilkenny

Tel: 056 770 1020 **Web:** www.kcetb.ie | www.fetchcourses.ie

Venue	BTEI Danville
Duration	15 weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 5 Minor Award **^
Timetable	Thursday mornings

English as Other Language for Health Service Skills (ESOL)

- English for Health Service Skills (ESOL) (p/t) *

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=318566>

Other Providers

General Learning Skills for Return to Work and Education

Carlow College, St. Patrick's

College Street, Carlow

Tel: 059 915 3200

Email: slo@carlowcollege.ie

Web: www.carlowcollege.ie

Return to Education

Carlow College, St. Patrick's offers a range of exciting and relevant programmes that cater for a variety of interests. The lecturers are highly qualified, committed and enthusiastic individuals who believe education in Carlow College will provide opportunities for new experiences and help the learner acquire skills and friendships in a community of like-minded people.

If you are interested in exploring specific areas of study then the Evening Courses, available in both semesters (Autumn and Spring), in History, Creative Writing, Philosophy and Psychology for example might be of interest.

If you would like Personal Development opportunities you can study modules within the disciplines of the College: History, Psychology, English, Creative Arts and Media Studies, Philosophy and Theology.

Carlow College is committed to equality, diversity and inclusion for all students regardless of identity and background. They strive to create an inclusive and transformative educational experience where each student is valued for their individuality. Students are encouraged to reach their full potential by staff and their peers through a supportive and empowering learning journey.

Carlow County Library Service

Tel: 059 912 9705

Email: library@carlowcoco.ie

Web: www.carlowlibraries.ie

FB: www.facebook.com/carlowcountylibraries

Twitter: @CarlowLibraries

Return to Employment / Return to Education

Work Matters at the Library is a national initiative supporting job seeking or career changes, entrepreneurs, and businesses. It is available in Carlow, Borris, Bagenalstown and Tullow libraries. With professional staff and access to a broad range of services, the library is a place to explore, learn and connect.

Carlow County Library Service has a broad collection (books and eBooks) relating to job seeking, how to build a CV, interview skills, starting or growing your own business, and much more. There is free access to daily national and international newspapers online through PressReader, Public Computers with Internet access, WIFI, emagazines, language learning and VisonNet (online access to documents filed in the Irish Companies Registration Office). We offer printing, scanning and photocopying services and run career and employment related events throughout the year to help build your existing skills and learn new ones.

Through our [online](#) resource - **Universal Class** - participants can access a range of courses. These are free for all library members and can be accessed anywhere with an internet connection. Members can enrol in up to five courses at a time and have up to six months to finish each course. Each course has a real instructor who you may communicate with using email.

Becoming a library member is easy and free, please visit your nearest library with photo ID (passport, driver's licence) and proof of your address (gas bill, electricity bill).

Carlow County Development Partnership (CCDP)

Main Street, Bagenalstown, County Carlow

Tel: 059 972 0733

Email: reception@carlowdevelopment.ie

Web: www.carlowdevelopment.ie

Return to Education / Return to Employment

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

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

Other Providers

General Learning Skills for Return to Work and Education

Venue	Piltown Community Centre	Communications
Duration	15 weeks	• Communications (p/t) *^
Start Date	06/09/2021	https://www.fetchcourses.ie/course/finder?sfcw-courseid=320131
End Date	17/12/2021	Course Content: Communications
Certification	QQI Level 4 Minor Award *^	
Timetable	Tuesday mornings	

Venue	St Canice's Hall	Communications
Duration	15 weeks	• Communications *^
Start Date	06/09/2021	https://www.fetchcourses.ie/course/finder?sfcw-courseid=320089
End Date	17/12/2021	Course Content: Communications
Certification	QQI Level 4 Minor Award *^	
Timetable	Friday mornings	

Venue	BTEI Kilkenny	Communications
Duration	15 weeks	• Communications *^
Start Date	06/09/2021	https://www.fetchcourses.ie/course/finder?sfcw-courseid=319743
End Date	17/12/2021	Course Content: Communications
Certification	QQI Level 5 Minor Award *^	
Timetable	Friday mornings	

Barrow Training and Consultancy Return to Education/ Return to Employment

High Street, Bagenalstown

Tel: 059 972 1416

Web: www.barrowtraining.ie

- Range of Personal Development courses (p/t)

Community Education Service Community Supports

Lower New Street, Kilkenny

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

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

• Online Skills for Everyday Life (p/t)

Beginners Programme 16 hours part-time over a two-week period –

Intermediate Programme 8 hours part-time over a one-week period

Adults interested in participating in this short course will have the option to start in June, August, September, October, November or December 2021.

Fr. McGrath Centre Kilkenny, Multimedia Centre, Kilkenny

Tel: 056 775 1988 **Web:** www.frmcgrathcentre.ie

- A range of Computer courses including ECDL (p/t) *

Bishop Birch Family Resource Centre Bishop Birch Community Centre, Kilkenny

Tel: 056 775 6022

- Computer Classes at various levels (p/t)

County Kilkenny Library Service Community Supports

John Street, Kilkenny

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

Email: info@kilkennylibrary.ie

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

General Learning Skills for Return to Work and Education

Carlow Institute of Further Education and Training

Mortarstown Upper, Carlow, R93 X0FX

Tel: 059 913 4230

Email: info@carlowinstitute.ie Web: www.carlowinstitute.ie

Venue	Carlow Institute of Further Education and Training	Return to Education: Pre-University Arts and Humanities
Duration	9 months	• Certificate in General Studies - Pre-University Arts and Humanities (f/t) *^
Start Date	27/08/2021	www.fetchcourses.ie/course/finder?sfcw-courseId=305007
End Date	03/06/2022	Course Content: Communications, Creative Writing, English Literature, History, Personal Professional Development, Philosophy, Psychology, Research and Study Skills
Certification	QQI Level 5 Major Award *^	
Timetable	Full time course	

Venue	Carlow Institute of Further Education and Training	Return to Education: Pre-University Politics and International Studies
Duration	9 months	• Certificate in General Studies - Pre-University Politics and International Studies (f/t) *^
Start Date	27/08/2021	www.fetchcourses.ie/course/finder?sfcw-courseId=315908
End Date	03/06/2022	Course Content: Conflict Resolution, European Studies, Intercultural Studies, Political Philosophy, Political Studies, Spanish, Teamworking, Personal Professional Development.
Certification	QQI Level 5 Major Award *^	
Timetable	Full time course	

Other Providers

CIELS (Carlow Institute of English Language Services)

Askea, Carlow, R93 K5P2

Tel: 086 406 0804

Email: info@ciels.ie / danny@ciels.ie

Web: www.ciels.ie

Online

- STAR Interview Skills (p/t)
- Presentation Skills (p/t)
- Essay Writing Skills (p/t)
- Professional E-mail Writing Skills (p/t)

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre, Athy Road, Carlow

Tel: 059 913 2152

Email: admin@carlowkilkennyskillnet.ie

Web: www.carlowkilkennyskillnet.ie

Online

Return to Employment

Self-directed online learning
www.carlowkilkenny.mykademy.com/

- Time and Priority Management (p/t)
- Negotiation Skills (p/t)
- Influencing Skills (p/t)
- Emotional Intelligence (p/t)
- Change Management (p/t)

Carlow Jobs Club

The Royal Mews, 9 Dublin Street, Carlow, R93 PK15

Tel: 059 913 5534

Email: kdavis@carlowdevelopment.ie |
acrimmins@carlowdevelopment.ie

Web: www.carlowdevelopment.ie

Return to Employment

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

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

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

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

Other Providers

General Learning Skills for Return to Work and Education

Kilkenny Employment for Youth KEY Return to Education/ Return to Employment

Garden Row, High Street, Kilkenny

Tel: 056 776 2774

Web: www.keyctc.ie

Kilkenny Employment for Youth KEY is a Community Training Centre CTC provide training to early school leavers aged between 16 and 21, who are most in need of basic vocational training. This training provision is offered through in centre learning and linked work experience. Courses lead to a range of Major awards at NFQ Levels 3 and 4.

Courses Offered:

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

Kilkenny Leader Partnership KLP Return to Education/ Return to Employment

8 Patrick's Court, Patrick Street, Kilkenny

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

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

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

National Learning Network (NLN) Return to Employment

Vivienne Brady, Regent House,
William Street, Kilkenny

Tel: 056 779 7500 **Web:** kilkenny@nlm.ie

- QQI Level 3 Rehabilitative Training (f/t)*
- QQI Level 4 Pathway to Employment Tourism and Trade (f/t)*

E-College LIT Campus

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

www.fetchcourses.ie/course/finder?sfcw-courseid=326356

eCollege is online 24/7. You can study at a time and place that suits you. All courses have qualified eTutor support Monday to Friday to help with course questions.

- JavaScript - Introduction to Programming using JavaScript
- Introduction to Programming using Python - Computer Programming, Data Science
- Java Foundations Certified Junior Associate - Computer Programming
- Java Associate Developer SE8 (Programmer I) - Computer Programming
- Software Testing – ISTQB Certified Tester – Foundation Level - Computer Programming
- Introduction to Programming using HTML and CSS - Computer Programming

Newpark Close Family Return to Employment

Resource Centre, Newpark Lower, Kilkenny

Email: newparklti@gmail.com

Web: www.newparkclosefrc.com

Newpark Close Family Resource Centre will work closely with the community to strengthen participation, equality and positive outcomes for all families and individuals by working from the guiding principles of Community Development and Family Support Practice.

Local Enterprise Board Kilkenny Return to Education/ Return to Employment

Kilkenny County Council, County Hall,
John Street, Kilkenny City, R95 A39T

Tel: 056 775 2662

Email: info@leo.kilkennycoco.ie

The LEO Start your Own Business programme focuses on:

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

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

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

Kilkenny and Carlow ETB Courses

General Learning Skills for Return to Work and Education

Community Education Service Carlow Kilkenny and Carlow ETB

1A Meadow Court, Burrin Street, Carlow

Tel: 059 917 9376

Email: fdunne@kcetb.ie

Web: <http://kilkennycarlow.etb.ie/further-education-and-training/community-education-service/>

Online

Return to Education

Community Education is a process of learning and change. It takes place within the community and is based on the needs of individuals and their communities. It provides flexible, learning options for people in their own local areas. Some example of classes are Art, Cookery, Creative Writing, Digital Skills, Horticulture and Yoga.

Other Providers

Community Employment (CE) Scheme

Carlow Intreo Office, Kennedy Avenue, Carlow

Tel: 059 917 0170

Return to Employment

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

Tullow Community Group CLG

Tullow Parish Centre, Tullow, Co. Carlow

Tel: 059 918 0977

Email: info@tullowcommunitygroup.ie

Return to Employment

This Community Employment Scheme based in the Tullow area, provides meaningful employment so that participants can:

- Enjoy job satisfaction in their local community
- Develop their current skills and learn new skills
- Be mentored/empowered to progress to employment/education.

Hacketstown Core Centre

Hacketstown, Co. Carlow

Email: hacketstowncore@gmail.com

FB: Hacketstown Community Group

Return to Employment

- Personal Development Course (p/t)

Graigucullen Killeslin Parish C.E. Scheme

c/o St. Clare's Parish Centre, Graigucullen, Carlow

Tel: Catherine Darcy / AnnLouise O'Neill
on 059 913 4887

Return to Employment

This CE Scheme is based in Carlow Town environs and is involved in a range of community-based groups and offers a wide range of job opportunities:

- Support workers for adults with disabilities
- Support workers for older people in a residential and day care setting
- General maintenance
- Cleaner
- Office administration
- Pool Attendant
- Lifeguard

Participants are required to work 19.5 hours per week or 39 hours per fortnight. One to one mentoring and certified training is provided. The project aims to support people in reskilling or returning to education and through personal and professional development securing employment.

Other Providers

General Learning Skills for Return to Work and Education

Carlow Kilkenny Skillnet

Return to Education/ Return to Employment

Carlow Gateway Business Centre,
Athy Road, Strawhall, Carlow

Tel: 059 913 2152

Email: admin@carlowkilkennyskillnet.ie

Web: www.carlowkilkennyskillnet.ie

| www.eventbrite.ie

Carlow Kilkenny Skillnet supports the workforce development needs of businesses within the Carlow Kilkenny Region. If you are currently not in employment and wish to upskill or reskill, you may be interested in training offered by other Skillnet Networks through Skills Connect. Further details of Skills Connect and the eligibility criteria can be found on the Skillnet Ireland website by clicking here www.carlowkilkennyskillnet.ie/

Supported Employment Service (KCASES)

Return to Education/ Return to Employment

Desart House, New Street, Kilkenny

Tel: 056 776 3903

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

Pitman Training Carlow Kilkenny

Return to Education/ Return to Employment

Unit 1 Deerpark Business Complex,
Dublin Rd, Carlow, R93 K409

Tel: 059 918 2415 / 085 163 9351

Email: carlow@pitman-training.ie

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

Pitman Training is the leading provider of career-focused training across Carlow and Kilkenny, delivering flexible and self-paced training via home-study and at our training centre in Carlow. Currently we have the highest employment record of any training organisation in Kilkenny and Carlow, with over 95% of students working within the same year as graduating. We offer the most flexible training methods and options. Full time, part-time, evening, weekend, flexi-time and supported distance learning form home so students can be assured of never missing a work opportunity during your training. Our courses are practically based, not purely theoretical.

The Mill Family Resource Centre

Return to Education/ Return to Employment

Main Street, Urlingford, Co. Kilkenny

Tel: 056 883 8466

Email: coordinator.mfrclti@gmail.com

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

Kilkenny and Carlow ETB Courses

Training Services Kilkenny and Carlow ETB

Return to Education/ Return to Employment

Unit 4, Danville Business Park, Kilkenny

Tel: 056 781 3014 **Email:** tsu.recruit@kilkennycarlowetb.ie **Web:** www.kcetbtraining.ie

KCETB Training Services Unit as part of Kilkenny and Carlow Education and Training Board is committed to delivering an extensive range of training courses to our learners. Learners include persons entering the labour market for the first time, persons changing career, persons wishing to up-date or acquire new skills and early school leavers. We offer an extensive range of training programmes for young people and adults who wish to develop the skills and competencies that are required for the workplace and/or for progression to further education and training opportunities. Our courses are offered FREE OF CHARGE to all full-time learners. We provide part time and full time training in areas such as Hospitality, Transport, Logistics, Welding, Construction, Information Technology etc.

Venue	Kilkenny Employment for Youth (KEY) Community Training
Duration	2 years
Start Date	Continuous Intake
End Date	01/10/2021
Certification	QQI Level 3 (Construction / Pre-Apprenticeship / Catering / Art)
Timetable	Full time course

Employability Skills

- QQI Level 3 Employability Skills 2020- 2021 (early school leavers)

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=289108>

Course Content: Application of Number, Art and Design, Career Preparation, Communications, Computer Literacy Internet Skills, Nutrition and Healthy Options, Personal Care and Presentation, Personal Effectiveness, Woodwork, Word Processing, Work Experience, Construction Skills, Culinary Operations, Drawing, Crime Awareness, Breakfast Cookery, Visual Arts, Dishwashing, Wood Turning, Cake Baking and Decoration, Spreadsheets.

Other Providers

General Learning Skills for Return to Work and Education

KCASES (Employability Services Kilkenny/ Carlow)

Doyles Corner, Lower Pollerton Road, Carlow

Tel: 059 913 5564

Email: info@kcases.ie **Website:** www.kcases.ie

Return to Employment

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

St. Catherine's Community Services Centre

St. Joseph's Road, Carlow

Tel: 059 913 8706

Web: www.catherines.ie

Return to Education

Learning for Everyday Life

- General Learning (p/t) *^ - Learning for Everyday Life

Duration: 28 weeks

Start Date: September 2021

End Date: March 2022

Certification: QQI Level 3 Major Award

Timetable: Monday-Friday (9.45am-1pm)

Course Content: Career Preparation, Communications, IT Skills, Maths, Office Procedures, Personal Effectiveness

Preparation for Work Course

- Preparation for Work – Internet and Email skills and Work Experience (p/t) *

Duration: 11 weeks including a 4-week work placement

Certification: QQI Level 3 Award in Internet and Email and Work Experience

Timetable: Monday-Friday mornings

Course Content: This course provides participants with an opportunity to prepare for and gain experience in the labour market and to explore progression options.

Pitman Training Carlow Kilkenny Online

Unit 1, Deerpark Business Complex, Dublin Rd, Carlow, R93 K409

Tel: 059 918 2415 / 085 163 9351

Email: carlow@pitman-training.ie

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

Return to Employment

- Applying for Jobs (p/t)
- Successful Job Interview Seminar (p/t)

Kilkenny and Carlow ETB Courses

Training Services Kilkenny - Return to Education/ Return to Employment

Unit 4, Danville Business Park, Kilkenny

Tel: 056 781 3014

Email: tsu.recruit@kilkennycarlowetb.ie

Web: www.kcetbtraining.ie

KCETB Training Services Unit as part of Kilkenny and Carlow Education and Training Board is committed to delivering an extensive range of training courses to our learners. Learners include persons entering the labour market for the first time, persons changing career, persons wishing to up-date or acquire new skills and early school leavers. We offer an extensive range of training programmes for young people and adults who wish to develop the skills and competencies that are required for the workplace and/or for progression to further education and training opportunities. Our courses are offered FREE OF CHARGE to all full-time learners. We provide part-time and full-time training in areas such as Hospitality, Transport, Logistics, Welding, Construction, Information Technology etc.

General Learning Skills for Return to Work and Education

Venue	Kilkenny Employment for Youth (KEY) Community Training	General Learning <ul style="list-style-type: none"> • QQI Level 4 Introduction to Working in Hospitality/Tourism (2020-2021) (f/t) *^ Course Content: Career Planning, English and Communications, Customer Service, Food and Nutrition, Functional Maths, Health Related Fitness, Information Technology Skills, Personal Effectiveness, Work Experience, Workplace Safety, Stock Control, Retail Sales Techniques
Duration	-	
Start Date	-	
End Date	-	
Certification	-	
Timetable	-	

Venue	Kilkenny Employment for Youth Ltd.	Employment Skills <ul style="list-style-type: none"> • QQI Level 4 Linked Work Experience Kilkenny Employment for Youth (2020) – Training (f/t) *^ https://www.fetchcourses.ie/course/finder?sfcw-courseid=289139 Course Content: Work Experience
Duration	104 Weeks	
Start Date	30/08/2021	
End Date	-	
Certification	QQI Major Level 4 (f/t) *	
Timetable	Full time	

Venue	National Learning Network Kilkenny	General Learning <ul style="list-style-type: none"> • QQI Level 4 Careerpath Training 4 (f/t) *^ https://www.fetchcourses.ie/course/finder?sfcw-courseid=310102 Course Content: English and Communications, Computer Applications, Customer Service, Functional Mathematics, Career Planning and Work Experience, Information Technology Skills, Personal Effectiveness, Retail Sales Techniques, Workplace Safety, Retail Payment Procedures.
Duration	104 Weeks	
Start Date	30/08/2021	
End Date	-	
Certification	QQI Major Level 4 (f/t) *^	
Timetable	Full time	

Venue	Kilkenny Employment for Youth Ltd	Employment Skills <ul style="list-style-type: none"> • QQI Level 4 Catering and Hospitality 2021 - 2022 (early school leavers) Training (f/t) *^ https://www.fetchcourses.ie/course/finder?sfcw-courseid=310092 Course Content: Application of Number, Art and Design, Career Preparation, Communication, Computer Literacy, Internet Skills, Personal Care and Presentation, Personal Effectiveness, Woodwork, Word Processing, Work Experience, Construction Skills, Culinary Operations, Drawing, Breakfast Cookery, Visual Arts, Dishwashing, Spreadsheets.
Duration	104 Weeks	
Start Date	30/08/2021	
End Date	-	
Certification	QQI Major Level 3 (f/t) *^	
Timetable	Full time	

Venue	KCETB Training Services Administrative Offices	General Learning <ul style="list-style-type: none"> • Pathway to Employment - Delivery Driver Training - Urlingford 2021 – Training https://www.fetchcourses.ie/course/finder?sfcw-courseid=310113 Course Content: Career Planning, English and Communications, Computer Applications, Customer Service, Functional Maths, Personal Effectiveness, Work Experience, Workplace Safety, Stock Control, Handling Food Hygienically, Driver Theory for Classes Abmw, Manual Handling.
Duration	40 weeks	
Start Date	18/10/2021	
End Date	22/07/2022	
Certification	QQI Major Level 4 (f/t) *^	
Timetable	Full time	

General Learning Skills for Return to Work and Education

Training Services - Community Training Kilkenny and Carlow ETB

4 Danville Business Park, Ring Road, Kilkenny

Tel: 056 781 3031 / 087 973 8303

Web: www.kcetbtraining.ie

Venue	Carlow Youth Training, Unit 6A, Askea Business Park, O'Brien Road, Carlow	Employment Skills <ul style="list-style-type: none"> • Certificate in Employability Skills (with options Catering, Childcare, Home Maintenance) (f/t) *^ www.fetchcourses.ie/course/finder?sfcw-courseId=310108 <p>This course is aimed at 16 – 21 year-old early school leavers.</p> <p>Course Content: Application of Number, Art and Design, Breakfast Cookery, Career Preparation, Caring for Children, Childcare and Safety, Child Development and Play, Communications, Computer Applications, Computer Literacy, Construction Skills, Craft Ceramics, Craft Glass, Craft Sewing, Culinary Operations, Database Applications, Digital Media, Floor and Wall Tiling, Health and Fitness, Health and Safety Awareness, Internet Skills Nutrition and Healthy Options, Painting and Decorating, Personal Care and Presentation, Personal Effectiveness, Soccer Skills, Spreadsheets, Woodwork, Word Processing, Work Experience, Word Turning.</p> <p>Tel: 059 913 2245 Email: info@carlowyouthtraining.org Web: www.carlowyouthtraining.org</p>
Duration	52 weeks	
Start Date	Rolling intake	
End Date	-	
Certification	QQI Level 3 Major Award *^	
Timetable	Full time course	

Venue	St. Catherine's Community Services Centre, St. Joseph's Road, Carlow	Employment Skills <ul style="list-style-type: none"> • Making Connections - Certificate in Employability Skills (p/t) *^ www.fetchcourses.ie/course/finder?sfcw-courseId=310117 <p>This programme provides support for people recovering from substance misuse, homelessness or coming from a probationary background</p> <p>Course Content: Application of Number, Career Preparation, Caring for Children, Child Development and Play, Communications, Computer Literacy, Desktop Publishing, Health and Safety Awareness, Internet Skills, Nutrition and Health Options, Personal and Interpersonal Skills, Personal Care and Presentation, Personal Effectiveness, Research Interviewing Skills, Self-Advocacy, Work Experience, Word Processing.</p> <p>Tel: 059 913 8700 Email: maureene@catherines.ie Web: www.catherines.ie</p>
Duration	52 weeks	
Start Date	Rolling intake	
End Date	-	
Certification	QQI Level 3 Major Award *^	
Timetable	The programme is delivered on a one-to-one, part-time basis, over a number of hours per week.	

Venue	St. Catherine's Community Services Centre, St. Joseph's Road, Carlow	Employment Skills <ul style="list-style-type: none"> • Moving on Carlow – Employment Skills (f/t) *^ www.fetchcourses.ie/course/finder?sfcw-courseId=310118 <p>This programme is specifically designed for mothers aged 16 to 35 years who may have left school early and are at risk of, or are experiencing isolation, poverty and difficulties in accessing mainstream education and employment opportunities.</p> <p>Course Content: Career Planning, Customer Service, English and Communications, Information Technology Skills, Mathematics, Personal Effectiveness, Understanding Interculturalism, Work Experience, Workplace Safety.</p> <p>Tel: 059 9138718 Email: orlaithm@catherines.ie Web: www.catherines.ie</p>
Duration	43 weeks	
Start Date	30/08/2021	
End Date	24/06/2022	
Certification	QQI Level 4 Major Award *^	
Timetable	Full time	

General Learning Skills for Return to Work and Education

Vocational Training Opportunity

Return to Education / Return to Employment Scheme VTOS

Bishop Birch, Training Centre,
Nuncio Road, Kilkenny

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

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

- Options one group – Introduction to Computers and General Learning
- Options Two group – Intermediate Computers to include City and Guilds
- Woodcarving – Art, Craft and Design, including Woodwork

IT Skills

- Level 1 Certificate for IT Users 7574-01 The aim of this certificate is to provide learners starting out in their career with the skills to work effectively with ICT and deal with routine and straightforward tasks in the workplace.
- Level 2 Certificate for IT Users 7574-02 The aim of this certificate is to enable learners to enhance their existing skills in using predefined or commonly used IT tools for activities that are at times non-routine or unfamiliar and to identify issues and devise solutions.
- Level 3 Diploma for IT Users 7574-03 The aim of this Diploma is to enable learners with guidance to operate information and communication software or hardware with knowledge and understanding in the units selected to achieve the award. www.cityandguilds.com/qualifications-and-apprenticeships/it/it-user/7574-itqs-for-it-users.

Vocational Training Opportunity

Return to Education / Return to Employment Scheme VTOS Bishop Birch, Training Centre,
Nuncio Road, Kilkenny

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

Venue	VTOS, Bishop Birch, Training Institute, Kilkenny	eBusiness
Duration	38 weeks	• QQI Level 5 Certificate in IT with Web Design and Medical Terminology (f/t) *^
Start Date	13/09/2021	https://www.fetchcourses.ie/course/finder?sfcw-courseid=310119
End Date	03/6/2022	Course Content: Computer architecture and systems, eBusiness studies, web authoring, internet, digital marketing, digital photography, word processing, statistics, medical terminology, French.
Certification	QQI Level 5 Major Award *^	
Timetable	Full Time Course	
Venue	VTOS, Bishop Birch, Training Institute, Kilkenny	General Learning
Duration	38 weeks	• QQI Level 3 Introduction to Computers and General Learning (f/t) *^
Start Date	07/09/2021	https://www.fetchcourses.ie/course/finder?sfcw-courseid=310110
End Date	03/6/2022	Course Content: Communications, computer literacy, internet skills, mathematics, nutrition and healthy options, functional mathematics, drawing, craft – ceramics, french, art and design, personal and interpersonal skills.
Certification	QQI Level 3 Major Award *^	
Timetable	Full Time Course	

General Learning Skills for Return to Work and Education

Venue	National Learning Network, Killeslin Road, Graiguecullen, Carlow
Duration	52 weeks
Start Date	Rolling intake
End Date	-
Certification	QQI Level 4 Major Award *^
Timetable	Full time course

Retail and Office Skills

- Certificate in Retail and Office Skills (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=310103

The National Learning Network cater for a diverse range of learners who need extra supports to help them when training. The course is designed to help learners get a job in retail but includes reception, general office skills, computer applications and work safety modules to improve their skills for work. At least one day a week will be spent in the retail environment so that learners will get a real-life work experience.

Course Content: Computer Applications, Customer Service, English and Communications, General Office Skills, Information Technology Skills, Team Working, Reception Skills, Retail Sales Techniques, Retail Payment Procedures, Stock Control, Work Experience, Workplace Safety.

Tel: 059 916 4257 **Email:** lisa.haugh@nln.ie

Web: www.nln.ie

Vocational Training Opportunities Scheme (VTOS) Kilkenny and Carlow ETB

1-3 Granby Row, Carlow

Tel: 059 914 0311 **Email:** una.hayes@kilkennycarlowetb.ie **Web:** www.vtoscarlow.ie

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

Venue	VTOS, 1-3 Granby Row, Carlow
Duration	38 weeks
Start Date	08/09/2021
End Date	-
Certification	QQI Level 3 Major Award *^
Timetable	Monday - Friday mornings

Return to Education: Computer and Information Skills

- Certificate in Computer and Information Skills (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=322081

This course is aimed at 16 - 21 year-old early school leavers.

Course Content: Application of Numbers, Career Preparation, Communications, Computer Literacy, Functional Mathematics, Personal Effectiveness, Spreadsheets, Word Processing.

Venue	VTOS, 1-3 Granby Row, Carlow
Duration	38 weeks
Start Date	08/09/2021
End Date	-
Certification	QQI Level 3 Major Award *^
Timetable	Monday - Friday mornings

Return to Learning

- Certificate in Return to Learning for Adults (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=323370

Course Content: Communications, Computer Literacy, Office Procedures, Mathematics, Personal Effectiveness, Spreadsheets, Word Processing.

Venue	VTOS, 1-3 Granby Row, Carlow
Duration	39 weeks
Start Date	06/09/2021
End Date	-
Certification	QQI Level 4 Major Award *^
Timetable	-

Office Administration with English Language

- English Language with Office Administration (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=323377

Course Content: Bookkeeping and Accounts, Business English, Communications, Customer Service, Data Entry, English as a Second Language, Functional Maths, General Office Skills, Spreadsheet Methods, Word Processing, Work Experience.

Kilkenny and Carlow ETB Courses

General Learning Skills for Return to Work and Education

Venue	VTOS, Bishop Birch, Training Institute, Kilkenny	Information Processing
Duration	39 weeks	• QQI Level 5 Certificate in Office Skills with Payroll (f/t) *^
Start Date	30/08/2021	https://www.fetchcourses.ie/course/finder?sfcw-courseid=313948
End Date	20/5/2022	Course Content: Database methods, spreadsheet methods, communications, business calculations, word processing, payroll, digital marketing, payroll, health and safety at work, internet skills, information and communication.
Certification	QQI Level 5 Major Award *^	
Timetable	Full time	

Venue	VTOS, Bishop Birch, Training Institute, Kilkenny	Art, Craft and Design with Start Your Own Business
Duration	39 weeks	• QQI Level 5 Art, Craft and Design (f/t) *^
Start Date	30/08/2021	https://www.fetchcourses.ie/course/finder?sfcw-courseid=310125
End Date	27/05/2022	Course Content: Appreciation of Art, Craft and Design, Ceramics, Collage Techniques, Combined Materials Communications, Design Skills, Drawing, Marketing Practice, Painting, Personal Professional Development, Start Your Own Business.
Certification	QQI Level 5 Major Award *^	
Timetable	Full time	

For Information Processing and Art, Craft and Design with Start Your Own Business courses

Other Providers

Young Irish Film Makers

Return to Education

St. Joseph's Studios, Waterford Road, Kilkenny

Tel: 056 775 1405

Email: assistant.lti@yifm.com **Web:** www.yifm.com

Young Irish Film Makers (YIFM) is the national film, animation and digital media organisation for young people across Ireland. Our mission is to make filmmaking and animation accessible to all young people. Anyone aged between 9 to 25 years can take part in one of our practical training workshops in schools, youth clubs, summer camps and residential programmes. Young people are empowered to work with professional equipment to make films, animation and digital media content.

Multimedia Production Programme: This is our full time foundation in all things media. Every September, 20 creative people aged 16+, join us full time for 44 weeks of video production, music production, podcasting, photography and performance. The National Youth Film and Animation School is the ideal pre-college course for any creative young person aged 16-19yrs thinking of a career or college placement in film or animation.

Youthreach Kilkenny

Return to Education

Lower New Street, Kilkenny

Tel: 056 772 3550

The aim of Kilkenny Youthreach is to provide a second chance education for early school leavers aged between 15 and 20.

• Leaving Certificate and Leaving Cert Applied (f/t) *

www.fetchcourses.ie/course/finder?sfcw-courseid=310427

Course Content: Vocational Preparation & Guidance, visual arts, agriculture/horticulture, craft and design, hotel catering and tourism, Introduction to Information and Communications Technology Year 1, leisure and recreation, Mathematical Applications, modern languages, social education, English and communications, Gaeilge Chumarsáideach.

Venue: Youthreach Kilkenny

Duration: 465 days

Start Date: 06/09/2021

Certification: Leaving Certificate Applied (DESLCA Department of Education & Skills

Timetable: Full time course

Kilkenny and Carlow ETB Courses

General Learning Skills for Return to Work and Education

Kilkenny and Carlow ETB Courses

Venue	VTOS, 1-3 Granby Row, Carlow
Duration	39 weeks
Start Date	06/09/2021
End Date	-
Certification	QQI Level 4 Major Award *^
Timetable	Need to check

Office Administration

- Certificate in Office Administration (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=323364

Course Content: Bookkeeping and Accounts, Business English, Career Planning, Communications, Customer Service, Data Entry, English as a Second Language, Functional Maths, General Office Skills, Mathematics, Personal and Interpersonal Skills, Reception Skills, Spreadsheet Methods, Word Processing, Work Experience.

Youthreach Kilkenny and Carlow ETB

Tullow Road, Carlow

Tel: 059 914 2032 **Email:** info@carlowyouthreach.ie **Web:** www.kcetb.ie

Kilkenny and Carlow ETB Courses

Venue	Youthreach, Tullow Road, Carlow
Duration	1 academic year
Start Date	06/09/2021
End Date	-
Certification	QQI Level 4 Major Award *^
Timetable	Full time course

Return to Education

- Certificate in General Learning (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=323996

Course Content: Career Preparation and Planning, Communications, Computer Applications, Drawing, Information Technology Skills, Mathematics, Personal Effectiveness, Woodcraft, Workplace Safety

Venue	Youthreach, Tullow Road, Carlow
Duration	1-2 academic years
Start Date	23/08/2021
End Date	-
Certification	Leaving Certificate (Established/ Vocational Programme)
Timetable	Full time course

Leaving Certificate

- Leaving Certificate (Established/ Vocational Programme) (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=324038

Course Content: Accounting, Art, Construction Studies, English, Geography, History, Home Economics, Mathematics

Some examples of extra-curricular activities for Learners are sport, cooking, trips, community projects and charity mornings.

Some examples of supports for Learners are Literacy and Numeracy, Mentoring and Advocacy, Career Guidance and Psychological Counselling.

Online Courses / Blended Learning Websites

Barrow Training and Consultancy
www.barrowtraining.ie

Carlow Kilkenny Skillnet
www.carlowkilkennyskillnet.ie

Carlow County Library Service
www.carlowlibraries.ie

CIELS (Carlow Institute of English Language Services)
www.ciels.ie

KCETB Community Education Service
www.kilkennycarlow.etb.ie/further-education-and-training/community-education-service/

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

Other Providers

General Learning Skills for Return to Work and Education

Online Courses / Blended Courses

Barrow Training and Consultancy
www.barrowtraining.ie/

KCETB Courses
www.fetchcourses.ie

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

Skillnet Carlow/Kilkenny
www.carlowkilkennyskillnet.ie/

Springboard Courses
www.springboardcourses.ie/

Hairdressing / Beauty / Complementary Therapies - Carlow

Carlow Institute of Further Education and Training

Mortarstown Upper, Carlow, R93 X0FX

Tel: 059 913 4230

Email: info@carlowinstitute.ie Web: www.carlowinstitute.ie

Venue	Carlow Institute of Further Education and Training	Barbering
Duration	9 months	• Certificate in Barbering (f/t) *^
Start Date	28/08/2021	www.fetchcourses.ie/course/finder?sfcw-courseId=323866
End Date	03/06/2022	Course Content: Design and Create Patterns in Hair, Facial Hair Cutting, Hairdressing Consultation, Men's Hair Cutting, Provide Shaving and Facial Massage Services, Salon Health and Safety Practice, Salon Products and Services
Certification	City and Guilds Level 3 Diploma in Barbering with Evolve (3003-67)	
Timetable	Full time course	
Venue	Carlow Institute of Further Education and Training	Beauty Therapy
Duration	9 months	• Certificate in Beauty Therapy (f/t) *^
Start Date	27/08/2021	www.fetchcourses.ie/course/finder?sfcw-courseId=304990
End Date	03/06/2022	Course Content: Anatomy and Physiology, Facial Electrical Treatments, Holistic Massage, Indian Head Massage, Make-Up, Manicure and Pedicure, Professional Conduct and Business Awareness, Skincare and Eye Treatments, Waxing
Certification	ITEC Level 3 Diploma in Beauty, Massage and Electrotherapy 603/3221/9 ITEC Award in Infection Prevention (COVID-19) for Beauty Therapy and Nail Services – IP2A2	
Timetable	Full time course	
Venue	Carlow Institute of Further Education and Training	Hairdressing
Duration	9 months	• Certificate in Hairdressing (f/t) *^
Start Date	27/08/2021	www.fetchcourses.ie/course/finder?sfcw-courseId=317108
End Date	03/06/2022	Course Content: Bridal Hair, Colour Hair to Create a Variety of Looks, Consultation Support for Colleagues on Hair Services, Creative Hairdressing Design Skills, Cut Women's Hair to give a Variety of Looks, Hairdressing Junior Trade Certificate, Monitor and Maintain Health and Safety Practice in a Salon, Promote Perm Hair to Create a Variety of Looks, Products and Services to Clients in a Salon, Style and Dress Hair Using a Variety of Techniques
Certification	City and Guilds Level 3 Diploma in Women's hairdressing with Evolve 3002-66 This programme also leads to the DES-SEC Junior Trade Certificate in Hairdressing	
Timetable	Full time course	

Other Providers

Hairdressing / Beauty / Complementary Therapies

Food For Life Wellness Centre

Green St., Callan, Kilkenny

Tel: 056 772 5777

Email: info@wellnesscentre.ie **Web:** www.yifm.com

Homeopathy

The first visit to a Homeopath typically lasts an hour to an hour and a half. Subsequent visits are usually shorter. The Homeopath may prescribe a remedy on the spot, particularly if the patient has an acute condition such as a sore throat. Where symptoms have been present for some time - say eczema for example, the Homeopath will often take some time to review the patient's case notes before prescribing the remedy. Visits are usually four to six weeks apart.

AURA-SOMA works with your spiritual and emotional wellbeing. The coloured oils (Equilibrium), pomanders, quintessence, colour essences and other colour related products of AURA-SOMA help you to bring your being into a state of equilibrium. They may help to increase your self-awareness and create a harmonious sense of comfort around and within yourself. Your colour choice reflects your very personal needs and helps you to find a more true understanding of your potential.

Systematic Kinesiology

Systematic Kinesiology has an approach to health that is holistic which means that every health problem or symptom you're experiencing will be approached from a wide perspective. Stress makes every other factor worse. So as practitioners we seek to find explanations for you. Help you to understand the link between what you eat, think, do every day and your health.

Kilkenny Employment for Youth KEY

Garden Row, Kilkenny

Tel: 056 776 2774 **Web:** www.kevctc.ie

- QQI Level 4 VTCT Diploma in Hairdressing and Certificate in Barbering *

Kilroys College

Web: www.kilroyscollege.ie/

Beauty Therapy Specialist Diploma course

www.findacourse.ie/courses-ireland/beauty-therapy-diploma/

College: Kilroy's College – Distance Learning

Duration: 12 months

Type: Online Courses – Distance Learning

Times: All year enrolling

Course Contents

- Principles and practices of Beauty Treatments
- Basic Skin Care and Facials
- Make up
- Basic Manicures and Pedicures

Make-up Artist- Diploma training course

www.findacourse.ie/courses-ireland/make-up-artist-diploma-training-course/

Category: Make-Up Courses

College: Kilroys College – Distance Learning

Duration: 12 months

Type: Online Courses – Distance Learning

Nail Technician as a Future Career or Hobby

Delivery method: Correspondence, Online

Duration: 12 months

This Nail Technician course is an excellent way to learn the skills and acquire the knowledge you will need to succeed in this very popular activity as a professional or as a hobby.

- You will learn about the importance of good grooming and various forms of good communication.
- You will be able to carry out a consultation and maintain client records.
- You will learn to differentiate between sanitation and disinfection and how to carry out the necessary procedures.
- You will learn how to recognise and understand the consequences of cross infection and the methods necessary to avoid them.
- A textbook, a manicure kit, a pedicure kit and a nail art kit are all included with your course fee.

Hairdressing / Beauty / Complementary Therapies

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	City and Guilds Level 3 Diploma in Theatrical, Special Effects Hair and Media Make-up with Evolve 3003-74
Timetable	Full time course

Makeup Artistry

• Certificate in Makeup Artistry (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=304994

Course Content: Apply Airbrush Make-Up to the Face, Apply Prosthetic Pieces and Bald Caps, Create and Cast Small Prosthetic Pieces and Bald Caps, Creative Hairdressing Design Skills, Design and Apply Face and Body Art, Fashion and Photographic Make-Up, Media Make-Up, Monitor and Maintain Health and Safety Practice in Salon, Research in Fashion, Theatrical, Special Effects and Media Make-Up Industry, Working with Colleagues within Beauty Related Industries

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	-
Timetable	Full time course

Makeup Artistry

• Advanced Certificate in Makeup Artistry (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=304099

Course Content: Advanced Make-Up Techniques, Face and Body Painting, Permanent Eyelashes, Photography, Prosthetics and Bald Cap Application, Research and Design Plans for Scripts and Fashion Shows, Salon and Sales Marketing, SFX Make-Up, Student Led Masterclasses, Threading

Certification:

- City and Guilds Level 4 Certificate in Advanced Theatrical and Media Make-up Techniques 5450-08
- City and Guilds Level 4 Unit Award - Salon Management (5450-91, unit 402)
- City and Guilds Level 3 Unit Award - Apply Individual Permanent Lashes (3003-93, unit 317)
- City and Guilds Level 2 Unit Award - Create an image based on theme within a hair and beauty sector (3003-92, unit 212)
- City and Guilds Level 2 Unit Award - Provide Threading Services for Hair Removal (3003-92, unit 219)
- ITEC L3 Award in Education and Training ET3A1

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	-
Timetable	Full time course

Beauty Therapy

• Professional Diploma in Beauty Therapy (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=304098

Course Content: Aesthetic Treatments, Anatomy and Physiology, Commercial/ Business Studies, Cosmetic Products - Cosmetic Science, Cosmetic Surgery, Electrical Epilation, Hygiene and First Aid, Laser and Intense Pulse Light Treatments, Microdermabrasion Treatments, Natural Sciences, Nutrition, Occupational Health and Safety, Professional Ethics, Project with Case Histories Research and Writing, Retail, Skin/ Dermatology,

Certification:

- ITEC L4 Diploma in Laser and Intense Pulsed Light Treatments 107-500/1212/5
- ITEC L3 Certificate in Microdermabrasion Treatments iBT3C13 - 603/4035/6
- VTCT L2 Award in Threading Depilation AB20125 - 500/8879/8
- QQI L6 Award in Electrical Epilation 6N3475
- ITEC L3 Award in Education and Training ET3A1

Hairdressing / Beauty / Complementary Therapies

Kilkenny College of Beauty and Sports Therapy

4 Patrick Street, Kilkenny

Tel: 056 7761891

Web: www.kilkennycbt.com

Online / Blended Courses

• Time Beauty Therapy Course (f/t) *

www.kilkennycbt.com/courses/full-time-beauty-therapy-course/

Full time course. Tues – Friday.
Next course starts October 2021

Optional: Threading and precision brow shaping, Make up artistry, 3 week gel polish, nail technician, specialized waxing and spray tan.

• Time Evening Beauty Specialist (p/t) *

www.kilkennycbt.com/courses/

Part time courses are held either in the evening or on a one-day per week basis. All part time courses lead to qualifications certified by CIBTAC and ITEC.

Online Training Courses

Online courses for Lash Lift, Eye Lash extensions, Brow Lamination, Gel and Acrylic Nails, Henna, threading and much more!

www.beautytherapycourses.ie

• ITEC Holistic Massage Diploma

Course starts Sep 2021 – Saturdays

www.kilkennycbt.com/courses/itec-holistic-massage-diploma/

This course is an intensive course for those interested in becoming massage therapists. No previous experience or qualifications required. This is an interesting and informative course if you wish to enter the field of holistic therapies. This course trains students to the highest level in Swedish massage whilst also equipping them with the knowledge of the body structures under which they work. Successful students will enjoy a career with an International ITEC qualification.

• Part – Time Beauty specialist with Electrotherapy

This course offers students the highest standard of beauty therapy qualifications in the industry with two of the major awarding bodies. Internationally recognized, ITEC/CIBTAC diplomas will open endless opportunities for further study or employment.

CIBTAC Aesthetics Diploma

ITEC Beauty Specialist Diploma

• Eye Lash Extensions - This course is now available online

This is a necessary add on course for every beauty therapist but can also be a stand alone course as its ever increasing in popularity. Semi permanent Eye Lash Extensions are becoming a necessary accessory those who are trend and fashion conscious. They can provide regular income as they need to be maintained monthly. This course covers all aspects to produce a highly skilled lash technician.

The Kilkenny College of Beauty and Sports Therapy Eye Lash Extension Certificate

• ITEC Nail Technician Diploma - Day Course Starts November 2021

This is the perfect ITEC Diploma course to launch an ever-popular career as a nail technician. This is a broad-spectrum nail technician course. It includes all aspects necessary to become a skilled technician. The curriculum includes Gel nails, Acrylic nails and Nail Art. This course will be delivered to the highest standards including tip and form application, French white application and salon nail art designs. On completion graduates will have all the necessary skills to go directly to the work place.

• The Kilkenny College of Beauty and Sports Therapy Nail Technology Diploma

• ITEC diploma in nail technology *(optional for qualified manicurists)

• Gel Nails Certificate - November 2021 Day Course

www.kilkennycbt.com/courses/victoria-vynn-beginner-gel-nails-certificate/

This is an excellent course for therapists wishing to enter the field of nail technology. This course will be delivered to the highest standards including tip and form application. On completion graduates will have all the necessary skills to go directly to the work place. This course will guide you through the steps required to apply the perfect set of gel nails using tips or forms to elongate the nails.

• The Kilkenny College of Beauty and Sports Therapy Gel Nails Certificate
• Victoria Vynn Certificate in Gel Nails

• Russian Manicure - 1 Day Course

Contact: 056 776 1891

www.kilkennycbt.com/courses/certificate-in-advanced-gel-polish-with-electric-file/

At Kilkenny College of Beauty and sports Therapy we are so pleased to welcome Kate Lutsenko to our college. Kate is a skilled award winning technician who specialises in the use of electric file. This course is leading the way in gel polish application. This is a brand new craze to hit Ireland. This is what people refer to as the “no gap” gel polish. Clients can get up to 10 days with little or no regrowth showing. The use of electric file allows complete lifting of the cuticle to get that polish right under. This give you extra earning power as clients will soon see they get longer from your gel polish. This course also directs you in the use of thicker base coats to give a “mini overlay”.

• Salon Nail Designs: 1 Day Course

Contact: 056 776 1891

www.kilkennycbt.com/courses/3d-salon-nail-designs/

This Course will show you how to create simple but effective designs on your clients nails in minutes. Learn many techniques such as ombre, Crystal application, use of glitters, chrome, free hand painting, marbling etc. etc. This can add to your earning potential and transform your client's nails in minutes.

• Diploma in Media, Fashion & Photographic Make Up Artistry

Part time course: Tuesday Evening 6.30-9.30.

Now Enrolling for November 2021 and January 2022 for those with RPL in basic make up

The course offers extensive skills in the expanding industry of makeup artistry. This curriculum covers an expanse of makeup techniques including theatre, media, photographic, Bridal, Avant Garde and high fashion. This course will train students to the highest standards of makeup artistry whilst also giving the opportunity to complete ITEC international diploma as part of this course.

• The Kilkenny College of Beauty and Sports Therapy Diploma in Media, Fashion and Photographic make up artistry

• ITEC international certificate in Make up

• ITEC Award in the Art of Photographic Make up

Other Providers

Hairdressing / Beauty / Complementary Therapies

St. Catherine's Community Services Centre

St. Joseph's Road, Carlow

Tel: 059 913 8706 **Email:** andread@catherines.ie

Web: www.catherines.ie

- Evening classes: Make-up and Nail Art courses (p/t)

Tai Chi and Wellness Academy

Unit 1, Deerpark Business Complex, Dublin Rd, Carlow, R93 K409

Tel: 087 347 7277

Email: info@taichiandwellnessacademy.com

Web: www.taichiandwellnessacademy.com

Online

Course:

- Tai Chi Teacher Training Course (p/t)

Classes:

- Tai Chi for Beginners
- Tai Chi for Improvers
- Tai Chi for Health and Vitality
- Meditation – 6-week Introductory Course
- Chi Kung and Stress Management
- Mindful Movement and Meditation
- Moving through the Chakras with Tai Chi and Chi Kung

Workshops:

- Healing Aspects of Bach Flower Remedies
- Welcoming the First Light of Spring
- Yin and Yang - Perfect Balance and Strength
- Midsummer Festival in the Heart of Nature
- Follow your Star....
- Meditation
- Self-Care for the Carers

Retreats:

- Nature as a Healing Resource
- Meditation – The Simple Enjoyment of the Truth

Kilkenny and Carlow ETB Courses

Training Services - Community Training Kilkenny and Carlow ETB

4 Danville Business Park, Ring Road, Kilkenny

Tel: 059 913 2245 / **Email:** info@carlowyouthtraining.org

Web: www.carlowyouthtraining.org

CYT is a Community Training Centre which provides training to early school leavers aged between 16 and 21 and who are most at need of basic vocational training.

Venue	Carlow Youth Training, Unit 6A, Askea Business Park, O'Brien Road, Carlow	Beauty Therapy • Diploma in Beauty Specialist Techniques (f/t) *^ www.fetchcourses.ie/course/finder?sfcw-courseid=310105 This course is aimed at 16 – 21 year-old early school leavers. Course Content: Apply Make-Up, Client Care and Communications in Beauty-Related Industries, Communications, Follow Health and Safety Practice in the Salon, Provide Eyelash and Brow Treatments, Provide Facial Skincare, Provide Manicure Treatments, Provide Pedicure Treatments, Remove Hair Using Waxing Techniques, Salon Reception Duties Certification: • VTCT - Level 1 Certificate in an Introduction to Hair and Beauty Sector 500/6839/8 • VTCT - Level 2 Diploma in Beauty Specialist Techniques 500/9039/2
Duration	52 weeks	
Start Date	Continuous Intake	
End Date	-	
Certification	QQI Level 3 Major Award *^	
Timetable	Full time course	

Hairdressing / Beauty / Complementary Therapies

Ormonde College of Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321

Email: info@ormondecollege.ie

Web: www.ormondecollege.ie

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award (f/t) *^
Timetable	Full time course

Beauty Therapy and Makeup Artistry

- QQI Level 5 Certificate in Beauty Therapy ITEC and CIBTAC Diplomas (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=320608>

Course Content: Customer Service, Work Experience, Anatomy and Physiology, Body Massage and Figure Analysis, Facial Electrics, Manicure, Pedicure and Waxing, Skin Care, Eye Treatments and Make-up, Make up Artistry, Make-up Artistry Skin and Nail Techniques, Cosmetic Studies.

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 6 Major Award (f/t) *^
Timetable	Full time course

Advanced Beauty Therapy (with Makeup Artistry and Spa Therapy)

- QQI Level 6 Certificate in Beauty Therapy ITEC, CIBTAC and CIDESCO Diplomas in Beauty Therapy (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=320631>

Course Content: Anatomy and Physiology, Work Experience, Customer Service, Body and Beauty Science and Treatments, Depilation, Tanning and Lightening, Microdermabrasion and Laser Ipl, Electrical Epilation, Indian Head Massage, ITEC - Fashion, Theatre and Media Make-Up and Special Effects.

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award (f/t) *^
Timetable	Full time course

Hairdressing with Barbering Techniques

- QQI Level 5 Hairdressing with Barbering Techniques (f/t) *^

Course Content: Customer Service, Work Experience, Anatomy and Physiology, Body Massage and Figure Analysis, Facial Electrics, Manicure, Pedicure and Waxing, Skin Care, Eye Treatments and Make-up, Make up Artistry, Make-up Artistry Skin and Nail Techniques, Cosmetic Studies.

Kilkenny and Carlow ETB Courses

Hairdressing / Beauty / Complementary Therapies

Venue	Carlow Youth Training, Unit 6A, Askea Business Park, O'Brien Road, Carlow
Duration	52 weeks
Start Date	Continuous Intake
End Date	-
Certification	VTCT
Timetable	Full time course

Hairdressing

• Diploma in Hairdressing Services (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=310109

Course Content: Client Consultation for Hair Services, Communications, Create Image based on theme within Hair and Beauty Sector, Plaiting and Twisting Hair, Presenting a Professional Image in a Salon, Promote Products and Services to Clients in a Salon, Salon Reception Duties, Shampoo and Condition the Hair and Scalp, The Art of Colouring Hair, The Art of Dressing Hair, Working in the Hair Industry

Certification

- VTCT Level 2 Diploma in Women's Hairdressing AH20167
- VTCT Level 1 Certificate in an Introduction to Hair and Beauty AM10035
- VTCT Level 2 Diploma in Hair and Beauty Services AM20173

Online Courses / Blended Learning Websites

Tai Chi and Wellness Academy
www.taichiandwellnessacademy.com

Hairdressing / Beauty / Complementary Therapies

Ormonde College of Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321

Email: info@ormondecollege.ie

Web: www.ormondecollege.ie

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 6 Major Award (f/t) *^
Timetable	Full time course

Hairdressing and Barbering Techniques (Level 6)

- QQI Level 6 Hairdressing and Barbering Techniques (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=320861>

Course Content: Anatomy and Physiology, Work Experience, Customer Service, Body and Beauty Science and Treatments, Depilation, Tanning and Lightening, Microdermabrasion and Laser Ipl, Electrical Epilation, Indian Head Massage, ITEC - Fashion, Theatre and Media Make-Up and Special Effects.

Online Courses / Blended Courses

Alison

www.alison.com/course/

Eyrebrushed Clinic

www.eyrebrushed.ie/

Kilkenny College of Beauty and Sports Therapy

www.kilkennycbt.com/



Spotlight Career Change



What are you doing now?

I am a fully qualified Beauty/Holistic therapist with 29 years' experience in the industry. My most recent qualification enabled me to qualify as a beauty tutor.

Before...

During my career I have had the great experience of working in day spas and beauty salons, as a therapist and a manager. I also ran my own business for over three years. I have been a beauty and holistic therapist for the last 30 years, my most recent qualification is in teaching beauty therapy (ITEC diploma in Education and Training). I have also completed a train the trainer QQI Level 6 course.

Making a change...

Recently through engaging with the adult guidance service, I have applied via the CAO to do a pharmacy technician course with IT. Carlow. Previously I had covered some anatomy and physiology during my beauty course.

Next steps...

I have just accepted a place on the 2 year pharmacy technician course in I.T. Carlow. I believe this course will marry very well with my previous experience and qualifications. I also hope to complete the leadership and management course with "KCETB skills to Advance". This course will complement my work experience to date as a manager on the shop floor.

Any challenges along the way?

I have self-financed all my upskilling and training to date and the Teaching Beauty Therapy course had a lot of assignments and presentations. This course was a great opportunity to improve my computer skills. The Beauty Therapy Industry is constantly changing therefore there is a constant need for continuous professional development.

What are the benefits of returning to education?

Learning is very empowering for your self-belief and own self-esteem and the bonus is you have skills to improve your disposable income which improves your lifestyle.

Words of Wisdom...

Focus and discipline and a good work ethic are the key to success. If it doesn't work the first time try and try again. I would encourage you to engage with your local Adult Guidance Service who helped me to narrow down what courses would suit me from my qualifications and work experience and gave me a lot of clarity. A listening ear was very important and gave me the confidence to apply for the course online.

Guidance Counsellor / Co-ordinator:

Ms Orla Reddy

County Kilkenny Adult Guidance Service

Lower New Street, Kilkenny,
R95 AV65

T: 056 776 4448

E: [adultguidance@
kkadulted.ie](mailto:adultguidance@kkadulted.ie)

Facebook: County Kilkenny
Adult Guidance Service

Guidance Counsellor / Co-ordinator:

Mr Shane Rooney

County Carlow Adult Guidance Service

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

T: 059 913 3123

E: [info@
carlowadultguidance.ie](mailto:info@carlowadultguidance.ie)

Facebook: County Carlow
Adult Guidance Service

Other Providers

Health and Safety / Security

Ali Active Training

Tel: 087 823 1276

Email: aliprotraining@gmail.com

Web: www.aliactivetraining.com

- First Aid Response (FAR) (p/t) *
- First Aid Response (FAR) Refresher (p/t) *
- Manual and Patient Handling (p/t) *

Barrow Training and Consultancy

High Street, Bagenalstown, Co. Carlow

Tel: 059 972 1416

Email: marketing@barrowtraining.ie

Web: www.barrowtraining.ie

Online & Blended Learning

- QQI Level 5 in Safety and Health at Work (p/t) *
- QQI Level 6 in Instructing Manual Handling (p/t) *
- QQI Level 6 in Safety Management (p/t) *
- Certified Fire Safety Awareness (p/t) *
- Chemical Awareness (p/t)
- COVID 19 Return to Work Procedures for Managers/ Supervisors (p/t)
- COVID 19 Return to Work Awareness for Staff (p/t)
- Dealing with Challenging Behaviour (p/t)
- Health and Safety Induction in Healthcare (p/t)

Kilkenny and Carlow ETB Courses

Back to Education Initiative (BTEI) Kilkenny and Carlow ETB

1B Meadow Court, Burrin Street, Carlow

Tel: 059 913 9532

Email: bteicarlow@kilkennycarlowetb.ie **Web:** www.kcetb.ie

Venue	Teach Bhride, Tullow, County Carlow
Duration	14 weeks
Start Date	08/09/2021
End Date	15/12/2021
Certification	QQI Level 5 Minor Award
Timetable	Wednesday mornings

Safety and Health at Work

- QQI Level 5 Healthcare Support (p/t) (5N1794) *[^]

Course Modules:

- Safety and Health at Work
- www.fetchcourses.ie/course/finder?sfcw-courseid=322674

Skills To Compete

Other Providers

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre, Athy Road, Carlow

Tel: 059 913 2152

Email: admin@carlowkilkennyskillnet.ie

Web: www.carlowkilkennyskillnet.ie

Online

- Safely Returning to the Workplace (p/t)
 - First Aid Responder (FAR) (p/t) * - 16/09/2021
 - Protecting Your Business Against Cyber Risk - 28/09/2021
- Self-directed online learning: www.carlowkilkenny.mykademy.com/
- Accident Investigation (p/t)
 - Armed Robbery Awareness (p/t)
 - CPR and AED Awareness (p/t)
 - Fire Safety (Ireland) (p/t)
 - First Aid (RoSpa) (p/t)
 - Health and Safety for Managers (p/t)

Focused Training Ireland

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

Tel: 059 911 8912/ 089 400 9937

Web: www.focusedtrainingireland.com

- Abrasive Wheels (p/t) *
- Asbestos Awareness (p/t) *
- Fire Marshall (p/t) *
- Fire Marshall for Care Homes (p/t) *
- Introduction to Personal Safety for Lone Workers (p/t) *
- Manual Handling - (blended learning) (p/t) *
- Working within the Private Security Industry (p/t) *

Other Providers

Health and Safety / Security

Ace Fire Protection

Andy Ramsbottom

Tel: 086 399 8081

Email: ramsbottomandy@hotmail.com

Provision of training courses

- Basic fire safety
- Fire Warden training
- Emergency Evacuation
- Also provide risk assessments

Barrow Training and Consultancy

High Street, Bagenalstown

Tel: 059 972 1416

Web: www.barrowtraining.ie

Online / Blended Courses

- QQI Level 5 Certificate in Safety and Health at Work (p/t) *
- QQI Level 6 Certificate in Instructing Manual Handling (p/t) *
- QQI Level 6 Certificate in Safety Management (p/t) *
- Certified Fire Safety Awareness (p/t) *
- Chemical Awareness (p/t)
- COVID 19 Return to Work Procedures for Managers/ Supervisors (p/t)
- COVID 19 Return to Work Awareness for Staff (p/t)
- Dealing with Challenging Behaviour (p/t)
- Health and Safety Induction in Healthcare (p/t)

Kilkenny & Carlow ETB Courses

Back to Education Initiative BTEI Kilkenny and Carlow ETB

7 Danville Business Park, Ring Road, Kilkenny

Tel: 056 770 1020

Web: www.kcetb.ie | www.fetchcourses.ie

Venue	BTEI Danville
Duration	15 weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 5 Major Award (p/t) *^
Timetable	Thursday evenings Friday mornings

Safety and Health at Work in Healthcare Support

- QQI Level 5 Safety and Health at Work in Healthcare Support (p/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=326141>

Course Content: Safety and Health at Work

Skills To Compete (refer to page 12)

Venue	BTEI - The Mill FRC, Urlingford
Duration	15 weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 5 Major Award (p/t) *^
Timetable	Monday mornings

Safety and Health at Work in Healthcare Support

- QQI Level 5 Safety and Health at Work in Healthcare Support (p/t) *^

?

Course Content: Safety and Health at Work

Skills To Compete

Other Providers

Health and Safety / Security

Hacketstown Core Centre

Hacketstown, Co. Carlow

Email: hacketstowncore@gmail.com

Facebook: Hacketstown Community Group

- One day First Aid Course (p/t) *
- Manual Handling (p/t) *

Social Care Training Ireland

Unit 4, Lismard House, Tullow Street, Carlow

Tel: 087 957 6221

Email: info@socialcaretraining.ie

Web: www.socialcaretraining.ie

Online

Social Care Training Ireland provide a wide range of services that can be tailored to meet the needs of both practitioners and organisations. Social Care Training Ireland can also develop bespoke training courses, tailored specifically to organisation's requirements.

- Designated Liaison Person Training (p/t)
- Post Crisis Debriefing (p/t)
- Safeguarding Vulnerable Adults Training (p/t)

Hickson Safety Services

Rutland, Palatine, Co. Carlow

Tel: 086 826 2383

Web: www.hicksonsafety.ie/

- Abrasive Wheels Mounting Training (p/t) *
- Confined Spaces Training (p/t) *
- Fire Extinguisher Training (p/t) *
- Industrial Plant and Equipment (p/t) *
- Manual Handling (p/t) *
- Outdoor Maintenance Training (p/t)
- Safe Pass (p/t) *
- Safe Use of Lifting Equipment (novice and experienced operators) (p/t) *
- Safe Pass Alliance – Quarry and Mining Industry Safety Passport Training (p/t) *
- Working at Heights – Harness Training (p/t) *

Hickson Safety Services also provide:

- Certification of Plant and Equipment
- Site Audits
- Safety Statements / Method Statements
- Inductions/Toolbox Talks

Kilkenny and Carlow ETB Courses

Training Services - Community Training Kilkenny and Carlow ETB

4 Danville Business Park, Ring Road, Kilkenny

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

Web: www.kcetbtraining.ie

Venue	Carlow Town
Duration	3 weeks
Start Date	04/10/2021
End Date	22/10/2021
Certification	-
Timetable	Full time course

Forklift, Safe Pass and Manual Handling

- Forklift, Safe Pass and Manual Handling (f/t) *

www.fetchcourses.ie/course/finder?sfcw-courseid=323250

Course Content: Learn to develop the skills, knowledge and competence to manoeuvre a Counterbalance Fork Truck safely and efficiently around obstacles, learn to operate a reach forklift truck safely and efficiently and complete manual handling and Safepass training

Certification:

- Forklift Counterbalance Certificate (RTITB1)
- Forklift Reach Certificate (RTITBR)
- Electric Pallet/Stacker Truck (RTITB-EPST)
- Safe Pass
- Manual Handling

Skills To Compete

Other Providers

Health and Safety / Security

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre,
Athy Road, Strawhall, Carlow

Tel: 059 913 2152

Email: admin@carlowkilkennyskillnet.ie

Web: www.carlowkilkennyskillnet.ie/health-safety/

- Safely Returning to the Workplace (p/t)
- First Aid Responder (p/t) *
- Protecting Your Business against Cyber Risk – 28th September 2021

Self-directed online learning www.carlowkilkenny.mykademy.com

- Accident Investigation (p/t)
- Armed Robbery Awareness (p/t)
- CPR and AED Awareness (p/t)
- Fire Safety (Ireland) (p/t)
- First Aid (RoSpa) (p/t)
- Health and Safety for Managers (p/t)

Lifesaver Training

Michael Kinsella First Aid Instructor,
Kilkenny

Tel: 087 272 9794

Email: lifesavertraining@hotmail.com

- AED Defibrillator Training (p/t) *
- Basic First Aid Course (p/t)
- First Aid Response Course (p/t) *
- First Aid Response Refresher (p/t) *
- Paediatric First Aid Course (p/t) *

MD Safety Services

Tel: Martin 087 149 3726

Email: info@safetyservicesmunster.ie

HCT Learning

Unit 2 Purcellsinn Business Park,
Dublin Road, Kilkenny

Tel: 056 777 0761 **Web:** www.hctlearning.ie

Blended Courses

- QQI Level 4 Workplace Safety (p/t) *
- QQI Level 5 Health and Safety at Work (p/t) *
- QQI Level 5 Occupational First Aid (p/t) *

Kelron Health and Safety

Hebron Road, Kilkenny

Tel: 056 777 0447

Email: info@kelron.ie

Web: www.kelron.ie

- QQI Level 4 Workplace Safety (p/t) *
- QQI Level 5 Health and Safety at Work (p/t) *
- QQI Level 6 Manual Handling/People Moving and Handling Instructor (p/t) *

Michael Kinsella First Aid Instructor

Kilkenny

Tel: 087 272 9794

Email: lifesavertraining@hotmail.com

- AED Defibrillator Training (p/t) *
- Basic First Aid Course (p/t)
- First Aid Response Course (p/t) *
- First Aid Response Refresher (p/t) *
- Paediatric First Aid Course (p/t) *

Premier First Aid Training

Kilkenny

Tel: 087 966 4150

Web: www.premierfirstaidtraining.ie

- QQI Level 5 Occupational First Aid Refresher (p/t) *
- QQI Level 5 Occupational First Aid Training (p/t) *
- Certificates in Basic First Aid; Sports First Aid; Cardiac First Responder and Lifesaver Training

Kilkenny & Carlow ETB Courses

Health and Safety / Security

First Aid Responder (FAR) Pre-Hospital Emergency Care Council (PHECC) Course Providers

- **Ali Active Training**
www.aliactivetraining.com | 087 823 1276
- **Ballon Business and Training Services**
www.ballonbts.com | 059 915 9447
- **Barrow Training and Consultancy**
www.barrowtraining.ie | 059 9721416
- **Carlow County Development Partnership**
www.carlowdevelopment.ie | 059 972 0733
- **Carlow Kilkenny Skillnets**
www.carlowkilkennyskillnet.ie | 059 913 2152
- **Irish Red Cross**
www.redcrosstraining.ie | 1890 502 502
- **Social Care Training Ireland**
www.socialcaretraining.ie | 087 957 6221

Online Courses / Blended Learning Websites

- Barrow Training and Consultancy**
www.barrowtraining.ie
- Carlow Kilkenny Skillnet**
www.carlowkilkennyskillnet.ie
- Focused Training Ireland**
www.focusedtrainingireland.com
- Social Care Training Ireland**
www.socialcaretraining.ie

Safe Pass Course Providers a Basic Standard of Safety Awareness in the Construction Industry

- **Ballon Business and Training Services**
www.ballonbts.com | 059 915 9447
- **Carlow County Development Partnership**
www.carlowdevelopment.ie | 059 972 0733
- **Hickson Safety Services**
www.hicksonsafety.ie | 086 8262383

Manual Handling Course Providers

- Ali Active Training**
www.aliactivetraining.com | 087 823 1276
- Barrow Training and Consultancy**
www.barrowtraining.ie | 059 972 1416
- Carlow County Development Partnership**
www.carlowdevelopment.ie | 086 040 4053 | 059 972 0733
- Focused Training Ireland**
www.focusedtrainingireland.com | 059 911 8912 | 089 400 9937
- Hacketstown Core Centre**
hacketstowncore@gmail.com | **Facebook:** Hacketstown Community Group
- Hickson Safety Services**
www.hicksonsafety.ie | 086 826 2383
- Social Care Training Ireland**
www.socialcaretraining.ie | 087 957 6221

Health and Safety / Security

Training Services Kilkenny and Carlow ETB

7 Danville Business Park, Ring Road, Kilkenny

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

Web: www.kcetbtraining.ie

Venue	Kilkenny City
Duration	3 weeks
Start Date	3/9/2021
End Date	1/10/2021
Certification	-
Timetable	Full time course

Forklift, Safe Pass and Manual Handling

• Forklift, Safe Pass and Manual Handling (f/t) *

www.fetchcourses.ie/course/finder?sfcw-courseid=323250

Course Content: Learn to develop the skills, knowledge and competence to manoeuvre a Counterbalance Fork Truck safely and efficiently around obstacles, learn to operate a reach forklift truck safely and efficiently and complete manual handling and Safepass training.

Certification:

- Forklift Counterbalance Certificate (RTITB1)
- Forklift Reach Certificate (RTITBR)
- Electric Pallet/Stacker Truck (RTITB-EPST)
- Safepass
- Manual Handling

Skills To Compete

Other Providers

First Aid Responder (FAR) Pre-Hospital Emergency Care Council (PHECC) Course Providers

- **Barrow Training and Consultancy**
www.barrowtraining.ie | 059 972 1416
- **Carlow Kilkenny Skillnet**
www.carlowkilkennyskillnet.ie | 059 913 2152
- **HCT Learning**
www.hctlearning.ie | 056 777 0761
- **Irish Red Cross**
www.redcrosstraining.ie | 1890 502 502
- **Michael Kinsella First Aid Instructor**
lifesavertraining@hotmail.com | 087 272 9794
- **Order of Malta**
087 239 5685
- **Premier First Aid Training**
www.premierfirstaidtraining.ie | 087 966 4150

Safe Pass Course Providers a Basic Standard of Safety Awareness in the Construction Industry

- **Billy Moran**
billmoran@eircom.net | 087 268 3178
- **Damien Hardiman**
damien@hardimansafety.com | 087 893 5161
- **Solas**
www.solas.ie/construction-lp/safe-pass | 01 533 2500

Manual Handling Course Providers

- **Barrow Training and Consultancy**
www.barrowtraining.ie | 059 972 1416
- **David Grogan Safety Training**
www.davidgrogantraining.ie | 086 104 8847
- **Kelron Health and Safety**
info@kelron.ie | 056 777 0447
- **MD Safety Services**
www.safetyservicesmunster.ie/manual-handling / 087 1493726

Online Courses / Blended Courses

Barrow Training and Consultancy
www.barrowtraining.ie/

CMI Training
www.cmi-ireland.com/part-time-courses/ occupational-health-safety-diploma

NSAI Training
www.nsaitraining.wixsite.com/security

Skillnet
www.carlowkilkennyskillnet.ie/health-safety/

Other Providers

Health, Nutrition, Sports and Fitness

Ali Active Training

Tel: 087 823 1276

Email: aliprotraining@gmail.com

Web: www.aliactivetraining.com

- National Pool Lifeguard training (p/t) *
- Swim Ireland Teacher Training Courses (Level 1 and 2) (p/t) *

Ballinkillen Lorum Community Centre

Ballinkillen, Bagenalstown, R21 ED29

Tel: 059 977 5175 / 089 257 8122

Email: officeblccc@gmail.com

FB: www.facebook.com/ballinkillenlorumccc/

- For information on fitness courses and programmes please contact the centre directly.

Carlow County Library Service

Tel: 059 912 9705

Email: library@carlowcoco.ie

Web: www.carlowlibraries.ie

FB: www.facebook.com/carlowcountylibraries

Twitter: @CarlowLibraries

Healthy Ireland at your Library is a nationwide initiative which seeks to encourage people to make positive choices to improve their physical and mental health, while also providing support and information to help people make more healthy choices. Services provided by Carlow County Library Service include enhanced health information, with all library branches having books, eBooks, audio and e-Magazines on various issues such as healthy eating, positive ageing, childhood health and wellbeing. Healthy Ireland At Your Library Events are held throughout the year, with online talks/webinars and in-branch events. For any enquiries relating to same, contact Fiona O'Toole, Healthy Ireland At Your Library Co-ordinator at footoole@carlowcoco.ie

Bagenalstown Family Resource Centre

Royal Oak Road, Moneybeg,
Bagenalstown, Co. Carlow

Tel: 059 972 2028

Email: bagenalstownfrc70@gmail.com

Web: www.bagenalstownfamilyresourcecentre.ie

- Fitness classes are ongoing and run at various times throughout the year based on demand (p/t). Please call or email the centre for up-to-date information.

Barrow Training and Consultancy

High Street, Bagenalstown, Co. Carlow

Tel: 059 972 1416

Email: marketing@barrowtraining.ie

Web: www.barrowtraining.ie

Online

- QQI Level 5 in Understanding Mental Health (p/t) *

Kilkenny and Carlow ETB Courses

Carlow Institute of Further Education and Training

Mortarstown Upper, Carlow, R93 X0FX

Tel: 059 913 4230

Email: info@carlowinstitute.ie **Web:** www.carlowinstitute.ie

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	28/08/2021
End Date	03/06/2022
Certification	-
Timetable	Full time course

Fitness Instructing

- QQI Level 5 Fitness Instructor – Gym Based Exercise (f/t) *[^]

<https://carlowinstitute.ie/courses/fitness-instructor/?portfolioCats=27%2C14%2C29%2C28%2C16>

Course Content: Communications, Exercise and Fitness, GAA Coaching, Health, Safety and Welfare in a Fitness Environment, Nutrition, Planning and Instructing Gym Exercise, Principles of Exercise, Fitness and Health, Rugby Coaching, Soccer Coaching, Sports Anatomy and Physiology, Sports and Recreation Studies, Supporting Clients in Exercise and Physical Activity, Work Experience

Certification:

- QQI Level 5 Major Award - 5M5146
- ITEC UK L2 (Irish L4) Certificate in Fitness Instructing (Gym-based Exercise) ISP2C5
- VTCT (ITEC) Level 2 Award in Infection Prevention (COVID-19) for Sport and Fitness Sessions (IP2A5 603/6162/1)
- GAA Coaching Award – Foundation Level
- Sport Ireland – Child Safeguarding Level 1
- FAI – Kickstart Soccer Coaching

Other Providers

Health, Nutrition, Sports and Fitness

Alison Courses

Web: www.alison.com/courses/health/health-and-fitness

Online

- Diploma in Physical Fitness - Improve your physical fitness know-how with the theories and practices covered in this free online course.
- Human Health - Diet and Nutrition - Make the right food choices for a healthier lifestyle with this free online diet and nutrition course.
- Ultimate Fitness System 2 - Fitness, Endurance & Stretching - Learn a fun and painless way to get in the best shape of your life using gentle exercises in this free online course.
- Health and Fitness - Running Tips, Swimming and Strength Training - Learn how performing running, swimming and strength training greatly improves health and fitness levels.
- Physical Fitness - How to Avoid Injuries and Train Safely - Learn how to train safely, and prevent and treat a range of injuries that can arise during fitness training.

Budo Martial Arts Centre

The Watershed, Bothnatounish Road, Kilkenny, County Kilkenny, R95 HFH1.

Tel: 086 366 8669

Web: www.budomartialartscentre.com/programs/

Sensei Kevin Shortall

Karate Tots Classes

Our Karate Tots class is a fun-filled class specifically designed for 4-5 year old kids (boys and girls). The class includes basic fitness and karate drills plus some fun and games (not running at present).

Karate Kids Classes

Our Karate Kids class is a high-energy, action-packed class for 6-12 year old boys and girls where they practice karate and self-defence drills. There is also plenty of aerobic activity, strength and flexibility training. Ideal activity for boys and girl of all fitness levels.

Teenager & Adult Classes

Learn traditional Shotokan Karate as it is taught in Japan. Our teenager and adult classes will help you increase your focus and awareness, improve your flexibility and help you become stronger. We cater for all fitness types and age levels.

Barrow Training and Consultancy

High Street, Bagenalstown, Co. Carlow

Tel: 059 972 1416

Email: marketing@barrowtraining.ie

Web: www.barrowtraining.ie

Online

- QQI Level 5 Certificate in Understanding Mental Health (p/t)*

Breda Gardner

Insight Natural Health Clinic

15 Upper Patrick Street, Kilkenny

Tel: 087 202 5753

Web: www.bredagardner.com

- Iridology, Homeopathy, Nutritional Advice and Positive Affirmations courses (p/t)

Castlecomer Discovery Park

The Estate Yard, Drumgoole, Castlecomer, Co. Kilkenny, R95 HY7X

Tel: 056 444 0707

Web: www.discoverypark.ie/tag/kilkenny-recreation-and-sports-partnership/

- Castlecomer Discovery Park partners with Kilkenny Recreation and Sports Partnership on a series of exciting Mountain Bike Course for Beginners.

Cater Care Ltd

Kilkenny

Tel: 061 469 008

Web: www.catercare.ie

- QQI Level 5 Food Safety
- QQI Level 5 Menu Planning and Applied Nutrition (p/t)

Training Courses

- Conducting Food Standards Audits
- Designing Food Safety Management Systems
- Food Safety Level 1
- Food Safety Level 2

Kilkenny and Carlow ETB Courses

Health, Nutrition, Sports and Fitness

Venue	Carlow Institute of Further Education and Training	Sports, Fitness and Exercise
Duration	9 months	• QQI Level 5 Sports, Fitness and Exercise (f/t) *^
Start Date	27/08/2021	www.fetchcourses.ie/course/finder?sfcw-courseId=304997
End Date	03/06/2022	Course Content: Communications, GAA Coaching, Health, Safety and Welfare in a Fitness Environment, Nutrition, Planning and Instructing Gym Exercise, Principles of Exercise, Fitness and Health, Rugby Coaching, Soccer Coaching, Sports Anatomy and Physiology, Sports and Recreation Studies, Supporting Clients in Exercise and Physical Activity, Work Experience
Certification	-	Certification:
Timetable	Full time course	• QQI Level 5 Major Award - 5M5146
		• ITEC L2 Certificate in Fitness Instructing (Gym-based Exercise) ISP2C5
		• GAA Coaching Award – Foundation Level
		• Sport Ireland – Child Safeguarding Level 1
		• FAI – Kickstart Soccer Coaching

Venue	Carlow Institute of Further Education and Training	Sports Physiotherapy
Duration	9 months	• QQI Level 5 Sports Physiotherapy (f/t) *^
Start Date	27/08/2021	www.fetchcourses.ie/course/finder?sfcw-courseId=305004
End Date	03/06/2022	Course Content: Anatomy and Physiology, Care Support, Communications, Exercise and Fitness, Infection Prevention and Control, Physiotherapy Assistant Practice, Physiotherapy Assistant Theory, Sports Massage Treatments, Work Experience
Certification	-	Certification:
Timetable	Full time course	• QQI Level 5 Major Award - 5M3782
		• VTCT (ITEC): Level 3 Diploma in Sports Massage (iCT3D32 603/4501/9)
		• VTCT (ITEC) Level 2 Award in Infection Prevention (COVID-19) for Complementary Therapies and Sports Massage (iP2A4 603/6161/X)
		• Pre-hospital Emergency Care Council (PHECC): First Aid Responder

Venue	Carlow Institute of Further Education and Training	Sports Science with Personal Training
Duration	9 months	• QQI Level 5 Sports Science with Personal Training Diploma (f/t) *^
Start Date	27/08/2021	www.fetchcourses.ie/course/finder?sfcw-courseId=304989
End Date	03/06/2022	Course Content: Communications, Exercise and Fitness, Health Promotion, Kinesiology, Sports Industry Practice, Sports Nutrition, Sports Psychology, Work Experience
Certification	-	Certification:
Timetable	Full time course	• QQI Level 6 Major Award - 6M5147
		• ITEC Level 3 Diploma in Personal Training (Gym-Based Exercise) iSP3D31
		• VTCT (ITEC) Level 2 Award in Instructing Studio Cycling Sessions iSP2A2 - 603/4492/1
		• PHECC First Aid Responder

Other Providers

FAI (Football Association of Ireland)

Carlow Development Office

Tel: 086 795 4468

Web: www.fai.ie

- Courses in Coach Education, Referee Education and Child Welfare and Safeguarding (p/t)
- Bookings at www.fai.ie/domestic "Book a Course"

Hacketstown Core Centre

Hacketstown, Co. Carlow

Email: hacketstowncore@gmail.com

FB: Hacketstown Community Group

- Nutrition (p/t)

Other Providers

Health, Nutrition, Sports and Fitness

Cycle Trail Kilkenny

8 Patrick's Court, Kilkenny

Tel: 056 775 2111

Email: trails@trailkilkenny.ie

Web: www.trailkilkenny.ie

Four cycle trails have been developed by Trail Kilkenny

East Kilkenny Cycle Route 64 km

This route is a scenic cycling route linking the most historic and culturally significant towns in east Kilkenny. The towns are perfectly placed along the route to stop for lunch or a cup of coffee. The route uses quiet roads and laneways and provides stunning views of Brandon Hill, the River Barrow and the River Nore.

North Kilkenny Cycle Loop 27 km

Starting point: The Parade, Kilkenny and taking you via Dunmore and Castlecomer and back to Kilkenny City.

South Kilkenny Loop 41 km

Starting Point: The Parade Kilkenny, taking you via Bennettsbridge and Kells, and back to the Kilkenny City

North Kilkenny Cycle Route 82 km

This route is the most challenging in the Trail Kilkenny portfolio of cycling trails. It winds its way through rural North Kilkenny bringing the cyclist through beautiful villages like Freshford and Castlecomer.

Dragons Lair

24A Herbron Industrial Estate, Kilkenny.

Tel: 087 246 5442

Jiu Jitsu

Jiu jitsu is one of the oldest traditional martial arts.

Our chief Instructor Larry McEnroe holds a Master grade World recognized qualification in Jiu Jitsu and is supported by a range of black belt instructors.

Kyujutsu

Kyujutsu is the way of the bow and teaches the student how to handle the bow, fire arrows from multiple positions even whilst moving.

We train in the Yamabushi Ryu style.

We have a dedicated archery range that is designed for Kyujutsu.

Our Club archers hold many Irish, European and World titles and play a pivotal role in coaching students across all age and ability levels.

Ken-Jutsu

We also have a very successful Ken-Jutsu school for the teaching of the Japanese sword.

Beat the Bully

Our Beat the Bully after schools Programme helps promote street awareness, fitness and coordination.

All the clubs within Dragons Lair are members of world governing bodies and have the backing and support of these federations .

School of Japanese Martial arts is Kilkenny's biggest Martial Arts and Fitness centre and houses many different styles of Martial Arts. www.dragonslair.ie/timetable.php

Family Classes

Our family karate classes are ideal for those that want to take part in a healthy activity as a family while improving their overall fitness. Contact us for further details.

Specialised Karate & Self-Defence Courses

If you are a group or School who wish to run a karate or self-defence course either in your own premises or in the Watershed please contact us to discuss your requirements.

Chevron Training

Web: www.chevrontraining.ie/healthcare-courses/level-5-nutrition-course-online

Online

• QQI LEVEL 5 Nutrition Course

QQI Level 5 Nutrition course is designed to provide the learner with knowledge of the composition of food and an understanding of how food affects an individual's personal well-being.

General Aims

Learners who successfully complete this module will:

- Be familiar with the composition of food
- Evaluate the nutritional content of food
- Understand the relationship between health and nutrition
- Interpret current dietary information and recommendations
- Examine eating habits
- Be familiar with the nutritional needs of different groups of people
- Acquire a range of practical techniques.

Course Units

The specific learning outcomes are grouped into 4 units:

- Composition of Food
- Nutrition and Health
- Nutrition and Exercise
- Food Labelling

Other Providers

Health, Nutrition, Sports and Fitness

Institute of Technology Carlow - Lifelong Learning

Kilkenny Road, Carlow

Tel: 059 917 5280

Email: LLL@itcarlow.ie

Web: www.itcarlow.ie/public/userfiles/files/LLL-Pro-spectus-2021.pdf

- QQI Level 6 Health, Wellbeing and Nutrition (p/t) *

Duration: Part-time over one academic year (one evening per week)

Certification: QQI Level 6

Course Content: Holistic Health and Wellbeing; Health Protection/Ill Health Prevention; Care of the Older Person; Specific Care Needs in Social Care; The Importance of Nutrition for Holistic Health and Wellbeing

Mulvarra House

Bauck, St. Mullins

Tel: 051 424 936

Email: info@mulvarra.com

Web: www.mulvarra.com

Online

- An immersive journey into yoga, nutrition and wellness retreat
- Reconnect to nature – a retreat of yoga and river kayaking
- Online cookery classes
- For up-to-date information on the training courses/ retreats scheduled please call or view their website.

St. Catherine's Community Services Centre

St. Joseph's Road, Carlow

Tel: 059 9138700

Web: www.catherines.ie

- Nutrition and Healthy Eating (p/t)

The Nutrition Clinic

Carlow Gateway Business Centre,
Athy Road, Carlow

Tel: 086 388 2975

Email: suzanne@nutritionclinic.ie

Web: www.nutritionclinic.ie

- The Gut Reset Five Week Course (p/t)
- Offering workshops in basic nutrition for everyday application as either 4 or 6 week duration (2 hours per class).
- Other specialist topics and one-off sessions also available. (p/t)

Mountain Adventures 74

Killcross, Tullow, R93TR83

Tel: 087 969 1193

Email: info@mountainadventures74.com

Web: www.mountainadventures74.com

- Learn the skills to get out hiking; independently, safely, and responsibly in the mountains of Ireland. Course Provider for Mountaineering Ireland and MTA Wales.
- Mountain Skills 1 and 2 in the Blackstairs and Wicklow area (p/t)*
- A guide service available taking people and groups on hikes all around Ireland

Myshall Community Centre

Killcross, Tullow, R93 TR83

Email: myshallcommunitycentre@gmail.com

Facebook: Myshall News

- Fitness classes at various times throughout the year based on demand, please check the Facebook page (p/t)

Sports Partnership

Carlow Sports Partnership, Carlow County Council,
Athy Road, Carlow

Tel: 059 913 5207 / 087 214 5262

Email: mjduggan@carlowcoco.ie

Web: www.carlowsports.ie

- Carlow Sports Partnership provides a range of training and capacity building opportunities related to the governance, management, planning and delivery of sport. Training workshops include, but are not limited to, Safeguarding Children in Sport, Sports Leader Training, First Aid, Volunteer Management, Disability Inclusion Training and Committee Skills. There is also funding available to support and subsidise the development of capacity in the sports sector. Terms and conditions apply.

Kilkenny and Carlow ETB Courses

Health, Nutrition, Sports and Fitness

Duiske College

Graiguenamanagh, Co. Kilkenny

Tel: 059 972 4177 **Web:** www.duiskecollege.ie

Venue	Duiske College
Duration	185 days
Start Date	15/9/2021
End Date	31/05/2022
Certification	QQI Level 5 Major Award [^]
Timetable	Full time course

Adventure Tourism (Outdoor Sports)

- QQI Level 5 Outdoor Sports and Recreation (f/t) *

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=322104>

Other Providers

Evolution Fitness Institute

Reid Health and Fitness,
Cillin Hill, Dublin Road, Kilkenny

Tel: 01 531 0533

Email: info@evolutionfitness.ie

Web: www.evolutionfitness.ie

Blended Learning

Certified Personal Trainer

Course Title: Personal Training Diploma

www.evolutionfitness.ie/locations/personal-training-course-kilkenny/

Evolution Fitness Institute is recognised by ITEC & REPS in Ireland, and recognised by ITEC globally – allowing Evolution students to work world-wide.

Our Personal Training Course along with the ITEC Level 3 & EQF Level 4 Diploma will give you an extensive portfolio of skills.

Kilkenny Archery Club

Michael Kelly

Tel: 086 061 3847

Email: lellymichael9@gmail.com

- Occasional six week courses for beginners. All equipment provided.

Kilroys College

Web: www.kilroyscollege.ie/course.php?courseid=11

Beauty Therapy Specialist Diploma course

www.findacourse.ie/courses-ireland/beauty-therapy-diploma/

Fitness, Health and Nutrition Diploma training course

College: Kilroys College Distance Learning

Duration: 12 months

Type: Online Courses Distance Learning

Judith Ashton

Tel: 087 697 6395

Eliminating stress from your life In 5 sessions you will learn many ways to eliminate stress from your life; including meditation, self-awareness, creativity and much more.

Meditation

Meditation is a non-religious practice which brings physical, mental and spiritual benefits to practitioners.

KCAT Art and Study Centre

Mill Lane, Callan, Co. Kilkenny

Tel: 056 775 5115

Web: www.kcat.ie

- Movement - Wednesday mornings from 10 am to 11 am. September 2021 to May 2022

Kilkenny Gymnastics Academy

The Hub, Cillin Hill, Dublin Road,
Lyrath, Kilkenny, R95 A4VP

Web: www.kilkennygymnastics.ie/classes/

Email: info@kilkennygymnastics.ie

Kilkenny Gymnastics Academy is a full time dedicated gymnastics training centre with a full range of Olympic standard equipment. We offer a broad range of classes from competitive to recreational, teenagers, parent and toddler to adult gymnastics in a safe and well equipped gymnastics environment, under the guidance of highly qualified, professional coaches (following COVID-19 guidelines).

Kilkenny and Carlow ETB Courses

Health, Nutrition, Sports and Fitness

Training Services - Community Training Kilkenny and Carlow ETB

4 Danville Business Park, Ring Road, Kilkenny

Tel: 059 913 2245 / **Email:** info@carlowyouthtraining.org

Web: www.carlowyouthtraining.org

CYT is a Community Training Centre which provides training to early school leavers aged between 16 and 21 and who are most at need of basic vocational training.

Kilkenny and Carlow ETB Courses

Venue	Carlow Youth Training, Unit 6A, Askea Business Park, O'Brien Road, Carlow	Fitness Instructing • Employability Skills in Health and Fitness and VTCT Level 2 Diploma in Fitness Instructing (f/t) *^ www.fetchcourses.ie/course/finder?sfcw-courseId=310112
Duration	52 weeks	Course Content: Anatomy and Physiology for Exercise, Health, Safety and Welfare in a Fitness Environment, Planning Gym-Based Exercise, Instructing Gym-Based Exercise, Principles of Exercise, Fitness and Health, Supporting Clients taking part in Exercise and Physical Activity.
Start Date	Continuous Intake	Certification: • VTCT Level 2 Fitness Instructing (Gym Based Exercising)
End Date	-	
Certification	VTCT	
Timetable	Full time course	

Other Providers

Tullow Kayak Club

Ballymurphy Road, Tullow, Co Carlow

Facebook: www.facebook.com/tullow.kayakclub

- Kayaking courses for adults (p/t)

Online Courses / Blended Learning Websites

Barrow Training and Consultancy
www.barrowtraining.ie

Mulvarra House
www.mulvarra.com

Water Safety Ireland (Carlow Branch)

Tel: www.iws.ie

Email: carlowwsac@gmail.com

FB: www.facebook.com/irishwatersafetycarlow

Promoting water safety in Ireland

Providing:

- Lifesaving lessons (p/t)
- Training and teaching lifeguards (p/t)
- Swimming lessons (p/t)

** Please see page 212 for information and contact details of fitness and sports clubs

Other Providers

Health, Nutrition, Sports and Fitness

Ormonde College of Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321

Email: info@ormondecollege.ie **Web:** www.ormondecollege.ie

Venue	Kilkenny City Vocational School	Sports, Recreation and Exercise
Duration	38 Weeks	• QQI Level 5 Exercise and Health Fitness (f/t) *^
Start Date	08/09/2021	https://www.fetchcourses.ie/course/finder?sfcw-courseid=320847
End Date	03/06/2022	Course Content: Work Experience, Exercise and Fitness, Nutrition, Sports and Recreation Studies, Reception and Frontline Office Skills, Adventure Activities, Sports Anatomy and Physiology, Leisure Facility Administration.
Certification	QQI Level 5 Major Award (f/t) *^	
Timetable	Full time course	

Other Providers

Pat Shorthall

FAI Referee Observer, Kilkenny

Tel: 087 286 7526

Web: www.kcat.ie

- Referee Courses

Water Safety Ireland

Kilkenny

Email: kwswaitinglist@gmail.com

Web: www.watersafety.ie/local-contacts/

- Kilkenny County Committee of Water Safety Ireland run lifesaving courses for teenagers from 13 upwards at the Watershed, Kilkenny. To add a name to the waiting list, (must be over 13 yrs of age to go on waiting list.

Online Courses / Blended Courses

Evolution Fitness Institute
www.evolutionfitness.ie/

Insight Natural Health Clinic
www.bredagardner.com/

Kilkenny College of Beauty Therapy
www.kilkennycbt.com/

Open Study College
www.openstudycollege.com/variant/nutritionconsultant

Shaw Academy
www.join.shawacademy.com/

Springboard Courses
www.springboardcourses.ie/results?keywords=healthcare

The Institute of Massage and Sports Therapy
www.imst.ie/

The Nutrition Institute
www.thenutritioninstitute.ie/

UCD College
www.ucd.ie/online/courses/course-finder/foodandhealth/

Other Providers

Healthcare

Ali Active Training

Tel: 087 823 1276

Web: www.aliactivetraining.com

- Manual and Patient Handling (p/t) *

Kilkenny and Carlow ETB Courses

Back to Education Initiative (BTEI) Kilkenny and Carlow ETB

1B Meadow Court, Burrin Street, Carlow

Tel: 059 913 9532

Email: bteicarlow@kilkennycarlowetb.ie Web: www.kcetb.ie

Venue	BTEI, 1B Meadow Course, Burrin Street, Carlow	Healthcare <ul style="list-style-type: none"> • QQI Level 5 Healthcare Support (p/t) *^ Course Modules: <ul style="list-style-type: none"> • Infection Prevention (5N3734) www.fetchcourses.ie/course/finder?sfcw-courseId=322614
Duration	13 weeks	
Start Date	06/09/2021	
End Date	06/12/2021	
Certification	QQI Level 5 Minor Award	
Timetable	Monday and Thursday mornings	Skills To Compete (refer to page 12)

Venue	BTEI, 1B Meadow Course, Burrin Street, Carlow	Healthcare Support <ul style="list-style-type: none"> • QQI Level 5 Healthcare Support (p/t) *^ Course Modules: <ul style="list-style-type: none"> • Communications (5N0690) www.fetchcourses.ie/course/finder?sfcw-courseId=322620
Duration	13 weeks	
Start Date	07/09/2021	
End Date	07/12/2021	
Certification	QQI Level 5 Minor Award	
Timetable	Tuesday mornings	Skills To Compete (refer to page 12)

Venue	BTEI, 1B Meadow Course, Burrin Street, Carlow	Healthcare Support <ul style="list-style-type: none"> • QQI Level 5 Healthcare Support (p/t) *^ Course Modules: <ul style="list-style-type: none"> • Care Skills (5N2770) www.fetchcourses.ie/course/finder?sfcw-courseId=322650
Duration	13 weeks	
Start Date	08/09/2021	
End Date	08/12/2021	
Certification	QQI Level 5 Minor Award	
Timetable	Wednesday mornings	

Venue	Teach Bhride, Tullow, County Carlow	Healthcare Support <ul style="list-style-type: none"> • QQI Level 5 Healthcare Support (p/t) *^ Course Modules: <ul style="list-style-type: none"> • Care Support (5N0758) www.fetchcourses.ie/course/finder?sfcw-courseId=322656
Duration	14 weeks	
Start Date	08/09/2021	
End Date	15/12/2021	
Certification	QQI Level 5 Minor Award	
Timetable	Wednesday mornings	

Kilkenny and Carlow ETB Courses

Healthcare

BTEI Kilkenny and Carlow ETB

7 Danville Business Park, Ring Road, Kilkenny

Tel: 056 770 1020 Web: www.kcetb.ie | www.fetchcourses.ie

Venue	BTEI - The Mill FRC, Urlingford
Duration	15 Weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 5 Minor Award
Timetable	Wednesday mornings

Healthcare Support

- QQI Level 5 Healthcare Support (p/t) *^

Course Modules:

- Care of the Older Person

<https://www.fetchcourses.ie/course/finder?sfcw-courseId=326036>

Course Content: Care of Older Person

Venue	BTEI Ferrybank, Belmont Training Centre
Duration	15 Weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	Level 5
Timetable	Friday mornings

- Care of the Older Person in Healthcare Support

<https://www.fetchcourses.ie/course/finder?sfcw-courseId=319773>

Course Content: Care of Older Person

Skills To Compete (refer to page 12)

Venue	BTEI Danville
Duration	15 Weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 5 Minor Award
Timetable	Tuesday evenings

- Care of the Older Person in Healthcare Support

<https://www.fetchcourses.ie/course/finder?sfcw-courseId=326039>

Course Content: Care of Older Person

Skills To Compete

Venue	BTEI Danville
Duration	15 Weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 5 Minor Award
Timetable	Wednesday mornings

- Care of the Older Person in Healthcare Support

<https://www.fetchcourses.ie/course/finder?sfcw-courseId=326009>

Course Content: Care of Older Person

Skills To Compete

Venue	BTEI - Danville Business Park
Duration	15 Weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	Level 5
Timetable	Thursday mornings

English as Other Language for Health Service Skills (ESOL)

- English for Health Service Skills (ESOL) (p/t) *

<https://www.fetchcourses.ie/course/finder?sfcw-courseId=318566>

Course Content: English as a Second Language

Skills To Compete (refer to page 12)

Kilkenny and Carlow ETB Courses

Healthcare

Venue	Teach Bhride, Tullow, County Carlow
Duration	14 weeks
Start Date	08/09/2021
End Date	15/12/2021
Certification	QQI Level 5 Minor Award
Timetable	Wednesday mornings

Healthcare Support

- QQI Level 5 Healthcare Support (p/t) *^

Course Modules:

- Care of the Older Person (5N2706)

www.fetchcourses.ie/course/finder?sfcw-courseId=322687

Venue	BTEI, IB Meadow Court, Burrin Street, Carlow
Duration	14 weeks
Start Date	09/09/2021
End Date	16/12/2021
Certification	QQI Level 5 Minor Award
Timetable	Thursday Mornings

Healthcare Support

- QQI Level 5 Healthcare Support (p/t) *^

Course Modules:

- Work Experience (5N1356)

<https://www.fetchcourses.ie/course/finder?sfcw-courseId=322690>

Skills To Compete (refer to page 12)

Venue	Teach Bhride, Tullow, County Carlow
Duration	14 weeks
Start Date	08/09/2021
End Date	15/12/2021
Certification	QQI Level 5 Minor Award
Timetable	Wednesday Mornings

Healthcare Support

- QQI Level 5 Healthcare Support (p/t) *^

Course Modules:

- Safety and Health at Work (5N1794)

www.fetchcourses.ie/course/finder?sfcw-courseId=322674

Skills To Compete

Venue	Teach Bhride, Tullow, County Carlow
Duration	17 weeks
Start Date	13/01/2022
End Date	12/05/2022
Certification	QQI Level 5 Minor Award
Timetable	Thursday mornings

Healthcare Support

- QQI Level 5 Healthcare Support (p/t) *^

Course Modules:

- Palliative Care (5N3769)

www.fetchcourses.ie/course/finder?sfcw-courseId=322691

Skills To Compete

Kilkenny and Carlow ETB Courses

Healthcare

Venue	BTEI Ferrybank, Belmont Training Centre
Duration	15 Weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	Level 5
Timetable	Thursday mornings

Healthcare Support

- QQI Level 5 Safety and Health at Work in Healthcare Support (p/t) [^]

Course Modules:

- Safety and Health at Work

<https://www.fetchcourses.ie/course/finder?sfcw-courseId=320106>

Course Content: Safety and Health at Work

Skills To Compete

Venue	BTEI Danville
Duration	15 Weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 5 Minor Award
Timetable	Thursday evenings

Safety and Health at Work

<https://www.fetchcourses.ie/course/finder?sfcw-courseId=326141>

Course Content: Safety and Health at Work

Skills To Compete

Venue	BTEI - The Mill FRC, Urlingford
Duration	15 Weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 5 Minor Award
Timetable	Monday mornings

Safety and Health at Work

<https://www.fetchcourses.ie/course/finder?sfcw-courseId=326032>

Course Content: Safety and Health at Work

Skills To Compete (refer to page 12)

Venue	BTEI - Danville
Duration	15 Weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 5 Minor Award
Timetable	Thursday evenings

Safety and Health at Work

<https://www.fetchcourses.ie/course/finder?sfcw-courseId=326141>

Course Content: Safety and Health at Work

Skills To Compete

Venue	BTEI - Danville
Duration	15 Weeks
Start Date	06/09/2021
End Date	17/12/2021
Certification	QQI Level 5 Minor Award
Timetable	Friday morning

Safety and Health at Work

<https://www.fetchcourses.ie/course/finder?sfcw-courseId=326013>

Course Content: Safety and Health at Work

Skills To Compete

Other Providers

Healthcare

Barrow Training and Consultancy

High Street, Bagenalstown, Co. Carlow

Tel: 059 972 1416

Email: marketing@barrowtraining.ie

Web: www.barrowtraining.ie

Online

- QQI Level 5 in Healthcare Support (p/t) *^
- Activities of Living Patient Care – 5N3707 (p/t) *
- Anatomy and Physiology – 5N0749 (p/t) *
- Care of the Older Person – 5N2706 (p/t) *
- Care Provision and Practice – 5N2705 (p/t) *
- Care Skills – 5N2770 (p/t) *
- Care Support – 5N0758 (p/t) *
- Communications – 5N0690 (p/t) *
- Infection Prevention and Control – 5N3734 (p/t) *
- Intellectual Disability Studies – 5N1652 (p/t) *
- Nursing Theory and Practice – 5N4325 (p/t) *
- Palliative Care – 5N3769 (p/t) *
- Social Studies – 5N1370 (p/t) *
- Understanding Mental Health – 5N3772 (p/t) *

- Understanding Mental Health – 5N3772 (p/t) *
- Work Experience – 5N1356 (p/t) *
- Food Safety and HACCP – 5N5266 (p/t) *
- Safety and Health at Work – 5N1794 (p/t) *

Barrow Training also offer a large range of certified and non-certified Health and Medical related courses and workshops (p/t)

- Covid back to work preparation (p/t)
- Dealing with challenging behaviour (p/t)
- End of life care (p/t)
- Health and Safety Induction (p/t)
- Manual Handling (p/t)*
- Manual and People Handling (p/t)*
- Infection control (p/t)
- Medical Gases for Nurses (p/t)
- Oxygen Training (p/t)
- Nebuliser Training (p/t)
- Safeguarding vulnerable people at risk of abuse (p/t) Healthcare Diplomas
- Epilepsy Awareness (p/t)
- Percutaneous Endoscopic Gastronomy Tube (Peg) Training (p/t)
- Safe Administration of Medication (p/t)

Kilkenny and Carlow ETB Courses

Carlow Institute of Further Education and Training

Mortarstown Upper, Carlow, R93 X0FX

Tel: 059 913 4230 **Email:** info@carlowinstitute.ie **Web:** www.carlowinstitute.ie

Venue	Carlow Institute of Further Education and Training	Applied Science
Duration	9 months	• QQI Level 5 Applied Science (f/t) *^
Start Date	27/08/2021	www.fetchcourses.ie/course/finder?sfcw-courseid=305070
End Date	03/06/2022	Course Content: Biology, Chemistry, Communications, Laboratory Skills, Mathematics, Microbiology, Physics, Work Experience
Certification	QQI Level 5 Major Award - 5M3807	
Timetable	Full time course	
Venue	Carlow Institute of Further Education and Training	Healthcare Assistant
Duration	9 months	• QQI Level 5 Healthcare Assistant (f/t) *^
Start Date	27/08/2021	https://www.fetchcourses.ie/course/finder?sfcw-courseid=305009
End Date	03/06/2022	Course Content: Care of the Older Person, Care Skills, Care Support, Communications, Infection Prevention and Control, Safety and Health at Work, Palliative Care Support, Work Experience.
Certification	QQI Level 5 Major Award 5M4339	Certification:
Timetable	Full time course	• QQI Level 5 Major Award - 5M4339
		• PHECC-First Aid Responder Certificate in Manual Handling/Patient Lifting
Venue	Carlow Institute of Further Education and Training	Nursing Studies
Duration	9 months	• QQI Level 5 Nursing Studies (f/t) *^
Start Date	27/08/2021	https://www.fetchcourses.ie/course/finder?sfcw-courseid=305008
End Date	03/06/2022	Course Content: Anatomy and Physiology, Care of the Older Person, Care Skills, Communications, Human Growth and Development, Nursing Theory and Practice, Infection Prevention and Control, Work Experience..
Certification	QQI Level 5 Major Award - 5M3807	Certification:
Timetable	Full time course	• QQI Level 5 Major Award - 5M4339
		• PHECC-First Aid Responder Certificate in Manual Handling/Patient Lifting

Healthcare

Barrow Training and Consultancy

High Street, Bagenalstown

Tel: 059 972 1416

Web: www.barrowtraining.ie

Online / Blended Courses

- QQI Level 5 in Healthcare Support (p/t) *^
- Activities of Living Patient Care – 5N3707 (p/t) *
- Anatomy and Physiology – 5N0749 (p/t) *
- Care of the Older Person – 5N2706 (p/t) *
- Care Provision and Practice – 5N2705 (p/t) *
- Care Skills – 5N2770 (p/t) *
- Care Support – 5N0758 (p/t) *
- Communications – 5N0690 (p/t) *
- Infection Prevention and Control – 5N3734 (p/t) *
- Intellectual Disability Studies – 5N1652 (p/t) *
- Nursing Theory and Practice – 5N4325 (p/t) *
- Palliative Care – 5N3769 (p/t) *
- Social Studies – 5N1370 (p/t) *
- Understanding Mental Health – 5N3772 (p/t) *
- Work Experience – 5N1356 (p/t) *
- Food Safety and HACCP – 5N5266 (p/t) *
- Safety and Health at Work – 5N1794 (p/t) *

Barrow Training and Consultancy also offer a large range of certified and non-certified Health and Medical related courses and workshops (p/t)

- Covid back to work preparation (p/t)
- Dealing with challenging behaviour (p/t)
- End of life care (p/t)
- Health and Safety Induction (p/t)
- Manual Handling (p/t) *
- Manual and People Handling (p/t) *
- Infection control (p/t)
- Medical Gases for Nurses (p/t)
- Oxygen Training (p/t)
- Nebuliser Training (p/t)
- Safeguarding vulnerable people at risk of abuse (p/t)

Healthcare Diplomas

- Epilepsy Awareness (p/t)
- Percutaneous Endoscopic Gastronomy Tube (Peg) Training (p/t)
- Safe Administration of Medication (p/t)

Chevron Training

Web: www.chevrontraining.ie/healthcare-courses/

Online

Healthcare Courses:

• QQI Level 5 Care Skills & Care of the Older Person Course Online

Our level 5 care skills & care of the older person course is a QQI accredited distance learning course. Once enrolled you will be assigned a tutor whom you can contact through email & phone. During your course, you will be required to complete 20 hours of work experience per module. After successfully completing this course you will be qualified to work as a healthcare assistant, carer and care worker in an HSE registered healthcare setting.

• QQI Level 5 Healthcare Course Online

Our level 5 healthcare course is a QQI accredited distance learning course. Once enrolled you will be assigned a tutor whom you can contact through email & phone. During your course, you will be required to complete 20 hours of work experience per module. After successfully completing this course you will be qualified to work as a healthcare assistant, carer and care worker in an HSE registered healthcare setting.

• QQI Level 5 Intellectual Disability Studies Online

Our level 5 intellectual disability studies is a QQI accredited blended learning course. Once enrolled you will be assigned a tutor whom you can contact through email & phone. During your course, you will be required to attend a one-day workshop. After successfully completing this course you will be qualified to work as a support worker, in-house care assistant or care staff within the Intellectual Disability sector.

Kilkenny and Carlow ETB Courses

Healthcare

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award - 5M4468
Timetable	Full time course

Public and Emergency Services

• QQI Level 5 Public and Emergency Services (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=305006>

Course Content: Anatomy and Physiology, Communications, Emergency Department Care Skills, Exercise and Fitness, Legal Practice and Procedure, Safety and Health at Work, Work Experience.

Certification:

- QQI Level 5 Major Award - 5M4468
- PHECC First Aid Responder PHECC Emergency First Responder Manual Handling/Lifting ROSPA - Fire Warden Training
- Students completing this course can also take an Optional Extra Qualification: •PHECC Emergency Medical Technician (EMT):

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award - 5M3782
Timetable	Full time course

Sports Physiotherapy

• QQI Level 5 Sports Physiotherapy (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseid=305004

Course Content: Anatomy and Physiology, Communications, Care Support, Exercise and Fitness, Infection Prevention and Control, Physiotherapy Assistant Practice, Physiotherapy Assistant Theory, Work Experience.

Certification

- QQI Level 5 Major Award - 5M3782 VTCT (ITEC):
- Level 3 Diploma in Sports Massage (iCT3D32 603/4501/9) VTCT (ITEC)
- Level 2 Award in Infection Prevention (COVID-19) for Complementary Therapies and Sports Massage (iP2A4 603/6161/X)
- Pre-hospital Emergency Care Council (PHECC): First Aid Responder

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 6 Major Award - 6M5147
Timetable	Full time course

Sports Science with Personal Training

• QQI Level 6 Sports Science with Personal Training Diploma (f/t) *^

<https://carlowinstitute.ie/courses/sports-science/?portfolioCats=27%2C14%2C29%2C28%2C16>

Course Content: Communications, Exercise and Fitness, Health Promotion, Kinesiology, Sports Industry Practice, Sports Nutrition, Sports Psychology, Work Experience.

Certification:

- QQI Level 6 Major Award - 6M5147
- VTCT (ITEC) Level 3 Diploma in Personal Training (Gym-Based Exercise) iSP3D31 VTCT (ITEC) Level 2 Award in Instructing Studio Cycling Sessions iSP2A2 - 603/4492/1 PHECC First Aid Responder
- PHECC-First Aid Responder Certificate in Manual Handling/Patient Lifting

Other Providers

Focused Training Ireland

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

Tel: 059 911 8912 / 089 400 9937

Web: www.focusedtrainingireland.com

Online

- Fire Marshal for Care Homes (p/t) *
- Dementia Awareness (p/t) *
- Diabetes Awareness (p/t) *
- Dignity and Privacy (p/t) *
- Drug and Alcohol Awareness (p/t) *
- Duty of Care (p/t) *
- End of Life Care (p/t) *
- Epilepsy Awareness (p/t) *
- Infection Control (p/t) *
- Introduction to the safe handling of medicines (p/t) *
- Person Centred Care (p/t) *
- Safeguarding Adults (p/t) *
- Stoke Awareness (p/t) *

Kilkenny and Carlow ETB Courses

Healthcare

Ormonde College of Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321

Email: info@ormondecollege.ie **Web:** www.ormondecollege.ie

Venue	Kilkenny City Vocational School	Community Care
Duration	38 Weeks	• QQI Level 5 Community Care (with Social Studies) (f/t) *^
Start Date	08/09/2021	https://www.fetchcourses.ie/course/finder?sfcw-courseid=321400
End Date	03/06/2022	Course Content: Work Experience, Safety And Health At Work, Communications, Care Of Older Person, Care Provision And Practice, Human Growth And Development, Nutrition, Social Studies, Infection Prevention And Control.
Certification	QQI Level 5 Major Award (f/t) *^	
Timetable	Full time course	
Venue	Kilkenny City Vocational School	Health Service Skills
Duration	38 Weeks	• QQI Level 5 Health Service Skills (f/t) *^
Start Date	08/09/2021	https://www.fetchcourses.ie/course/finder?sfcw-courseid=320867
End Date	03/06/2022	Course Content: Work experience, Communications, Anatomy and Physiology, Care Skills, Care Support, Human Growth and Development, Nursing Theory and Practice, Infection Prevention and Control.
Certification	QQI Level 5 Major Award (f/t) *^	
Timetable	Full time course	
Venue	Kilkenny City Vocational School	Nursing Studies
Duration	38 Weeks	• QQI Level 5 Nursing Studies (f/t) *^
Start Date	08/09/2021	https://www.fetchcourses.ie/course/finder?sfcw-courseid=321403
End Date	03/06/2022	Course Content: Work Experience, Communications, Anatomy and Physiology, Human Growth and Development, Nursing Theory and Practice, Nutrition, Biology, Care Provision and Practice.
Certification	QQI Level 5 Major Award (f/t) *^	
Timetable	Full time course	
Venue	Kilkenny City Vocational School	Sports, Recreation and Exercise
Duration	38 Weeks	• QQI Level 5 Exercise and Health Fitness (f/t) *^
Start Date	08/09/2021	https://www.fetchcourses.ie/course/finder?sfcw-courseid=320847
End Date	03/06/2022	Course Content: Work Experience, Exercise and Fitness, Nutrition, Sports and Recreation Studies, Reception and Frontline office Skills, Adventure Activities, Sports Anatomy and Physiology, Leisure Facility Administration.
Certification	QQI Level 5 Major Award (f/t) *^	
Timetable	Full time course	

Kilkenny and Carlow ETB Courses

Healthcare

KCETB Evening Classes

Venue: Colaiste Eoin, Hacketstown

Tel: 059 647 1198

Email: info@ceh.ie

- QQI Level 5 modules in Healthcare Support (p/t) * in Autumn and Spring

Other Providers

Social Care Training Ireland Online

Unit 4, Lismard House, Tullow Street, Carlow

Tel: 087 957 6221

Email: info@socialcaretraining.ie

Web: www.socialcaretraining.ie

- Social Care Training Ireland provide a wide range of services that can be tailored to meet the needs of both practitioners and organisations. Social Care Training Ireland can also develop bespoke training courses, tailored specifically to organisation's requirements.
- Designated Liaison Person Training (p/t)
- Leadership and Management in Social Care (p/t)
- Post Crisis Debriefing (p/t)
- Professional Report Writing for Social Care Professionals (p/t)
- Professional Supervision Skills for Social Care Managers and Leaders (p/t)
- Safeguarding Vulnerable Adults Training (p/t)

Online Courses /
Blended Learning Websites

Barrow Training and Consultancy
www.barrowtraining.ie

Chevron Training
www.chevrontraining.ie

FETCH Courses
www.fetchcourses.ie

Focused Training Ireland
www.focusedtrainingireland.com

Progressive College
www.progressivecollege.ie

Social Care Training Ireland
www.socialcaretraining.ie

The Open College
www.theopencollege.com

Other Providers

Healthcare

Pitman Training Carlow Kilkenny

Unit 1 Deerpark Business Complex,
Dublin Rd, Carlow, R93 K409

Tel: 059 918 2415 / 085 163 9351

Email: carlow@pitman-training.ie

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

- Medical Admin Diploma with City and Guilds/AMSPAR Level 2 Qualification
Course Duration: 160 hours or 6 weeks full-time study
- Medical Office Award
Course Duration: 55 hours or 2 weeks full-time study
- Medical Terminology
Course Duration: 35 hours or 1 week full-time study
- Socrates Healthcare – Practice Management Software
Course Duration: 15 hours

Kilkenny LEADER Partnership

Tel: Moira 086 023 3168

- **MedIntroduction to Fitness**
<http://www.cklp.ie/wp-content/uploads/BeginnersFitnessClass.png>
- **Staying Fit Programme**
<http://www.cklp.ie/wp-content/uploads/Stay-Fit-Programme.png>

HCT Learning

Unit 2 Purcellsinch Business Park,
Dublin Road, Kilkenny

Tel: 056 777 0761 **Web:** www.hctlearning.ie

- HCT Learning offer a range of certified and non-certified courses in Healthcare (p/t) *
- QQI Level 4 and 5 Communications (p/t) *
- QQI Level 5 Safety and Health at Work (p/t) *
- QQI Level 4 and 5 Work Experience (p/t) *

Non QQI accredited Programmes

- CFR Community: Cardiac First Responders
- Challenging Behaviour
- FAR Refresher: First Aid Response Programme
- Fire Safety
- Health and Safety
- Manual Handling Certificate of Attendance
- Risk Assessment
- Risk Assessment Assessors Training

The Mill Family Resource Centre

Main Street, Urlingford, Co. Kilkenny

Tel: 056 883 8466

Email: millfrcmc@gmail.com

Web: www.millfrcurlingford.com

- The Mill Family Resource Centre offers Healthcare courses at QQI Level 4 and 5. Please contact the centre for details (p/t) *

Online Courses / Blended Courses**Libraries Ireland**

www.librariesireland.ie/elibrary

Barrow Training and Consultancy

www.barrowtraining.ie

Chevron Training

www.chevrontraining.ie

FRS Training Ltd www.frstraining.com

Progressive College

www.progressivecollege.ie

Pitman Training Carlow Kilkenny

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

The Open College

www.theopencollege.com/qqi-healthcare-courses



Spotlight Healthcare BTEI

Spotlight: Healthcare BTEI

Before...

I was made redundant after 22 years in retail, around the same time that Covid lockdowns came into force. I decided to retrain as I wanted a career change but I didn't know where to start. With no previous experience and no idea of what I wanted to do, with only a Leaving Cert and no computer skills, I thought it was a non-starter.

The story so far...

A friend told me about Kilkenny and Carlow ETB and the Adult Guidance Service. I made an appointment and met with Joan, one of the Guidance Counsellors. She helped me every step of the way. I decided on a **Healthcare Assistant** role as there was a demand and it was an area that I was interested in.

With no computer skills, Joan referred me to a **computer course for beginners** with Kilkenny and Carlow ETB Adult Literacy Service. Karen, our tutor was amazing. She explained everything and was very supportive when I started my healthcare course [with BTEI – Back

to Education Initiative, **part-time education**] 4 months later. The tutors on the Healthcare Course were brilliant. They made time for everyone and explained everything.

To date, I have completed modules in computers, and Level 5 Healthcare modules in Care of the Older Person (Distinction) and Safety and Health at Work (Merit) completed. I have 6 more modules to complete which I will complete with the help of KCETB.

Any challenges along the way?

My lack of computer skills when doing my healthcare project was a challenge for me. KCETB had a computer skills expert available for anyone who needed help and Karen was available to help me in the computer course.

What are you doing now?

With the help and support from Joan in Adult Guidance, Karen and all the tutors, I started work as a Healthcare Assistant which I love.

Advice for anyone thinking of returning to education?

For anyone thinking of returning to education – go for it with Kilkenny and Carlow ETB. Their help and support is amazing. They even gave me a computer on loan to do my course and because my computer skills have come on, I now have my own computer so I can complete the 6 modules... and maybe more...

Guidance Counsellor / Co-ordinator:

Ms Orla Reddy

County Kilkenny Adult Guidance Service

Lower New Street, Kilkenny,
R95 AV65

T: 056 776 4448

E: [adultguidance@
kkadulted.ie](mailto:adultguidance@kkadulted.ie)

Facebook: County Kilkenny
Adult Guidance Service

Guidance Counsellor / Co-ordinator:

Mr Shane Rooney

County Carlow Adult Guidance Service

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

T: 059 913 3123

E: [info@
carlowadultguidance.ie](mailto:info@carlowadultguidance.ie)

Facebook: County Carlow
Adult Guidance Service

Kilkenny and Carlow ETB Courses

Language and Communications

Adult Learning Service Carlow

Tullow Road, Carlow

Tel: 059 913 5544

Email: info@carlowadultlearningcentre.ie

Web: www.kcetb.ie

- English language and literacy from beginners to upper intermediate level, daytime and evening classes with QQI accreditation (p/t) *

Back to Education Initiative (BTEI) Kilkenny and Carlow ETB

1B Meadow Court, Burrin Street, Carlow

Tel: 059 913 9532

Email: bteicarlow@kilkennycarlowetb.ie **Web:** www.kcetb.ie

Venue	BTEI, 1B Meadow Court, Burrin Street, Carlow	Communications
Duration	13 weeks	• QQI Level 4 Information Communications Technology Skills (p/t) *^
Start Date	09/09/2021	Course Modules:
End Date	09/12/2021	• Communications (4N0689)
Certification	QQI Level 4 Minor Award	www.fetchcourses.ie/course/finder?sfcw-courseid=322785
Timetable	Thursday mornings	
Venue	BTEI, 1B Meadow Court, Burrin Street, Carlow	Healthcare Support
Duration	13 weeks	• QQI Level 5 Healthcare Support (p/t) *^
Start Date	07/09/2021	Course Modules:
End Date	07/12/2021	• Communications (p/t) (5N0690) *
Certification	QQI Level 5 Minor Award	www.fetchcourses.ie/course/finder?sfcw-courseid=322620
Timetable	Tuesday mornings	Skills To Compete (refer to page 12)

Other Providers

Barrow Training and Consultancy

High Street, Bagenalstown, Co. Carlow

Tel: 059 972 1416

Email: marketing@barrowtraining.ie

Web: www.barrowtraining.ie

Online and Blended Learning

- QQI Level 5 in Communications – 5N0690 (p/t) *

Carlow Arts Office

Carlow County Council, Athy Road, Carlow

Tel: 059 917 0301

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

- Carlow Writer in Residence Programme is lead and managed through the Arts Office of Carlow County Council in partnership with the Arts Council Ireland, Carlow College, St. Patrick's and Carlow County Library Service.

Kilkenny and Carlow ETB Courses

Language and Communications

Adult Learning Service English Language Classes

Tel: 056 776 3149

Web: www.kcetb.ie

- **ESOL** English for Speakers of other Languages

English language and literacy from beginners to upper intermediate level, daytime and evening classes with QQI accreditation (p/t) *

This is a free confidential service that supports adults with reading, writing, spelling, basic numeracy and IT Skills.

Tutor Training courses for volunteers and run annually (p/t) *

Back to Education Initiative BTEI Kilkenny and Carlow ETB

7 Danville Business Park, Ring Road, Kilkenny

Tel: 056 770 1020

Web: www.kcetb.ie | www.fetchcourses.ie

Venue BTEI Danville Duration 15 weeks Start Date 06/09/2021 End Date 17/12/2021 Certification QQI Level 5 Minor Award *^ Timetable Thursday mornings	English as Other Language for Health Service Skills (ESOL) • English for Health Service Skills (ESOL) (p/t) * https://www.fetchcourses.ie/course/finder?sfcw-courseid=318566 Skills To Compete (refer to page 12)
Venue St Canice's Hall Duration 15 weeks Start Date 06/09/2021 End Date 17/12/2021 Certification QQI Level 4 Minor Award *^ Timetable Friday mornings	Communications • Communications (p/t) *^ https://www.fetchcourses.ie/course/finder?sfcw-courseid=320089 Course Content: Communications
Venue Piltown Community Centre Duration 15 weeks Start Date 06/09/2021 End Date 17/12/2021 Certification QQI Level 4 Minor Award *^ Timetable Tuesday mornings	Communications • Communications (p/t) *^ https://www.fetchcourses.ie/course/finder?sfcw-courseid=320131 Course Content: Communications
Venue BTEI Kilkenny Duration 15 weeks Start Date 06/09/2021 End Date 17/12/2021 Certification QQI Level 5 Minor Award *^ Timetable Friday mornings	Communications • Communications (p/t) *^ https://www.fetchcourses.ie/course/finder?sfcw-courseid=319743 Course Content: Communications

Other Providers

Language and Communications

Carlow College, St. Patrick's

College Street, Carlow

Tel: 059 915 3200

Email: slo@carlowcollege.ie

Web: www.carlowcollege.ie

Twitter: #ChooseCarlowCollege

If you are interested in exploring specific areas of study then our Evening Courses, available in both semesters (Autumn and Spring), in History, Creative Writing, Philosophy and Psychology for example might be of interest.

If you would like Personal Development opportunities you can study modules within the disciplines of the College: History, Psychology, English, Creative Arts and Media Studies, Philosophy and Theology.

Carlow Fáilte Isteach Programme

Tel: 086 410 8330 / 059 972 0733

Email: dthomas@carlowdevelopment.ie

Web: www.carlowdevelopment.ie

Conversational English classes delivered from September to May at:

Venue: Carlow Older Person's Forum, Barrack Street, Carlow

Timetable: Thursdays 10am-12pm

Venue: Forward Steps Family Resource Centre, Chapel Lane, Tullow

Timetable: Thursdays 6pm-8pm

Classes were facilitated via Zoom on Tuesday and Thursday mornings 10am – 12pm during COVID, and there are plans to also provide an online class along with the traditional face-to-face classes in September.

Carlow County Library Service

College Street, Carlow

Tel: 059 912 9705

Email: library@carlowcoco.ie

Web: www.carlowlibraries.ie

FB: www.facebook.com/carlowcountylibraries

Twitter: @CarlowLibraries

Online

Transparent Language Online is a free service, teaching new languages using a wide variety of speech-led lessons and activities. Working on virtually any Internet connected device or computer, there are over 100 languages available, including an extensive English collection. Membership of the library service is required to avail of the service, contact your local branch for more details.

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre, Athy Road, Carlow

Tel: 059 913 2152

Email: admin@carlowkilkennyskillnet.ie

Web: www.carlowkilkennyskillnet.ie

Online

• Communication Skills and Preferences – 09/11/2021 - this workshop will help participants to consider the benefits and challenges of remote working, to evaluate the current methods and preferences of communication within departments and teams, to understand the Four Pillars of Emotional Intelligence and how that relates to communicating with others, and the benefits of staying connected while working remotely.

Kilkenny and Carlow ETB Courses

Carlow Institute of Further Education and Training

Mortarstown Upper, Carlow, R93 X0FX

Tel: 059 913 4230

Email: info@carlowinstitute.ie **Web:** www.carlowinstitute.ie

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award - 5M2102*^
Timetable	Full time course

Business with Digital Marketing

• QQI Level 5 Business with Digital Marketing (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=305018

Course Content: Business Administration Skills, Customer Service, Desktop Publishing, Digital Marketing, eBusiness Studies, Marketing Practice, Spreadsheet Methods, Work Experience.

Kilkenny and Carlow ETB Courses

Language and Communications

Ormonde College of Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321

Email: info@ormondecollege.ie

Web: www.ormondecollege.ie

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award (f/t) *^
Timetable	Full time course

Media Studies

- QQI Level 5 Media Studies (f/t) *^

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=320396>

Course Content: Work Experience, Communications, Digital Photography, Entrepreneurial Skills, Event Production, Media Analysis, Radio Programme Production, Film Production, Scriptwriting, Web Authoring, Digital Marketing.

Other Providers

Barrow Training and Consultancy

High Street, Bagenalstown, Co. Carlow

Tel: 059 972 1416

Web: www.barrowtraining.ie

Online / Blended Courses

- Communications – 5N0690 (p/t) *

Droichead Family Resource Centre

Old CBS School, West Street, Callan, Co. Kilkenny

Tel: 056 775 5660

Web: www.droicheadfrc.ie

- Free conversational English classes every week (p/t)

Faile Isteach Programme

Fr McGrath Family Resource Centre, Kilkenny

Tel: 056 775 5660

Web: www.frmcgrathcentre.ie

- Conversational English classes run by volunteers. Free Service (p/t)

Ferrybank Library

Ferrybank Shopping Centre, Ferrybank Via Waterford

Tel: 051 897 200 | 056 779 4160

Email: info@kilkennylibrary.ie

Web: www.kilkennylibrary.ie

Online Free Resources Available – Transparent Language Online

- Explore and learn a new language for FREE with Transparent Languages Online library
- 110+ language courses with Free, unlimited access
- 29 English language courses for speakers of different languages
- Activities and Learning materials for listening, speaking, reading and writing

Carlow Kilkenny Skillnet

Jacqueline

Tel: 059 913 2152

Email: admin@carlowkilkennyskillnet.ie

- Language Tuition – 121 languages

Time: Personalised for each individual

Venue: Virtual Classrooms

Communication Skills: Any individuals interested in learning effective communication techniques in a business environment

Equinox Extended Learning

Old CBS School, West Street, Callan, Co. Kilkenny

Tel: 087 997 5626

Web: www.equinox4study.com

- Facilitated by Equinox Education Services Ltd.
- Evening English Language courses (p/t)
- Evening Cambridge First Certificate and Cambridge Advanced (p/t)

Gaelscoil Osraí

Loughboy, Kilkenny

Tel: 056 776 5697

Web: www.osrai.com

- Irish language classes provided for adult beginners, improvers and advanced. Courses start in autumn subject to demand. Ring mid-September for information.

HCT Learning

Unit 2 Purcellsinch Business Park, Dublin Road, Kilkenny

Tel: 056 777 0761 **Web:** www.hctlearning.ie

- QQI Level 4 and Level 5 Certificate in Communications (p/t) *

Kilkenny and Carlow ETB Courses

Language and Communications

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award - 5M18518 *^
Timetable	Full time course

Film and TV Production

- QQI Level 5 Certificate in Film and TV Production (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=304998

Course Content: Cinematography Camera Operations, Communications, Film Production, Media Analysis, Personal Professional Development, Scriptwriting, Sound Engineering and Production, Television and Film Editing.

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award - 5M18518 *^
Timetable	Full time course

Film Editing and Special Effects

- QQI Level 5 Certificate in Film Editing and Special Effects (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=305002

Course Content: Communications, Design Skills, Digital Editing, Media Analysis, Multimedia Authoring, Sound Engineering and Production, Television and Film Editing, Work Experience.

Optional Certification : Adobe Certified Associate exams in Photoshop, Premiere Pro and After Effects

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award - 5M1995 *^
Timetable	Full time course

Graphic Design and Visual Communication

- QQI Level 5 Certificate in Graphic Design and Visual Communication (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=305001

Course Content: Combined Materials, Communications, Design Skills, Desktop Publishing, Digital Photography, Drawing, Graphic Design Skills, Work Experience.

Other Providers

CIELS (Carlow Institute of English Language Services)

Askea, Carlow, R93 K5P2

Tel: 086 406 0804

Email: info@ciels.ie / danny@ciels.ie

Web: www.ciels.ie

Online

- Business Writing Skills (p/t)
- STAR Interview Skills (p/t)
- Presentation Skills (p/t)
- Essay Writing Skills (p/t)
- Professional E-mail Writing Skills (p/t)

Other Providers

Language and Communications

iEnglish Centre

Abbey Business Centre, Abbey Street, Kilkenny

Tel: 085 867 2258

Web: www.ienglishcentre.com

- General English classes are available from beginners to advanced, including Cambridge and IELTS examination preparation, individual lessons, English for work and Business English (p/t).

Kilkenny Toastmasters

Club House Hotel, Patrick St, Kilkenny

Email: kilkennytoastmasters@gmail.com

Web: www.kilkennytoastmasters.ie

- A public speaking club for enjoyment. Meetings include speeches and table topics. Qualifications may be obtained (Competent Toast Master and Advanced Toast Master).

Noreside Education Centre

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

Tel: 056 776 2146 / 056 776 4667

Web: www.noresidecentre.ie

Email: noresideeducation@gmail.com

- QQI Level 5 Communications (p/t) * (one class per week)

Spanglish

Unit 2 Abbey Business Centre, Abbey Street, Kilkenny

Tel: 086 356 3306

Web: www.spanglishkilkenny.ie

Email: spanglishkilkenny@yahoo.ie

- Only Leaving Cert Grinds available for 2021 (due to COVID)

Young Irish Film Makers

St. Joseph's Studios, Waterford Road, Kilkenny

Tel: 056 776 4677

Web: www.yifm.com

Multimedia Production

- Visual Communications and Multimedia Production (f/t) **
www.fetchcourses.ie/course/finder?sfcw-courseid=310111

Course Content: Design Skills, Personal Effectiveness, Image Processing, Media Analysis, Multimedia Authoring, Multimedia Project Development, Word Processing, Team Working, Digital Media Technology

Venue: Young Irish Film Makers

Duration: 42 weeks

Start Date: 04/10/2021

End Date: 25/7/2022

Certification: QQI Level 5

Timetable: Full time course

National Youth Film & Animation School

Interactive Workshops 10am -12pm: 5 days of interactive workshops with other young creatives, mentored by industry professionals and working collaboratively with others.

Kilkenny Language Centre

44 Friary Street, Kilkenny

Tel: 087 747 7178

Web: www.kilkennylanguage.com

- Provides English language courses to speakers of other languages; General English and exam preparation (Cambridge, IELTS). Group and individual lessons available, all levels welcome (p/t) *

Mackdonald Language Academy Ltd

The Village Campus, Waterford Road, Kilkenny

Tel: 087 939 5106

Web: www.mackdonald.com

- Private English classes for both adults and children (p/t)

Pitman Training Carlow Kilkenny

Unit 1 Deerpark Business Complex,
Dublin Rd, Carlow, R93 K409

Tel: 059 918 2415 / 085 163 9351

Email: carlow@pitman-training.ie

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

Online / Blended Courses

www.pitman-training.ie/our-courses/business-management/communications-courses/

Effective Business Communication

This excellent course will raise your game when it comes to business communication skills, which is often top of the list of qualities demanded by employers.

Effective Online Communication

Communication is a key, must-have skill in today's employment market. This short online course will help prove to employers that you're able to communicate confidently and effectively online to different audiences.

Communications in an Organisation

This e-learning course is different to most communication courses in that it focuses on the way that communications and information are managed within an organisation rather than personal communication techniques.

Communication Skills for IT Specialists

The Communication Skills for IT Specialists course is designed to help you effectively engage with your audience and is specifically geared toward working in a technical environment.

Kilkenny and Carlow ETB Courses

Language and Communications

Community Education Service Carlow Kilkenny and Carlow ETB

1A Meadow Court, Burrin Street, Carlow

Tel: 059 917 9376

Email: fdunne@kcetb.ie

Web: www.kcetb.ie

Online

Creative Writing

Start Date: Rolling intake

Duration: 6 weeks

Timetable: 2 hours per week

Other Providers

Equinox Education Services Ltd

Carlow Gateway Business Centre,
Athy Road, Carlow, R93 C7P6

Tel: 059 917 9340 / 087 997 5625

Email: info@equinox4study.com

Web: www.equinox4study.com

- Evening English Language courses (p/t)
- Evening Cambridge First Certificate and Cambridge Advanced (p/t)

Glór Cheatharlach

Emma Uí Bhroin, Irish Language Development Officer
Áras na nÓg, Éire Óg, O'Brien Road, Carlow

Tel: 085 134 0047

Email: emma@glorcheatharlach.ie

Web: www.glorcheatharlach.ie

- Glór Cheatharlach is a local organisation committed to the promotion of the Irish language and culture in Carlow. For up-to-date information on Irish classes or conversational Irish groups, please contact Glór Cheatharlach.

Pitman Training Carlow Kilkenny

Unit 1, Deerpark Business Complex, Dublin Rd,
Carlow, R93 K409

Tel: 059 918 2415 / 085 163 9351

Email: carlow@pitman-training.ie

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

Online

- Effective Business Communication (p/t) *
- Pitman English (p/t) *
- Pitman English Diploma (p/t) *

Focused Training Ireland

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

Tel: 059 911 8912 / 089 400 9937

Email: info@focusedtrainingireland.com

Web: www.focusedtrainingireland.com

Online

- Communication Principles (p/t)
- Presentation Skills (p/t)

Institute of Technology Carlow - Lifelong Learning

Kilkenny Road, Carlow

Tel: 059 917 5280

Email: LLL@itcarlow.ie

Web: www.itcarlow.ie/public/userfiles/files/LLL-Prospectus-2021.pdf

- QQI Level 6 Certificate in Advocacy (p/t) * - seven weeks part time
- QQI Level 6 Certificate in Groupwork and Facilitation Skills (p/t) * - one academic year part-time

Social Care Training Ireland

Unit 4, Lismard House, Tullow Street, Carlow

Tel: 087 957 6221

Email: info@socialcaretraining.ie

Web: www.socialcaretraining.ie

Online

Social Care Training Ireland provide a wide range of services that can be tailored to meet the needs of both practitioners and organisations. Social Care Training Ireland can also develop bespoke training courses, tailored specifically to organisation's requirements.

- Professional Report Writing for Social Care Professionals (p/t)

Other Providers

Language and Communications

Pitman Training Carlow Kilkenny

Unit 1 Deerpark Business Complex,
Dublin Rd, Carlow, R93 K409

Tel: 059 918 2415 / 085 163 9351

Email: carlow@pitman-training.ie

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

Online / Blended Courses

Pitman English Diploma

Time of Day Full Time, Part Time, Evening

Type Further Learning

Duration Flexible: Full or Part time options available

Course Description: The English language is one of the most common languages in business and trade across the globe. Improving your fluency, whatever level you are at, can increase your career prospects, and open up doors to new opportunities.

The Pitman English Diploma has been designed to help you get to grips with reading, writing, speaking and listening, whilst also assisting you in developing communication channels such as business communication and social media. This diploma offers a wide and varied range of learning methods which will not just help to ensure you increase your competency, but also enjoy learning at the same time.

Pitman English gives you the ability to test and track your progress along the way, combining online resources with live tutoring sessions. This component is available in 3, 6 and 12 month packages* depending on your current ability and desired level of achievement.

Qualification Type: Pitman Diploma

Course Link: www.pitman-training.ie/Courses/detail/pitman-english-diploma

Pitman English

Time of Day: Full Time, Part Time, Evening

Price: On Enquiry

Type: Further Learning

Duration Flexible: Full or Part time options available

Course Description: Are you looking for an English language training course that offers complete flexibility? At Pitman Training we have introduced the very latest online system for learning English. Our very latest training course offering enables you to become more confident in your use of English by addressing the four key skills areas of language learning:

- Reading and understanding and written work
- Understanding spoken English with improved listening skills
- Express yourself clearly in English when preparing emails, texts and documents
- Becoming more confident when speaking English with friends or at work

If you are looking for work and need to improve, then learning English with Pitman is a flexible, enjoyable and fun way to improve your English language skills, impress employers at interview and become a more confident English speaker. Pitman English is a completely flexible online English Language training course, meaning you can study wherever and whenever you want.

Qualification: Type Pitman Certification

Course Link: <http://www.pitman-training.ie/Courses/detail/pitman-english>

Gaelscoil Osraí

Loughboy, Kilkenny

Tel: 056 776 5697

Web: www.osrai.com

- Irish language classes provided for adult beginners, improvers and advanced. Courses start in autumn subject to demand. Ring mid-September for information.

Other Providers

Language and Communications

St. Catherine's Community Services Centre

St. Joseph's Road, Carlow

Tel: 059 913 8706 **Email:** andread@catherines.ie

Web: www.catherines.ie

International Women's Group - this is an activity-based group through which women from new communities can meet other women and improve their English while gaining practical skills. Activities include Art, Cookery, Crafts, Jewellery Making. This group runs one morning per week 10.30 am - 12.30 pm (p/t)

Toastmasters

Toastmasters enables people to improve their communication and leadership skills through supportive clubs. Carlow Toastmasters are currently holding meetings through Zoom on the 1st and 3rd Wednesday of the month. For further information please access their Facebook page www.facebook.com/CarlowToastmasters

Kilkenny and Carlow ETB Courses

Vocational Training Opportunities Schemes (VTOS) Kilkenny and Carlow ETB

1-3 Granby Row, Carlow

Tel: 059 914 0311

Email: una.hayes@kilkennycarlowetb.ie **Web:** www.vtoscarlow.ie

Venue	VTOS, 1-3 Granby Row, Carlow
Duration	39 weeks
Start Date	06/09/2021
End Date	-
Certification	QQI Level 4 Major Award [^]
Timetable	Full time course

English Language with Office Administration

- QQI Level 4 English Language with Office Administration (f/t) [^]

www.fetchcourses.ie/course/finder?sfcw-courseId=323377

Course Content: Bookkeeping and Accounts, Business English, Communications, Customer Service, Data Entry, English as a Second Language, Functional Maths, General Office Skills, Spreadsheet Methods, Word Processing, Work Experience.

Online Courses / Blended Learning Websites

Carlow County Library Service
www.carlowlibraries.ie

Carlow Fáilte Isteach Programme
www.carlowdevelopment.ie

Carlow Kilkenny Skillnet
www.carlowkilkennyskillnet.ie

CIELS (Carlow Institute of English Language Services)
www.ciels.ie

Equinox Education Services Ltd
www.equinox4study.com

Focused Training Ireland
www.focusedtrainingireland.com

Gaelchultur (Irish classes)
www.gaelchultur.com

Online Courses / Blended Learning Websites

Gael Linn (Irish classes)
www.gael-linn.ie/en/courses

Irish Sign Language classes
www.irishdeafcommunity.ie

KCETB Community Education Service Carlow
www.kilkennycarlow.etb.ie/further-education-and-training/community-education-service/

NALA
www.courses.nala.ie/ free courses in reading, writing, maths and technology

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

Social Care Training Ireland
www.socialcaretraining.ie

Kilkenny and Carlow ETB Courses

Language and Communications

Vocational Training Opportunities Scheme VTOS

Bishop Birch Training Institute, Waterford Road, Kilkenny

Tel: 056 776 4719

Web: www.vtoskk.ie | www.vtoskk.ie/courses/

Venue	VTOS, Bishop Birch Training Institute, Kilkenny	Art, Craft and Design with Start Your Own Business • QQI Level 5 Art, Craft and Design (f/t) *^ https://www.fetchcourses.ie/course/finder?sfcw-courseid=310125
Duration	36 Weeks	
Start Date	30/08/2021	
End Date	27/05/2022	
Certification	QQI Level 5 Major Award (f/t) *^	Course Content: Communications, Combined Materials, Design Skills, Drawing, Painting, Personal Professional Development, Ceramics, Appreciation of Art, Craft and Design, Collage Techniques, Start Your Own Business, Marketing Practice.
Timetable	Full Time Course	

Online Courses / Blended Courses

Language Courses

Alliance Francaise

www.afkilkenny.org/about-us

Carlow / Kilkenny Skillnet

www.carlowkilkennyskillnet.ie/trainingprogrammes

Libraries Ireland

www.librariesireland.ie/elibrary/online-languages

Nala

www.nala.ie/free-courses/

Night Courses

www.nightcourses.com/course-category/furtherlearning/languages

Open University

www.openuniversity.edu/welcome/the-openuniversity-in-ireland?

Shaw Academy

www.join.shawacademy.com/

Barrow Training and Consultancy

www.barrowtraining.ie/courses

Gaelchultur (Irish classes)

www.gaelchultur.com

Gael Linn (Irish classes)

www.gael-linn.ie/en/courses

Online Communication Courses

Distance Learning Courses

www.cmit.ie/cmit-distance-learning-courses

Night Courses

www.nightcourses.com/course-category/furtherlearning/business/communications

Skillnet Carlow / Kilkenny

www.carlowkilkennyskillnet.ie/trainingprogrammes

Kilkenny and Carlow ETB Courses

Photography / Digital Media / Visual Communications

Back to Education Initiative (BTEI) Kilkenny and Carlow ETB

1B Meadow Court, Burrin Street, Carlow

Tel: 059 913 9532

Email: bteicarlow@kilkennycarlowetb.ie **Web:** www.kcetb.ie

Venue	BTEI, 1B Meadow Court, Burrin Street, Carlow	Information and Communications Technology Skills (ICTS) • QQI Level 4 (ICTS) (p/t) *^
Duration	13 weeks	Course Modules: • Desktop Publishing (4N1854) www.fetchcourses.ie/course/finder?sfcw-courseId=322775
Start Date	06/09/2021	
End Date	06/12/2021	
Certification	QQI Level 4 Minor Award	
Timetable	Monday mornings	

Other Providers

Blackstairs Film Society

Rathanna Community Hall

Web: www.blackstairsfilmsociety.com

FB: www.facebook.com/blackstairsfilmsocietyborris/

- Blackstairs Film Society was formed to provide art house and foreign language film to the local community in and around Borris and the Blackstairs Mountains.

Kilkenny and Carlow ETB Courses

Carlow Institute of Further Education and Training

Mortarstown Upper, Carlow, R93 X0FX

Tel: 059 913 4230

Email: info@carlowinstitute.ie **Web:** www.carlowinstitute.ie

Venue	Carlow Institute of Further Education and Training	Business with Digital Marketing • QQI Level 5 Business with Digital Marketing (f/t) *^ www.fetchcourses.ie/course/finder?sfcw-courseId=305018
Duration	9 months	Course Content: Business Administration Skills, Customer Service, Desktop Publishing, Digital Marketing, eBusiness Studies, Marketing Practice, Spreadsheet Methods, Work Experience.
Start Date	27/08/2021	
End Date	03/06/2022	
Certification	QQI Level 5 Major Award - 5M2102 *^	
Timetable	Full time course	

Venue	Carlow Institute of Further Education and Training	Film and TV Production • QQI Level 5 Film and TV Production (f/t) *^ www.fetchcourses.ie/course/finder?sfcw-courseId=304998
Duration	9 months	Course Content: Cinematography Camera Operations, Communications, Film Production, Media Analysis, Personal Professional Development, Scriptwriting, Sound Engineering and Production, Television and Film Editing.
Start Date	27/08/2021	
End Date	03/06/2022	
Certification	QQI Level 5 Major Award - 5M18518 *^	
Timetable	Full time course	

Kilkenny and Carlow ETB Courses

Photography / Digital Media / Visual Communications

Adult Learning Service Kilkenny

43 Upper Patrick Street, Kilkenny

Tel: 056 776 3149 **Email:** wordaid@kkadulsted.ie

Web: www.kcetb.ie | www.fetchcourses.ie

Photography Course

- Wednesday 15th September 6pm – 9pm
- Thursday 16th September 10am – 1pm

Other Providers

Amanda Burke Photography

Kilkenny

Tel: 086 067 787

Web: www.amandaburkephotography.com

- **The Beginners in Digital Photography Course** This course consists of the basics in digital photography and getting to know your camera. Students may have compact, bridge or SLR camera and Amanda personally makes sure that each student knows their camera and receives a knowledge of the composition of a good photograph as opposed to a basic 'snap'. The course is 8 weeks long.
- **The Improvers Photography Course** This course is the next level in photography following the Beginners course. Most students have already completed the Beginners course although it is not required, a good knowledge of cameras, taking photographs and editing photos is required. The course is 8 weeks long.
- **The Photoshop Course** Again, most students have completed the Beginners course and some have also completed the Improvers. This course focuses on photo editing in Photoshop Elements which Amanda has vast experience with. The course is 8 weeks long.

Kilkenny Photographic Society

The Pembroke Hotel, Kilkenny

Tel: 085 174 5715

Web: www.kilkennyphoto.net

Blended / Zoom

VIRTUAL MEETINGS Thursdays 8 pm. To join the meetings you will need to download the ZOOM APP to your phone or computer. This may require you to set up an account (FREE account) to use the app. Once you have downloaded the app you will need a MEETING ID to join the meeting. The MEETING ID for the Zoom Thursday night meeting at 8:00 pm is contained in the email which you receive weekly.

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre
Athy Road, Carlow

Tel: 059 913 2152

Web: www.carlowkilkennyskillnet.ie

- QQI Level 5 Digital Marketing (p/t) *
- Social Media for Business (p/t)

E-College

Tel: 1800 855 831

Web: www.ecollege.ie/course

Online

- Visual Design using Adobe Photoshop (p/t) *
- Graphic Design and Illustration using Adobe Illustrator (p/t) *
- Print and Digital Media Publication using Adobe InDesign (p/t) *

Kilkenny and Carlow ETB Courses

Photography / Digital Media / Visual Communications

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award - 5M18518 *^
Timetable	Full time course

Film Editing and Special Effects

- QQI Level 5 Film Editing and Special Effects (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=305002

Course Content: Communications, Design Skills, Digital Editing, Media Analysis, Multimedia Authoring, Sound Engineering and Production, Television and Film Editing, Work Experience.

Optional Certification: Adobe Certified Associate exams in Photoshop, Premiere Pro and After Effects

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award - 5M0529 *^
Timetable	Full time course

Games and Apps Development

- QQI Level 5 Games and Apps Development (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=305017

Course Content: Communications, Fundamentals of Object-Oriented Programming, Games Analysis Design, Maths for Information Technology, Programming and Design Principles, Software Architecture, Web Authoring, Work Experience.

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award - 5M1995 *^
Timetable	Full time course

Graphic Design

- QQI Level 5 Graphic Design and Visual Communication (Portfolio Preparation) (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=305001

Course Content: Combined Materials, Communications, Design Skills, Desktop Publishing, Digital Photography, Drawing, Graphic Design Skills, Work Experience.

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award - 5M2149 *^
Timetable	Full time course

Sound Production

- QQI Level 5 Music Technology (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=304992

Course Content: Communications, Desktop Multimedia Audio Production, Musicianship, Music Industry Studies, Music Technology, Radio Programme Production, Sound Engineering and Production, Work Experience.

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award - 5M2094 *^
Timetable	Full time course

Photography

- QQI Level 5 Photography (Portfolio Preparation) (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=316746

Course Content: Communications, Digital Photography, Image Processing, Narrative Photography, Photographic Techniques, Portrait Photography, Start Your Own Business, Work Experience.

Photography / Digital Media / Visual Communications

Ormonde College of Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321

Email: info@ormondecollege.ie

Web: www.ormondecollege.ie

Venue	Kilkenny City Vocational School	Art with Animation Studies
Duration	38 Weeks	• QQI Level 5 Certificate in Art (f/t) *^
Start Date	08/09/2021	https://www.fetchcourses.ie/course/finder?sfcw-courseid=320364
End Date	03/06/2022	Course Content: Work Experience, Drawing, Painting, Sculpture, Problem Solving, Printmaking, Appreciation Of Art, Craft And Design, Digital Photography, Animation Drawing Studies.
Certification	QQI Level 5 Major Award (f/t) *^	
Timetable	Full time course	
Venue	Kilkenny City Vocational School	Media Production
Duration	38 Weeks	• QQI Level 5 Media Production (f/t) *^
Start Date	08/09/2021	https://www.fetchcourses.ie/course/finder?sfcw-courseid=320396
End Date	03/06/2022	Course Content: Work Experience, Communications, Digital Photography, Entrepreneurial Skills, Event Production, Media Analysis, Radio Programme Production, Film Production, Scriptwriting, Web Authoring, Digital Marketing.
Certification	QQI Level 5 Major Award (f/t) *^	
Timetable	Full time course	
Venue	Kilkenny City Vocational School	Creative Media and Design
Duration	38 Weeks	• QQI Level 5 Certificate in Media Production (f/t) *^
Start Date	08/09/2021	https://www.fetchcourses.ie/course/finder?sfcw-courseid=320652
End Date	03/06/2022	Course Content: Work Experience, Communications, Desktop Publishing, Graphic Design Skills, Appreciation of Art, Craft and Design, Digital Photography, Computer Illustrated Graphics, Digital Photography, Media Analysis, Design Skills, Drawing.
Certification	QQI Level 5 Major Award (f/t) *^	
Timetable	Full time course	

Visual Communications

There are 6 Colleges in Ireland that you can study Visual Communications

- Dun Laoghaire Institute of Art Design and Technology
- Letterkenny Institute of Technology
- Dublin Institute of Technology
- Athlone Institute of Technology
- Cork Institute of Technology
- National College of Art and Design

Other Providers

Photography / Digital Media / Visual Communications

Carlow Little Theatre Society

Email: carlowlittletheatre@gmail.com

Web: www.carlowlittletheatre.com

FB: www.facebook.com/CarlowLittleTheatre

- New members welcome for onstage, backstage, and technical positions

E-College

Tel: 1800 855 831

Web: www.ecollege.ie

Online

- Visual Design using Adobe Photoshop (p/t) *
- Graphic Design and Illustration using Adobe Illustrator (p/t) *
- Print and Digital Media Publication using Adobe InDesign (p/t) *

Institute of Technology Carlow - Lifelong Learning

Kilkenny Road, Carlow

Tel: 059 917 5280

Email: LLL@itcarlow.ie

Web: www.itcarlow.ie/public/userfiles/files/LLL-Prospectus-2021.pdf

- QQI Level 6 Certificate in Marketing with Social Media Skills (p/t) * one academic year part-time

Pitman Training Carlow Kilkenny

Unit 1, Deerpark Business Complex, Dublin Rd, Carlow, R93 K409

Tel: 059 918 2415 / 085 163 9351

Email: carlow@pitman-training.ie

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

Online

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

- Digital Marketing Diploma with the Digital Marketing Institute (p/t) *
- Graphic Design Diploma with Adobe ACA (p/t) *
- Marketing Assistant Diploma (p/t) *
- Social Media for Business Diploma (p/t) *
- Web Design Specialist Diploma (p/t) *

Carlow Photographic Society

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

Email: info.cps.secretary@gmail.com

Web: www.facebook.com/CarlowPhotographicSociety/

- The Carlow Photographic Society are passionate about photography, enjoy sharing knowledge and experiences while encouraging each other to develop their photographic skills. CPS is meeting virtually for the foreseeable future in light of Covid-19. New members always welcome.

Focused Training Ireland

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

Tel: 059 911 8912 / 089 400 9937

Email: info@focusedtrainingireland.com

Web: www.focusedtrainingireland.com

Online

- Facebook for Business (p/t) *
- LinkedIn for Business (p/t) *
- Social Media for Business (p/t) *
- Twitter for Business (p/t) *

Online Courses / Blended Learning Websites

Carlow Photographic Society

www.facebook.com/CarlowPhotographicSociety/

e-College

www.ecollege.ie

FETCH courses

www.fetchcourses.ie

Focused Training Ireland

www.focusedtrainingireland.com

Pitman Training Carlow Kilkenny

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

Other Providers

Photography / Digital Media / Visual Communications

Pitman Training Carlow Kilkenny

Unit 1 Deerpark Business Complex,
Dublin Rd, Carlow, R93 K409

Tel: 059 918 2415 / 085 163 9351

Email: carlow@pitman-training.ie

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

Online/ Blended Learning

Pitman Training offer career-focused training courses to help students get the skills they need to grow or progress their careers. Their courses and diplomas offer industry standard certifications and

CPD accredited training and are tailor-made for each student.

- Digital Marketing Diploma with the Digital Marketing Institute (p/t) *
- Graphic Design Diploma with Adobe ACA (p/t) *
- Marketing Assistant Diploma (p/t) *
- Social Media for Business Diploma (p/t) *

Young Irish Film Makers

LTI Digital Media, St. Joseph's Studios,
Waterford Road, Kilkenny | Helen Curtin

Tel: 056 776 4677 **Email:** helen@yifm.com

Venue	Young Irish Filmmakers	Multimedia Production
Duration	42 Weeks	• QQI Level 5 Visual Communications and Multimedia Production (f/t) *^
Start Date	04/10/2021	https://www.fetchcourses.ie/course/finder?sfcw-courseid=310111
End Date	03/07/2022	Course Content: Design Skills, Personal Effectiveness, Image Processing, Media Analysis, Multimedia Authoring, Multimedia Project Development, Word Processing, Team Working, Digital Media Technology.
Certification	QQI Level 5 Major Award (f/t) *^	
Timetable	Full time course	

Online Courses / Blended Courses

e-College
www.ecollege.ie

Carlow Kilkenny Skillnet
www.carlowkilkennyskillnet.ie

KCETB Courses
www.fetchcourses.ie

Training Services
www.kcetbtraining.ie

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

Other Providers

Positive Living

AWARE

Tel: 1800 804 848

Web: www.aware.ie

Online

- The Life Skills Programme is aimed at individuals who are experiencing mild to moderate depression, stress and/or anxiety and would like to learn new ways to deal with life's challenges. The programme is based on the principles of cognitive behavioural therapy (CBT), and is designed to help people learn more about how they think and how this can influence their actions in helpful or unhelpful ways.

Carlow County Library Service

Tel: 059 912 9705

Email: library@carlowcoco.ieWeb: www.carlowlibraries.ieFB: www.facebook.com/carlowcountylibraries

Twitter: @CarlowLibraries

Community Piano A Yamaha piano is available for public use and housed in the GB Shaw Room in Carlow Central Library. Individuals and groups are encouraged to use the piano. The piano must be reserved for use, membership is required to make a booking, and bookings are at the discretion of the library. Usage policy and booking forms are available at the desk.

Healthy Ireland at your Library is a nationwide initiative which seeks to encourage people to make positive choices to improve their physical and mental health, while also providing support and information to help people make more healthy choices. Services provided by Carlow County Library Service include enhanced health information, with all library branches having books, eBooks, audio and e-Magazines on various issues such as healthy eating, positive ageing, childhood health and wellbeing. Healthy Ireland At Your Library Events are held throughout the year, with online talks/webinars and in-branch events. For any enquiries relating to same, contact Fiona O'Toole, Healthy Ireland At Your Library Co-ordinator at fotoole@carlowcoco.ie

Bagenalstown Family Resource Centre

Royal Oak Road, Moneybeg,
Bagenalstown, Co. Carlow

Tel: 059 972 2028

Email: bagenalstownfrc70@gmail.comWeb: www.bagenalstownfamilyresourcecentre.ie

- Managing Stress and Anxiety (p/t). Please call or email for up-to-date information on courses.

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre, Athy Road, Carlow

Tel: 059 913 2152

Email: admin@carlowkilkennyskillnet.ieWeb: www.carlowkilkennyskillnet.ie

Online

- Self-directed online learning
www.carlowkilkenny.mykademy.com/
- Anti-Bullying in the Workplace (p/t)
- Change Management (p/t)
- Dignity in the Workplace (p/t)
- Emotional Intelligence (p/t)
- Individual Development Planning (p/t)
- Managing Under Pressure (p/t)
- Time and Priority Management (p/t)

Carlow Social Prescribing Service

St Catherine's Community Services Centre,
St Joseph's Road, Carlow

Tel: 086 414 7511 / 059 913 8700

Email: socialprescribing@catherines.ieWeb: www.catherines.ie

Social Prescribing is a model to support the health and wellbeing of people by using community-based activities and supports such as exercise, art, community health education, gardening, holistic therapies, fun activities, volunteering etc. The Carlow Social Prescribing Service is a free support that aims to reduce social isolation and improve people's health and wellbeing. The service is for people over 18 living in the Carlow Metropolitan Area. For more information or queries on the service please contact: Sinéad Fox, Carlow Social Prescribing Coordinator.

Kilkenny and Carlow ETB Courses

Community Education Service Carlow
Kilkenny and Carlow ETB

1A Meadow Court, Burrin Street, Carlow

Tel: 059 917 9376

Email: fdunne@kcteb.ieWeb: www.kcteb.ie

Yoga

Start Date: Rolling intake

Duration: 6 weeks

Timetable: 2 hours per week

Other Providers

Positive Living

Aanahata Yoga Centre

Castlecomer Discovery Park, Castlecomer, Co. Kilkenny

Tel: 086 372 2653

Web: www.aanahatayoga.ie

- Pilates, Meditation, Yoga, Art and Yoga Teacher Training classes (p/t) *

Barnardos Parenting Programmes

Web: www.barnardos.ie/resources/parents/parenting-courses/john-sharry-coursestalks

Organisation: John Sharry / Solution Talk

Contact name: John Sharry **Tel:** 086 734 0114 | 086 734 0114

Email: info@solutiontalk.ie **Web:** www.solutiontalk.ie

Barnardos national database of parenting courses provides information for parents hoping to attend a parenting course in their own area. The database includes the details of parenting courses that are organised and delivered on a scheduled basis and parenting courses that are delivered by request. The database can be searched by location, by theme and to who the programme is targeted.

If you deliver parenting courses and would like the details of the courses you provide to be included in the future, please email resources@barnardos.ie for further details.

Breda Gardner**Insight Natural Health Clinic**

15 Upper Patrick Street, Kilkenny

Tel: 087 202 5753

Web: www.bredagardner.com

- Iridology, Homeopathy, Nutritional Advice and Positive Affirmations courses (p/t)

Community Education Kilkenny

Lower New Street | Siobhan O'Brien

Tel: 056 778 6896

- This service facilitates and supports community based learning in locations throughout the City and County. Its aim is to encourage adults to return to learning in their own local communities. Subjects include personal development, art, sign language, crafts, computer skills, well-being and others as identified by the community or group themselves. Classes generally run for 6 to 10 weeks and the Kilkenny and Carlow Education and Training Board assists funding a tutor or facilitator. A minimum number of participants is required to begin a class.

Counselling Services in Kilkenny

Kilkenny

Web: www.naturaltherapyforall.com | www.irish-counselling.ie

HSE Website for mental health:

Web: www.yourmentalhealth.ie

AWARE

Tel: 1800 804 848

Web: www.aware.ie

Online

- The Life Skills Programme is aimed at individuals who are experiencing mild to moderate depression, stress and/or anxiety and would like to learn new ways to deal with life's challenges. The programme is based on the principles of cognitive behavioural therapy (CBT), and is designed to help people learn more about how they think and how this can influence their actions in helpful or unhelpful ways.

Back 2 Basics Yoga and Fitness Studio Kilkenny

Tel: 083 844 5646

Web: www.back2basics.ie/timetable

"Yoga, Pilates and Fitness Studio located in the heart of Kilkenny City, devoted to the delivery of various high quality group classes to the people from all walks of life. Cherishing simplicity and the teaching of powerful approaches to fundamentals of exercising and mindfulness. We integrate a wide range of Yoga, Pilates and Fitness classes suitable for every BODY, every fitness level and every aspiration. From gentle stretches and mindfulness to energetic and transformative exercises, classes are tailored to meet all your needs. Devoted to help beginners to dive in but also regulars to maintain life-long practice, Back 2 Basics provides healing and relaxation, challenge and fun in a warm, welcoming and friendly environment."

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre,
Athy Road, Strawhall, Carlow

Tel: 059 913 2152

Email: admin@carlowkilkennyskillnet.ie

Web: www.carlowkilkennyskillnet.ie

- Resilience Training (p/t)
- Wellbeing at Work (p/t)

Droichead Family Resource Centre

Old CBS School, West Street, Callan, Co. Kilkenny

Tel: 056 775 5660

Web: www.droicheadfrc.ie

- Positive Parenting Course

Darver House Nursery

Jeninstown, Co. Kilkenny

Tel: 056 776 7028 / 086 807 2040

Web: www.darverhousenursery.com

- Gardening for Wellbeing courses (p/t)

Other Providers

Positive Living

Focused Training Ireland

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

Tel: 059 911 8912 / 089 400 9937

Email: info@focusedtrainingireland.com

Web: www.focusedtrainingireland.com

Online

Class Based Courses

- Understanding your own mental health Level 1 (p/t) * QNUK accreditation
- Understanding Mental Wellbeing in the Workplace Level 2 (p/t) * QNUK accreditation
- Supporting individuals during a mental health crisis in work Level 3 (p/t) * QNUK accreditation
- Mental Health Instructor Training

Online Courses

- Conflict Management (p/t) *
- Developing Employee Relations (p/t) *
- Developing Teamwork (p/t) *
- Introduction to Emotional Intelligence (p/t) *
- Leadership Skills (p/t) *
- Negotiation (p/t) *
- Stress Management (p/t) *
- Time Management (p/t) *

Involvement Centre

St Dymphna's Hospital, Athy Road, Carlow

Tel: 059 913 6342 / 087 634 1157

Email: involvementcn@gmail.com

Facebook: Involvement Centre Carlow

During COVID, the Involvement Centre is running a Zoom Online Recovery Coffee Hub on Mondays to Saturdays 11am-1pm – offering a safe space to have a supportive chat and support you with signposting to relevant online services or supports that are available in your local community.

The Involvement Centre is a peer led recovery focused space run by volunteers. It offers a warm, welcoming place, in which mental health difficulties are understood to be part of life and are accepted in a non-judgmental way. Volunteers and visitors to the centre develop the programmes and activities in line with the expressed needs of those who visit the centre.

Hacketstown Core Centre

Hacketstown, Co. Carlow

Email: hacketstowncore@gmail.com

Facebook: Hacketstown Community Group

- Introduction to infinite possibilities: the art of living your dream life (p/t)
- Personal Development (p/t)

Institute of Technology Carlow - Lifelong Learning

Kilkenny Road, Carlow

Tel: 059 917 5280

Email: LLL@itcarlow.ie

Web: www.itcarlow.ie/public/userfiles/files/LLL-Prospectus-2021.pdf

- QQI Level 6 Certificate in Health, Wellbeing and Nutrition (p/t) * - 1 academic year
- QQI Level 6 Certificate in Wellbeing and Mental Health Awareness in Youth Work (p/t) * - 13 weeks

Mulvarra House

Bauck, St. Mullins

Tel: 051 424 936

Email: info@mulvarra.com

Web: www.mulvarra.com

Online

- An immersive journey into yoga, nutrition and wellness retreat
- Reconnect to nature – a retreat of yoga and river kayaking
- Online cookery classes (p/t)
- Online yoga classes (p/t)

For up-to-date information on the training courses/ retreats scheduled please call or view their website.

Positive Living

Janet E. Sahafi

Thomastown, Co. Kilkenny

Tel: 086 340 1833

Web: www.janetesahafi.com

- Courses for individuals on Mindfulness. Sessions available on the use of journal writing for clarity in working through difficult emotions or muddled thinking. Short term counselling also available (p/t)

Khalsa Yoga

Web: www.khalsayoga.ie/classes/

Online

- Early morning yoga classes
- Every weekday 6.30-7.30 am.

Kilkenny Education Centre

Tel: 056 776 0200

Email: kecsec@eckilkenny.ie

Web: www.wellbeingsskills.learnworlds.com/pages/courses

Wellbeing and Learned Optimism Skills Meeting

Course Date: 19-10-2021 7.00 pm

Course End Date: 19-10-2021 8.30 pm

Online Courses:

- Wellbeing & Happiness Skills using Positive Psychology
- Wellbeing & Happiness Skills Teachers & Secondary School Pupils
- Wellbeing & Happiness Skills
- Skills to handle Adversity,
- Communicate Positively,
- Raise your Positive Emotions / Energy and Use your Character Strengths

Self-Care for Parents/Guardians Webinar

Course Date: 20-09-2021 6:00 pm

Course End Date: 20-09-2021 7:00 pm

Anxiety in Teenagers: A Webinar for Teachers, SNAs and Parents/Guardians

This webinar will focus on how parents/guardians can help to support their anxious teens. It will also explore how teenage brains are more vulnerable to anxiety. Parent-led CBT specific techniques will be examined. Participants will receive information on effective communication and how to talk to teenagers about mental health. Primary discussion topics include;

- Teen Anxiety Levels
- Signs of Anxiety in Teenagers
- The Developing Brain
- Talking to your Teenager about Anxiety
- Parent-Led CBT Specific Techniques, and Supports Available.

Course Date: 08-11-2021 6:00 pm

Course End Date: 08-11-2021 7:00 pm

The Power is in the Pause: Menopause - The Facts, the Myths, the Choices Webinar

Course Date: 14-10-2021 6:00 pm

Course End Date: 14-10-2021 7:00 pm

Release, Revive, Rejuvenate Webinar

Course Date: 11-11-2021 6:00 pm

Course End Date: 11-11-2021 7:00 pm

KCAT Art and Study Centre

Mill Lane, Callan, Co. Kilkenny

Tel: 056 775 5115

Web: www.kcat.ie

- **Learning** There are year- long programmes, masterclass weekends, shorter evening courses and Open Studio settings. The aim is to offer personal support for each participant where positive transformative experiences can lead to a deepening of self-knowledge along with technical artistic skills. Our facilitators and professional collaborators are artists who have a track record of excellence in their field and a genuine excitement and dedication to working inclusively.
- **EQUINOX:** We are an ensemble-based theatre company dedicated to the creation, development, production and touring of new inclusive theatre work.
- **Studio:** Studio Artists are supported by mentors and a facilitator in all aspects of their professional development. There is a strong sense of community and mutual support between artists and mentors, which extends beyond the walls of the studio. Working individually, all share, inspire and motivate each other.

Kilkenny Involvement Centre

Colliers Lane, Kilkenny

Tel: 086 047 3968

Email: involvementkk@gmail.com

- Workshops are held on various mental health related topics (p/t)

Kilkenny School of Yoga

Canal Square, Rose Inn Street, Kilkenny

Tel: 087 660 9654

Web: www.kilkennyschoolofyoga.com

- Yoga Teacher training, over 10 months (1 weekend per month Sep - June). Classes from Mon - Sat, both group classes and one to one sessions (p/t) *

Kilkenny and Carlow ETB Courses

Positive Living

The Regional Suicide Resource Office

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

Tel: 051 874 013

Web: www.hse.ie

- eSuicide - online exploration in suicide awareness (1-2 hours)
- Living Works START - Suicide Prevention Skills Online Programme (1.5 hour)
- safeTALK - Suicide Alertness Training (3.5 hour)
- ASIST - Applied Suicide Intervention Skills Training (2 day)
- Understanding Self-Harm - (1 day)
- Suicide Bereavement Workshop for Professionals - (1 day)
- Suicide Bereavement Community Information - (2 hour)

Book into this training at www.bookwhen.com/sro or email trainingsro@hse.ie

Tai Chi and Wellness Academy

Unit 1, Deerpark Business Complex, Dublin Rd,
Carlow, R93 K409

Tel: 087 347 7277

Email: info@taichiandwellnessacademy.com

Web: www.taichiandwellnessacademy.com

Online

Course:

- Tai Chi Teacher Training Course (p/t)

Classes:

- Tai Chi for Beginners
- Tai Chi for Improvers
- Tai Chi for Health and Vitality
- Meditation - 6-week Introductory Course
- Chi Kung and Stress Management
- Mindful Movement and Meditation
- Moving through the Chakras with Tai Chi and Chi Kung

Workshops:

- Healing Aspects of Bach Flower Remedies
- Welcoming the First Light of Spring
- Yin and Yang - Perfect Balance and Strength
- Midsummer Festival in the Heart of Nature
- Follow your Star....
- Meditation
- Self-Care for the Carers

Retreats:

- Nature as a Healing Resource
- Meditation - The Simple Enjoyment of the Truth

Recovery College South East

St Dymphna's Hospital, Athy Road, Carlow

Tel: 056 770 3666 / 086 174 6330

Email: recoverycollegesoutheast@gmail.com

Web: www.recoverycollegesoutheast.com

Venue: Involvement Centre, St. Dymphna's Hospital, Athy Road, Carlow

Information on online workshops will be available from 21st September onwards on the Recovery College South East website.

Example of workshops held previously throughout the year:
What is this they call recovery? Returning to work in the COVID 19 world; Making changes: where to start and how to maintain; Let's talk social media and wellbeing; Mind over mood; Staying well and making plans - managing the ups and downs; Making connections - building confidence in social situations; Talking and listening, it works both ways; Practical facilitation skills; Take charge of your life; Music for mood; Positive thinking - practicing wellbeing; Understanding and living with addictions; Understanding recovery for families; Understanding self-esteem; Good stress/ bad stress; Working together - co-production; Understanding and living with voices; Understanding and living with paranoia; Loneliness and isolation; Assertiveness; Understanding self-harm; WRAP (Wellness Recovery Action Plan); Understanding and living with anxiety; Introduction to mindfulness; Recovery principles and practice; Understanding sleep - getting a good night's sleep; Learning self-compassion and kindness for myself; Building my self confidence

Teach Bhride Holistic Education Centre

Tullow, Co. Carlow

Tel: 059 915 2465

Email: teachbhride@outlook.com

Personal Development / Training Programmes - topics covered in these courses include: self-esteem/ self-confidence; communication skills; depression; fear/ anxiety; panic attacks; managing strong emotions / feelings; relationship development; anger management; bereavement support; support for people suffering with suicidal thoughts or families / people bereaved by suicide; addiction; spirituality; sexuality, co-dependency.

Other available programmes at the Centre that also attend to the development of the person include:

- Yoga
- Meditation
- Tai Chi
- Mindfulness
- Homeopathy
- Holistic Massage

Other Providers

Positive Living

Recovery College South East

Greenshill, Kilkenny

Tel: 056 770 3666**Email:** recoverycollegesoutheast@gmail.com**Web:** www.recoverycollegesoutheast.com/kilkenny-timetable.html

Online

The recovery college south east provides educational workshops for people who are experiencing mental health and addiction challenges. The workshops are all co-produced by people with lived experience of these challenges and who found recovery education beneficial to their recovery.

This introductory workshop will provide you with practical and helpful information around what a recovery college is and what it strives to achieve. It will explain the concept of recovery education and how this can greatly help people who experience mental health challenges, their loved ones or family members or those who may just have an interest in the area.

Online workshops will be available from 21st September onwards

- Morning Meditations – online

Yoga**Aine Finnerty**

087 224 3875

Catherine Bourke

086 213 5830

Catriona Foley

056 779 0990 | 086 376 8975

Clare Bassett and Paula Floodwww.omyoga.ie/teacher-training/**Eleine Costello**

086 826 1452

Khalsa Yoga – Online Classeswww.khalsayoga.ie/classes/**Sadhbh O'Neill**

087 225 8599

TASK

Abbey Business Centre, Abbey Street, Kilkenny

Tel: 056 777 1959

- TASK is part of the Kilkenny Mental Health Services and is a rehabilitative training programme for people experiencing mental health difficulties (p/t)

Wellbeing and Motivation

Knocknamuck, Tullaroan, Co. Kilkenny

Tel: 083 333 7816**Email:** atworkmotivation@gmail.com**Web:** www.wellbeingandmotivation.ie

- **Motivation Courses 2 day**
www.wellbeingandmotivation.ie/personal-2-day-course/
- **The Mind Reset Programme**
www.wellbeingandmotivation.ie/the-mind-reset-programme/

Online Courses / Blended Courses**The Recovery College**www.recoverycollegesoutheast.com/kilkenny-timetable.html**Kilkenny Education centre**www.wellbeingskills.learnworlds.com/pages/courses**HSE Mental Health Services**www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/training/types-of-training/**HSE Living Well Programme**www.hse.ie/eng/health/hl/selfmanagement/living-wellprogramme/living-well-programme.html**HSE Stress Control Classes**

www.stresscontrol.ie KCETB Community Education Service Carlow www.kilkennycarlow.etb.ie/further-education-andtraining/community-education-service

Kilkenny and Carlow ETB Courses

Positive Living

Thrive With Lorraine

Thrive Hub, Tullow, Co. Carlow

Tel: 059 913 2245

Email: nutrition@thrivecave.ie Web: www.thrivewithlorraine.ie

Venue	Thrive Hub, Tullow, Co. Carlow
Duration	Varied
Start Date	Continuous Intake
End Date	-
Certification	-
Timetable	Part-time course

Cooking to destress and digest (p/t)

One day Masterclass (10am-4pm)

Next Course Date: 04/09/2021

Learn how to: reduce stress in your body, support cravings naturally, boost digestion and increase your energy levels. The Masterclass includes: yoga and 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.

Stretch your Palate (p/t)

A seven-week adventure into the world of yoga, movement, nutrition, cooking, breathwork and so much more

Next Course Date: 30/09/2021 (Thursdays 7pm-9pm)

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.

Yoga

Ballinkillen Lorum Community Centre

059 977 5175 | 089 257 8122

Carlow Mandala Yoga Studio

www.carlowmandalayoga.ie | 085 842 6030

Connie Byrne Yoga

www.conniebyrneyoga.com | 083 441 5635

KCETB Community Education Service

fdunne@kcetb.ie | 059 917 9376

Maria Bermejo

www.mariabyoga.com | 087 642 1820

Mulvarra House

www.mulvarra.com | 051 4249 36

Pam Butler

www.pambutleryoga.com | 086 089 1141

St. Catherine's Community Services Centre

www.catherines.ie | 059 913 8706

Teach Bhride Holistic Education Centre

059 915 2465

Wellness with Wendy

www.facebook.com/wellnesswithwendyc0 | 086 1511 290
(Life Coach/ Mind Coach and Yoga Teacher)

Meditation / Mindfulness

Connie Byrne Yoga – www.conniebyrneyoga.com

083 441 5635

Hacketstown Core Centre

hacketstowncore@gmail.com | FB: Hacketstown Community Group

Maria Bermejo

www.mariabyoga.com | 087 642 1820

Mindfulness by Jack Byrne

www.mindfulnessbyjackbyrne.com |
info@mindfulnessbyjackbyrne.com | 086 606 6087

Mulvarra House

www.mulvarra.com | 051 424 936

Recovery College South East

www.recoverycollegesoutheast.com | 086 174 6330

Rosaleen Fadden

www.taichiandwellnessacademy.com | 087 347 7277

Teach Bhride Holistic Education Centre

059 915 2465

Pilates

Energie Fitness

www.energiefitness.com | 059 910 4030

JFK Rehabilitation and Injury Clinic | 087 795 6977

Pilates by Ciara

www.facebook.com/pilatesbyciara | 086 300 6871

Realta Clinic Carlow

www.facebook.com/starcarlow | 059 913 4779

TM Pilates

www.tmpilates.com | 087 773 1106

Online Courses / Blended Learning Websites

AWARE

www.aware.ie

Carlow Kilkenny Skillnet

www.carlowkilkenny.mykademy.com/

Focused Training Ireland

www.focusedtrainingireland.com

HSE Mental Health Services

www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/training/types-of-training/

HSE Living Well Programme

www.hse.ie/eng/health/hl/selfmanagement/living-well-programme/living-well-programme.html

HSE Stress Control Classes

www.stresscontrol.ie

KCETB Community Education Service Carlow

www.kilkennycarlow.etb.ie/further-education-and-training/community-education-service/

Mulvarra House

www.mulvarra.com

Recovery College South East

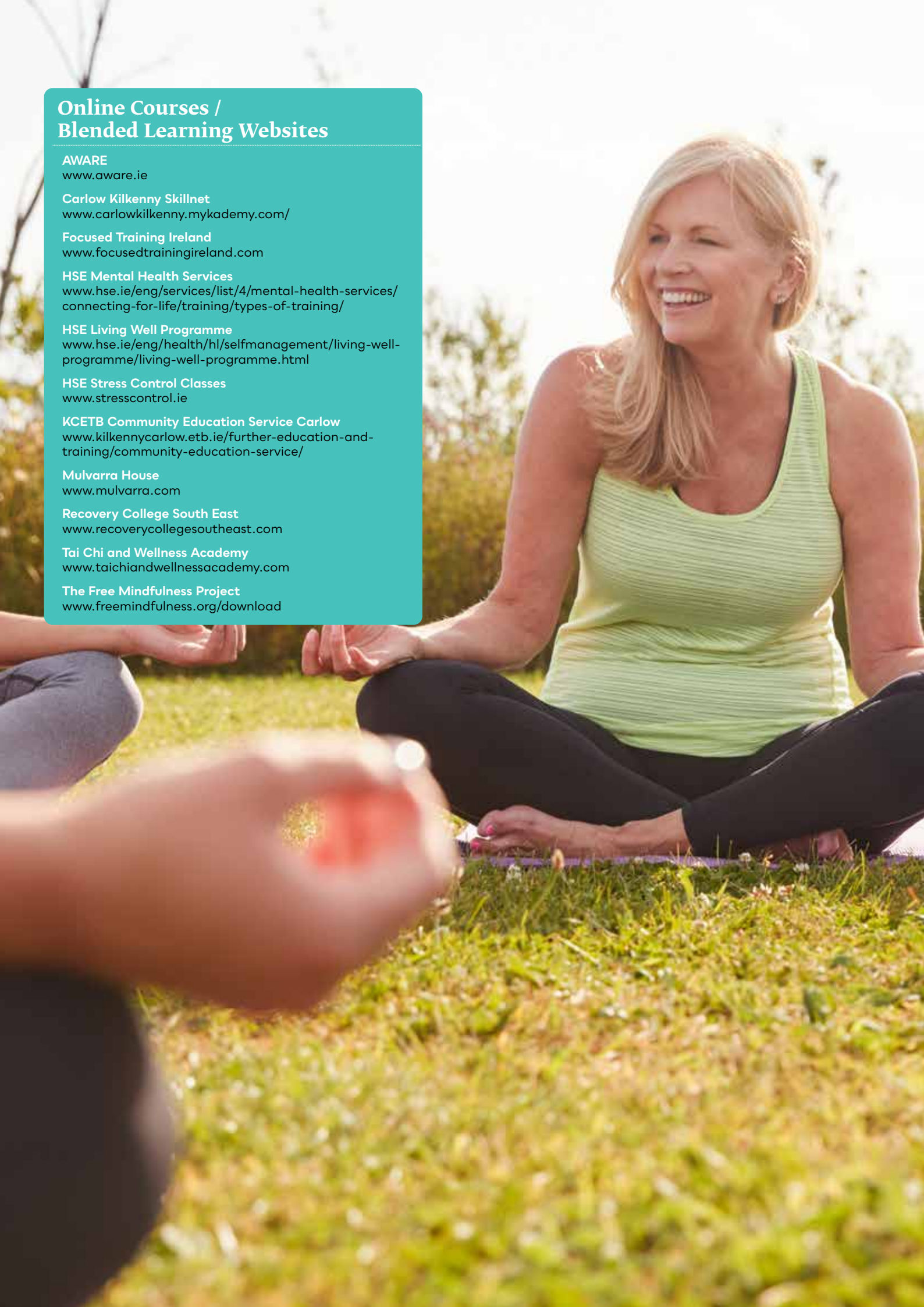
www.recoverycollegesoutheast.com

Tai Chi and Wellness Academy

www.taichiandwellnessacademy.com

The Free Mindfulness Project

www.freemindfulness.org/download



Other Providers

Support Services

This section contains information and contact details for support services which might be of interest to adults and their families living in County Carlow.

- Addiction, Alcohol, Drug and Gambling Services
- Alzheimer/ Dementia Support
- Bereavement Services
- Cancer Support Services
- Childcare Supports
- Citizens Information Centre
- Clubs and Societies
- Community Centres/ Family Resource Centres
- Counselling Services
- Disability Services
- Domestic Violence Support Services
- Employment Services/ Recruitment Agencies
- Finance and Budgeting Supports
- Libraries
- Men's Sheds
- Mental Health Supports
- Social Prescribing Service
- Sports/ Fitness Clubs
- Young Adults

Addiction, Alcohol, Drug and Gambling Services

Al-Anon

Free helpline number 01 873 2699
(available 10am-10pm daily)

Email: info@alanon.ie

Web: www.alanon.ie

Al-Anon offers understanding and support for families and friends of problem drinkers in an anonymous environment. During COVID there are temporary electronic meetings. Details can be found at www.al-anon-ireland.org/electronic-meetings/

Prior to COVID meetings were held in St. Catherine's Community Services Centre on Mondays @ 8pm and in Askea Parish Community Centre on Thursdays @ 8pm

Drugs Outreach Worker

Monastery Hostel, Dublin Road, Carlow

Tel: 085 788 8326

Email: patrick.connaughton@svp.ie

HSE Services

Web: www.hse.ie

Alcohol and Drug Counselling Service

Tel: 059 917 8020 **Extn.** 6820

Ardú Substance Misuse Service – Carlow

Tel: 056 778 4638 | 1890 464 600

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

Narcotics Anonymous

Web: www.na-ireland.org

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

Alcoholic Anonymous Ireland

Tel: 01 842 0700

Web: www.alcoholicsanonymous.ie

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

County Carlow Drugs Initiative

The Community Based Drugs Worker is Angela Kehoe and can be contacted at 085 7897303

Email: angela@carlowys.ie

Web: www.carlowrys.com/county-carlow-drugs-initiative

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

Gamblers Anonymous

Tel: 01 872 1133

Web: www.gamblersanonymous.ie

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

Making Connections Carlow

St. Catherine's Community Services Centre

Tel: 059 913 8799 | 085 805 3316

Web: www.catherines.ie

Supporting recovery through education and training

You Are Not Alone Family Support Group

Tel: 085 787 2730

Web: www.youarenotalonecarlow.org

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

Other Providers

Support Services

This section contains information and contact details for support services which might be of interest to adults and their families living in County Kilkenny.

- Addiction, Alcohol, Drug and Gambling Services
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- Domestic Violence Support Services
- Employment Services/ Recruitment Agencies
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- Libraries
- Men's Sheds
- Mental Health Supports
- Social Prescribing Service
- Sports/ Fitness Clubs
- Young Adults

Addiction, Alcohol, Drug and Gambling Services

Addiction Services

Aiseiri Aislínn, Ballyragget, Kilkenny

Tel: 056 883 777

Email: info@aiseiri.ie **Web:** www.aiseiri.ie

ARDÚ House Substance

Misuse Service, Kickham Street, Kilkenny

Tel: 056 778 4638

Email: arducarlowkilkenny@hse.ie

Recovery College South East

Greenshill, Kilkenny

Tel: 056 770 3666

Email: recoverycollegesoutheast@gmail.com

Web: www.recoverycollegesoutheast.com

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

Aislínn Adolescent Addiction

Treatment Centre, Ballyragget, Kilkenny

Rehab and treatment

Services Provided:

Aftercare Counselling Family Support Programme Group therapy Inpatient Treats alcohol drugs gambling prescription drug addictions for people aged 15-21 years old

Community Addiction

Treatment Service, St. Luke's General Hospital, Freshford Road, Kilkenny

Tel: 056 776 367

Email: Mark.Downey@hse.ie

Social Inclusion: Kilkenny

Asylum Seekers Services

Tel: 056 770 3401

Addiction Services

Tel: 056 778 4600

Addiction Counselling Services

Tel: 056 776 367

South East Regional Drug Helpline

Tel: 051 373 333

Alzheimer/ Dementia Support

Support Services

The Alzheimer Society of Ireland

Bethany House, Barrack St., Carlow

Tel: 059 9134736 **Web:** www.alzheimer.ie

Email: helpline@alzheimer.ie

Online services:

National Helpline – helpline@alzheimer.ie / 1800 341 341

Virtual Dementia Nurse Online Family Carer Training

Online Support Group for Family Carers of People with Dementia

Memory Clinic

Carlow Day Hospital, Sacred Heart Hospital, Old Dublin Road, Carlow

Tel: 059 913 6492 | 059 913 6300

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

Memory Matters - Memory Technology Resource Room Day Hospital, Sacred Heart Hospital, Old Dublin Road, Carlow Visit by appointment only, please call Occupational Therapist Katie Redmond on 087 3855339

The Memory Technology Resource Room has assistive technology products on display. People with memory difficulties and their families/carers will have an opportunity to see a range of products and how they work. You can also access expert advice about assistive technology.

Bereavement Services

Irish Hospice Foundation

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

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

Rainbows Ireland

Tel: 059 913 6492 | 059 913 6300

Web: www.rainbowsireland.ie

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

For Rainbows in Carlow contact:

Rainbows Carlow c/o Askea Parish Centre, Brownhill Road, Askea, Carlow 087 663 6499

Forward Steps Family Resource Centre, Tullow 059 915 2776

Pieta

Freephone: 1800 247 247 **Web:** www.pieta.ie

Text Help to 51444

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

Regional Suicide Resource Office

Tel: 051 874 013 **Email:** bereavementSRO@hse.ie

Web: www.hse.ie

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

Cancer Support Services

Éist Centre

O'Brien Road, Carlow

Tel: 085 866 1499

Web: www.eistcarlowcancersupport.ie

A charity affiliated to the Irish Cancer Society. Éist continues to provide emotional support and practical help to anyone affected by cancer, their families and carers during COVID. For more details on the services available please call 085 866 1499 or email: info@eistcarlowcancersupport.ie

Together 4 Cancer Concern

Tel: 1800 200 700

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

Alzheimers Support

Support Services

Alzheimer Society of Ireland

The Village Day Care Centre, 1 Father Walsh Close, Cootes Lane, Kilkenny

Tel: 056 777 1230

Web: www.alzheimer.ie

Autism / Aspergers Support

Aspire Aspergers Association of Ireland

Greenshill, Kilkenny

Email: admin@aspireireland.ie

Web: www.aspireireland.ie

Saplings School

Goresbridge, Co Kilkenny

Email: saplingsgoresbridge@hotmail.com

The Jonah Project School

Slieverue, Co Kilkenny

Email: thejonahproject@hotmail.com

Bereavement Services

Kilkenny Bereavement Support

Villa Maria, Talbots Inch, Freshford Road, Kilkenny

Tel: 056 775 6538

Web: www.kilkennybereavementsupport.com

Rainbows

Fr McGrath Family Resource Centre, St. Joseph's Road, Kilkenny

Tel: 056 775 1988

Cancer Support Services

Cois Nore

Walkin Street, Kilkenny

Tel: 056 775 2222

Web: www.coisnore.ie

Hours: Mon to Fri 10am to 4pm

Childcare Supports

Support Services

Bagenalstown Family Resource Centre

Royal Oak Road, Moneybeg,
Bagenalstown, Co. Carlow

Tel: 059 972 2028

Email: bagenalstownfrc70@gmail.com

Web: www.bagenalstownfamilyresourcecentre.ie

- The centre offers Parentsplus courses at different stages during the year. The courses offer parents the opportunity to engage in a positive and inclusive programme with additional support. The centre also organises workshops and facilitates a parent support group. For further information please email or call the centre.

Carlow County Childcare Committee

Enterprise House, O'Brien Road, Carlow, R93 YOY3

Tel: 059 914 0244 **Email:** info@carlowccc.ie

Web: www.carlowccc.ie

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

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

Barnardos Family Support Centre

24 Askea Lawns, Tullow Road, Carlow, Co. Carlow

Tel: 059 913 2868

Web: www.barnardos.ie

Free information and advice service for parents/carers
Group Parenting Programmes

Citizens Information Centre

Citizens Information Centre

Tel: 0761 07 5130 **Email:** carlow@citinfo.ie

Web: www.citizensinformation.ie

Citizens Information provides a free and confidential information, advice, and advocacy service on a wide range of topics. If you don't get an immediate answer, please be sure to leave your name and number on the voicemail - we will ring you back without delay.

Clubs and Societies

Active Retirement Group

Tel: 01 873 3836 **Web:** www.activeirl.ie

- 12 groups in County Carlow – Bagenalstown and District, Ballinkillen/ Lorum, Ballon, Bennekerry and District, Borris and District, Carlow, Killeslin 'Forever Young', Leighlinbridge, Myshall, Naomh Padraig Bowls, Rathoe, Tullow

Carlow Little Theatre Society

Web: www.carlowlittletheatre.com

- New members welcome for onstage, backstage and technical positions

Blackstairs Film Society

Rathanna Community Hall

Web: www.blackstairsfilmsociety.com/

Irish County Women's Association (ICA)

Carlow Federation

- Currently 11 Guilds in County Carlow **Web:** www.ica.ie/federations/carlow

Macra na Feirme

Currently 4 clubs in Carlow

FB: www.facebook.com/carlow.macra

Support Services

Archery**Tel:** 056 776 1791**Web:** www.countrysideleisureactivitycentre.ie**Athletics****Adele's Eat Train Live****Tel:** 087 938 4521**Athletic Club Kilkenny City
Harriers Juvenile and Senior****Tel:** 086 858 2381**Athletics Club****Tel:** 086 858 2381**FitforLife Kilkenny****Tel:** 086 778 4500**Graigue Ballycallan Athletics**www.facebook.com/Graigue-Ballycallan-AthleticsClub-1438857793048824/**Badminton****Badminton Club****Tel:** 056 776 4540**Basketball****Basketball Club****Tel:** 056 772 8480**Bowling****K Bowl Kilkenny****Tel:** 056 778 8200**Boxing****Callan Boxing Club****Tel:** 056 772 5528**Camogie**www.kilkennygaa.ie**Canoeing****Go with the flow river adventures** 087 252 9700**Clay Pigeon Shooting****Country Leisure Activity Centre** 056 776 1791**Cycling****Cycle Trails****Tel:** 056 775 2111**Golf Clubs****Kilkenny****Tel:** 056 776 5400**Callan****Tel:** 056 772 5136**Gowran****Tel:** 056 772 6225**Castlecomer****Tel:** 056 444 1139**ICA****Irish Country Women's Association (ICA)****Tel:** 051 643 521**Macra na Feirme****Tel:** 086 835 9891**Web:** www.macra.ie**Martial Arts****Budo Martial Arts Centre****Tel:** 086 366 8669**Chikara Karate Club****Tel:** 086 262 1853**Dragon Lair Martial Arts****Tel:** 087 246 5442**Evolution Martial Arts****Tel:** 086 841 4815**Kilkenny Judo Club****Tel:** 085 816 1630**Photography****Amanda Burke**

086 067 7875

Kilkenny Photographic Society**Tel:** 083 347 1566**Rugby Club****Kilkenny Rugby Club****Tel:** 056 772 1728**Soccer Clubs****Callan United****Tel:** 087 796 1933**Dean Celtic**

Via Messenger on Facebook

Evergreen FC**Tel:** 087 309 0006**Freebooters FC**

Via Messenger on Facebook

River Rangers AFC

Via Messenger on Facebook

Thomastown United

Via Messenger on Facebook

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

Community Centres/ Family Resource Centres

Support Services

Bagenalstown Family Resource Centre

Royal Oak Road, Moneybeg,
Bagenalstown, Co. Carlow

Tel: 059 972 2028

Email: bagenalstownfrc70@gmail.com

Web: www.bagenalstownfamilyresourcecentre.ie

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

Borris Focus Centre

The Old School, Lower Main Street, Borris

Tel: 083 826 7871

Email: borrisfocuscentre12@gmail.com

FB: www.facebook.com/borrisfocuscentre

Forward Steps Resource Centre

Chapel Lane, Tullow, Co. Carlow

Tel: 059 915 2776 | 086 793 7321

Email: receptionforwardsteps@gmail.com

Web: www.forwardstepsfrc.com

Forward Steps Family Resource centre works in partnership and collaboration with many local groups and organisations to provide a broad range of services, supports and programmes in the local community. The project facilitates multi-cultural community and needs based education and training opportunities for a broad geographic area through the KCETB. In addition, the project facilitates KCETB to provide an Adult Education guidance outreach service. A Traveller women's group, Multi-cultural group and Syrian families and Refugees participate in centre activities while parent and toddler group and parental support is provided on an outreach basis through TUSLA Parenting Champion. Therapeutic services include Rainbows programme for children, Parents Plus, Play Therapy, Art Therapy, and adult counselling. Our early years' service Little Steps provide play school, after schools and homework support as well as additional support to Parents. Other groups, organisations and agencies and Health services deliver services and supports through the use of our rooms and facilities.

New Oak Community Centre

New Oak Estate, Carlow

FB: www.facebook.com/NewOakcommunity

Ballinkillen Lorum Community Centre

Ballinkillen, Bagenalstown, R21 ED29

Tel: 059 977 5175 | 089 257 8122

Email: officeblccc@gmail.com

FB: www.facebook.com/ballinkillenlorumccc/

Suitable for events and functions, classes, sports, wellness, conferences, and other activities.

Ballon and Business Training Services

The Old School, Ballon, Carlow

Tel: 059 915 9447

Email: ballonbts@gmail.com

Web: www.ballonbts.com

FB: www.facebook.com/BallonBusinessTrainingService

Carlow Public Participation Network

Town Hall, Carlow, R93 E7R7

Tel: 059 917 2495

Email: info@carlowppn.ie

Web: www.carlowppn.ie

FB: www.facebook.com/CarlowPPN

Carlow PPN facilitates public participation and engagement by communities in decision making at local level contributing to wellness and sustainability.

Hacketstown Core Centre

Hacketstown, Co. Carlow

Email: hacketstowncore@gmail.com

Facebook: Hacketstown Community Group

Killougternane Community Hall

Borris, Co. Carlow

Web: www.facebook.com/Killoughternane-Hall-124528537624721

For information on the art and music classes please view their Facebook page.

Myshall Community Centre

Facebook: Myshall News

Email: myshallcommunitycentre@gmail.com

Various courses run throughout the year based on demand (p/t)

Rathanna Community Hall

Rathanna, Co. Carlow

FB: www.facebook.com/rathannacommunityhall

Rathanna Community Hall is a venue for clubs, committees or individuals for events, meetings, classes, or courses.

Community Supports

Support Services

Cuidiu Kilkenny

Scouts Den, Bennettsbridge Road, Kilkenny

Tel: 056 777 2961

Email: info@cuidiu.ie

A parent to parent voluntary support charity - providing online support

Kilkenny County Childcare Committee

Kilkenny Education Centre Campus,
Seville Lodge, Callan Road, Kilkenny

Tel: 056 775 2865 **Email:** mail@kkccc.ie

Web: www.kkccc.ie

Community Centres/ Family Resource Centres

Castlecomer Community Hall

10 Kilkenny Street Castlecomer Co. Kilkenny

Tel: 056 444 1922

Email: castlecomer1@gmail.com

**St. Canice's Neighbourhood Hall
Butts Green**

- Children and Youth Services
- Family & Community Services
- Older Persons Supports
- Education & Employment Services
- Multimedia Services

Kells Community Childcare Centre

Kells Community Centre, Kells, Co. Kilkenny

Tel: 056 773 0911 **Email:** kellsccc@outlook.com

- Full-day care, Monday to Friday, 8am to 6pm. Pre-school sessions, 9.30am to 12.30pm. After school and homework club available. Part time and full day care available for school aged children during the summer months.

Droichead Family Resource Centre

The Friary Complex Mill Street Callan Co. Kilkenny

Tel: 056 775 5660 **Email:** info@droicheadfrc.ie

Web: www.droicheadfrc.ie

RehabCare

Regent House, William St, Gardens, Kilkenny

Tel: 056 779 7555

- At NLN in Kilkenny we provide a range of free courses to people who have had an accident, illness, injury or have a disability and extra support needs.

Counselling Services in Kilkenny

Grow

World Community Mental Health
Movement in Ireland, Barrack St., Kilkenny

Tel: 056 776 1624 | 1890 474 474

Email: info@grow.ie **Web:** www.grow.ie

Kilkenny Counselling

Tel: 085 160 0999

Email: info@onezonecounselling.ie

Web: www.kilkennycounselling.ie

Kilkenny Counselling offers counselling appointments for Individuals, Couples, Adolescents and Children. Looking for a counsellor / therapist:

Web: www.naturaltherapyforall.com

Web: www.irish-counselling.ie

HSE Website for mental health:

Web: www.yourmentalhealth.ie

**HSE Child and Adolescent
Service Kilkenny**

Community Services, James Green, Kilkenny

Email: mairead.phelan@hse.ie

Samaritans Kilkenny / Carlow

2 Abbeyside, Dean Street, Kilkenny

Tel: 056 776 5554

Web: www.thesamaritans.org

Teac Tom

15 Ormonde Road

Tel: 056 779 6592

Email: thethomashayestrust@gmail.com

Web: www.thethomashayestrust.com

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

Community Centres/ Family Resource Centres

Support Services

St. Catherine's Community Services Centre

St. Joseph's Road, Carlow

Tel: 059 913 8706 **Email:** info@catherines.ie

Web: www.catherines.ie

FB: www.facebook.com/stcatherinescarlow

The main services provided by St. Catherine's are Services for Older People including Meals on Wheels and Monitored Alarms; Early Years Childcare and After Schools; Family Support; Teen Parent Support programme; Education, Training and Development courses including Learning for Everyday Life, Preparation for Work, evening classes, Making Connections one to one educational support for people who have become disconnected from mainstream training and education, Digital Skills training; Traveller health programmes, community development and family support and New Communities groups and support.

Counselling Services

ACCORD Relationship Counselling

St. Catherine's Community Services Centre, St. Joseph's Road, Carlow

Tel: 086 414 9034 **Email:** accordcarlow@gmail.com

Web: www.accord.ie

Connect - HSE National Counselling Service for Adults Abused in Childhood

Tel: 1800 477 477 **Web:** www.connectcounselling.ie

Opening Hours: Wednesdays – Sundays from 6pm-10pm

Forward Steps Family Resource Centre

Tel: 059 915 2776

Web: www.forwardstepsfrc.com

Therapeutic services include Rainbows programme for children, Parents Plus, play therapy, art therapy and adult counselling.

My Mind

Tel: 076 680 1060

Web: www.mymind.org

Online counselling service offering a scale of rates based on employment with reduced rates available for those who are not in full-time employment.

Bagenalstown Family Resource Centre

Royal Oak Road, Moneybeg,
Bagenalstown, Co. Carlow

Tel: 059 972 2028

Email: bagenalstownfrc70@gmail.com

Web: www.bagenalstownfamilyresourcecentre.ie

Therapeutic services include bereavement groups, affordable counselling and play therapy services.

Follaine Youth Counselling Services

Carlow Regional Youth Service

Tel: 085 278 0307

Web: www.carlowrys.com

Follaine provides a confidential one to one counselling service for young people from 12-18 years to help them come to terms with problems in their lives.

Helplink Mental Health

Tel: 0818 99 88 80

Web: www.helplink.ie

A charitable organisation providing accessible counselling, information, and education mental health services.

Samaritans Kilkenny/ Carlow

Waterford Rd, Kilkenny, R95 RD92

Free phone: 116 123 **Tel:** 056 776 5554

Web: www.samaritans.org/ireland/branches/kilkenny/

Samaritans provides confidential non-judgmental support, 24 hours a day for people experiencing feelings of distress or despair, including those which could lead to suicide.

Counselling Services in Kilkenny

Support Services

The Good Shepherd Centre

Church Lane, Kilkenny

Tel: 056 770 3652 **Email:** info@shine.ie**Web:** www.shine.ie

• Mon – Fri. 9am – 5pm

Disability Services

Irish Wheelchair Association

Claddagh Court, College Road, Kilkenny

Tel: 056 776 2775**Web:** www.iwa.ie

Irish Wheelchair Association (IWA) provide a range of services to people with physical and sensory disabilities and acquired brain injury

Rehabcare

Kilkenny

Tel: 056 779 7555**Web:** www.rehabcare.ie

Supporting individuals with a wide range of disabilities.

St Patrick's Centre

Kells Road, Kilkenny

Tel: 056 772 2170**Email:** info@stpatrickskilkenny.com**Web:** www.stpatrickskilkenny.com

Offers services for adults and children with intellectual disabilities.

Domestic Violence Services

Amber Kilkenny, Women's Refuge, Acorn, Lacken House, Dublin Rd, Lacken, Kilkenny, R95 NY04

Tel: 056 777 1404 | 1850 424 244**Web:** www.kilkennywomensrefuge.ie

Service for men affected by domestic violence

Women's Aid**Tel:** 1800 341 900**Web:** www.womensaid.com

Service for men affected by domestic violence

Drama Clubs

Barnstorm Theatre Company

The Good Shepherd Centre, Church Lane, Kilkenny

Tel: 056 775 1266 **Email:** admin@barnstorm.ie**Web:** www.barnstorm.ie

Barnstorm Theatre Company creates and presents quality theatre for, and with children, young people and adults. We engage the transformative potential of theatre for the benefit of our audiences and communities.

MS Society

Walkin Street, Kilkenny

Tel: 056 777 7771**Web:** www.ms-society.ie

Providing information, support and advocacy services for the MS community.

S.O.S Kilkenny

Archersleas, Callan Road, Kilkenny

Tel: 056 776 4000**Web:** www.soskilkenny.com

S.O.S. Provides Day and Residential Services for Adults with Intellectual Disability in Kilkenny and surrounding areas, including the provision of a service, based on Christian principles, recognising the dignity and potential of the person with a learning disability. S.O.S is informed and led by the fact that the quality of life is greatly enhanced through opportunities for social inclusion; and it is guided by the belief that the empowerment of service users is the most effective means of ensuring a person centred service of the highest standards.

AMEN**Tel:** 046 902 3718**Web:** www.amen.ie | www.cosc.ie

National Office for the Prevention of Domestic, Sexual and Gender based Violence

KATS Theatre Group

Parliament Street, Kilkenny

Email: katstheatregroup@gmail.com**Web:** www.katstheatregroup.com**Kilkenny Musical Society**

Watergate Theatre, Parliament Street, Kilkenny

Email: info@kilkennymusicalsociety.com**Web:** www.kilkennymusicalsociety.com

Counselling Services

Support Services

Teach Bhride Holistic Education Centre

Tel: 059 915 2465

In terms of psychotherapy and counselling a wide range of therapy services including counselling for individuals, couples' therapy, family therapy which involves whole families as well as child and adolescent therapy is provided.

Professional Mediation is available to support those struggling with and seeking to resolve interpersonal, group or family conflicts and disputes.

Turn2Me

Web: www.turn2me.ie

Provides counselling online by video, email, voice or chat

Disability Services

Ability Programme

Tel: 087 381 8658

Web: www.iwa.ie/services/young-adults/employment-skills-programme/

The Job Coach for the South East Region is based in the Irish Wheelchair Association in Kilkenny

The Ability Programme is an employability and job-seeking skills programme for people with a physical disability aged 18–29.

Irish Wheelchair Association

Téach Failte, Kilkenny Road,
Mortarstown Upper, Carlow

Tel: 059 914 0983

Email: carlow@iwa.ie

Web: www.iwa.ie

The IWA provide a nationwide assisted living service, community centres in every county, a fleet of accessible buses, a national parking permit and driving school service, wheelchair accessible social houses and help young people with disabilities to build employability skills and confidence.

National Learning Network

Tel: 059 913 1696

Web: www.nln.ie

NLN provides a range of free courses to people who have had an accident, illness, injury or have a disability and extra support needs.

HSE Disability Services – Carlow

Web: www.hse.ie/eng/services/list/1/lho/carlow-kilkenny/disability-services

Disability Services are provided to persons with an intellectual, physical, sensory and/or those with an autism spectrum disorder within the 0–65 age range.

The Liaison Public Health Nurse for Children and Adult with Physical and Sensory Disabilities – Carlow 076 108 2203

The Liaison Public Health Nurse for adults with Learning Disabilities, Carlow/Kilkenny. Tel: 056 778 4702

Liaison Nurse Autism Team Services Tel: 056 778 4767

KCASES (EmployAbility Services Kilkenny/ Carlow)

Doyles Corner, Lower Pollerton Road, Carlow

Tel: 059 913 5564

Email: info@kcases.ie

Web: www.kcases.ie

KCASES provides a range of supports to people with a disability, through Job Coaches.

Rehab Care

Killeshin Road, Carlow

Tel: 059 913 2266 **Web:** www.rehab.ie

RehabCare's community-based resource centre in Carlow assists people with disabilities to achieve their full potential and a better quality of life.

Autism/ Asperger Support

Carlow Autism Support Group

Tel: 085 740 4617

Facebook: Carlow Autism Support

Supporting families with autism

Saplins School

Killeshin, Carlow

Tel: 059 914 7570

Web: www.saplins.org

Delta Sensory Gardens

Strawhall, Carlow

Tel: 059 914 3527 **Web:** www.deltasensorygardens.com

Drama Clubs

Support Services

The Devious Theatre Company

Unit 2, The Maltings, Tilbury Place, Kilkenny,

Tel: 086 104 8191 **Email:** info@devioustheatre.com

Web: www.devioustheatre.com

Employment Services / Recruitment Agencies

Turas Nua

Lower New Street, Kilkenny

Email: hello@turasnua.ie

Web: www.turasnua.ie

KASES

Employability Service Kilkenny, Unit 1, 3rd Floor,
Desart House, New Street, Kilkenny

Tel: 056 776 3903 **Email:** kases@eircom.net

Web: www.kcases.ie

Recruitment Agencies

Bluebird Care

www.bluebirdcare.ie

CPL Healthcare

www.cplhealthcare.ie

Hartley People

www.hartleypeople.ie

Lacreme

www.lacreme.ie

Optimize Recruitment

www.optimize recruitment.ie

FRS Recruitment

www.frsrecruitment.com/

Festivals - (following COVID directive)

Cat Laughs Festival

This June Bank Holiday Kilkenny City will play host to a number of Irish and International comedy acts, with events taking place all weekend across several venues. Visit the website **www.thecatlaughs.com** for more information.

European Film Festival

Subtitle is Ireland's newest film festival, and a unique opportunity to catch some of the most popular European films that can't be found at the multiplex. And a chance to meet their makers and stars! If you're looking for provocative, funny, accessible and smart European films, then this is the festival for you. Visit the website **www.subtitlefest.com** for more information.

Libraries

Library H.Q. Administration and Local Studies

John's Green House, Johns' Green, Kilkenny

Tel: 056 779 4160

Email: info@kilkennylibrary.ie

Castlecomer Branch

Kilkenny Street, Castlecomer

Tel: 056 444 0561

Email: castlecomer@kilkennylibrary.ie

Graiguenamanagh Branch

Convent Road, Graiguenamanagh

Tel: 056 779 4178

Email: graiguenamanagh@kilkennylibrary.ie

Callan Library

Clonmel Rd, Callan

Tel: 056 779 4183 **Email:** callan@kilkennylibrary.ie

Ferrybank Branch

Ferrybank Shopping Centre, Waterford

Tel: 051 897 200 **Email:** ferrybank@kilkennylibrary.ie

Loughboy Branch

Loughboy Shopping Centre, Waterford Rd, Kilkenny

Tel: 056 779 4176 **Email:** loughboy@kilkennylibrary.ie

Domestic Violence Support Services

Support Services

Carlow and South Leinster Rape Crisis Centre

72 Tullow Street, Carlow

Freephone: 1800 727 737 **Tel:** 059 913 3344**Web:** www.carlowrapecrisis.ie

The Centre supports survivors through helplines, advocacy, counselling, medical or legal processes. Outreach service available in Kildare.

Male Advice Line**Tel:** 1800 816 588

The National Male Advice Line offers confidential advice and support to male victims of domestic violence and abuse over the phone. This Service is also available to family and friends who may have concerns for a loved one and are seeking some guidance on how to help them.

Men's Aid Ireland**Tel:** 01 554 3811**Web:** www.mensaid.ie

Men's Aid is the only dedicated national service supporting men and their families experiencing Domestic Violence including coercive control in Ireland.

Carlow Women's Aid

7 Old Dublin Road, Carlow

Helpline: 1800 444 944**Tel:** 059 917 3552**Web:** www.carlowwomensaid.ie

Provides support and information for adult women who are experiencing or have experienced domestic violence in the home or in close personal relationships.

MEND [Men Ending Domestic Violence]

Carlow / Kilkenny, Laois / Offaly and Kildare MEND

Tel: 087 716 8674 | 051 844 260**Email:** men@mensnetwork.ie**Web:** www.mensnetwork.ie/mend-programme

This is a programme for men, who have been violent or abusive within their intimate partner relationships.

Employment Services / Recruitment Agencies

Carlow County Development Partnership (CCDP)

Main Street, Bagenalstown, County Carlow

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

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

Carlow Jobs Club

The Royal Mews, 9 Dublin Street, Carlow, R93 PK15

Tel: 059 913 5534**Email:** kdavis@carlowdevelopment.ie | acrimmins@carlowdevelopment.ie**Web:** www.carlowdevelopment.ie

Carlow Jobs Club is a free and confidential service providing advice, support and assistance on employment, job seeking and training.

Carlow County Library Service**Tel:** 059 912 9705**Email:** library@carlowcoco.ie**Web:** www.carlowlibraries.ie**FB:** www.facebook.com/carlowcountylibraries**Twitter:** @CarlowLibraries

Work Matters at the Library is an initiative supporting business start-ups, job seeking or career changes. If you need support in any of these areas, then Carlow County Library Service is the ideal starting point. We will support you in finding the information you need. We have a varied collection of books and eBooks on business start-ups, job seeking and employment, as well as daily newspapers, free PC access and Wi-Fi.

Please visit your nearest Carlow library: Carlow, Borris, Bagenalstown or Tullow.

Community Employment (CE) Scheme

Carlow Intreo Office, Kennedy Avenue, Carlow

Tel: 059 917 0170

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

Libraries

Support Services

Thomastown Branch

Marshes St, Thomastown

Tel: 056 779 4331

Email: thomastown@kilkennylibrary.ie

Library H.Q. John's Green House Johns

Green Kilkenny

Tel: 056 779 4160

Email: info@kilkennylibrary.ie

Web: www.kilkennylibrary.ie

Urlingford Branch

The Courthouse, Urlingford

Tel: 056 779 4182

Email: urlingford@kilkennylibrary.ie

For Mobile Library and Schools Library Service contact Library H.Q.

MS Society

Walkin Street, Kilkenny

Tel: 056 777 7771

Web: www.ms-society.ie

Marriage and Relationship Counselling

Accord Kilkenny

Seville Lodge, Callan Road, Kilkenny

Tel: 056 772 2674

Email: accordkilkenny@gmail.com

Web: www.accord.ie

Mental Health Services

Breda Gardner

Insight Natural Health Clinic, 15 Upper Patrick Street, Kilkenny

Tel: 087 202 5753

Web: www.bredagardner.com

- Positive Affirmations courses (p/t)

Mental Health Day Services:

Tuiscint Day Hospital,
St Canice's Hospital, Kilkenny

Tel: 056 778 440

Janet E. Sahafi

Thomastown, Co. Kilkenny

Tel: 086 340 1833

Web: www.janetesahafi.com

- Courses for individuals on Mindfulness. Sessions available on the use of journal writing for clarity in working through difficult emotions or muddled thinking. Short term counselling also available (p/t)

HSE Mental Health Services Kilkenny

HSE Website for mental health:

Web: www.yourmentalhealth.ie

Department of Psychiatry Unit, St Luke's Hospital, Kilkenny: 056 778 5109

St Gabriel's Ward, St Canice's Hospital, Kilkenny: 056 778 4008

St Canice's Hospital, Kilkenny: 056 778 5109

Adult Community Mental Health Teams:

Kilkenny North: 059 778 5079

Kilkenny West: 056 778 5088

Kilkenny East: 056 778 5080

Psychiatric of Later Life (Psychiatry of Old Age):
056 778 4008

Kilkenny Involvement Centre

Colliers Lane, Kilkenny

Tel: 086 047 3968

Email: involvementkk@gmail.com

- Workshops are held on various mental health related topics (p/t)

Employment Services / Recruitment Agencies

Support Services

**Graiguecullen Killeshin Parish
(CE Scheme)**

Catherine Darcy / Ann Louise O'Neill: 059 913 4887

**Department of Employment Affairs and
Social Protection – INTREO**

INTREO offers practical, tailored employment services and supports to jobseekers

Web: www.gov.ie

INTREO Centre Carlow

Tel: 059 917 0170 **Email:** carlow@welfare.ie

Muine Bheag Social Welfare Branch Office

Tel: 059 972 2940/ **Email:** bo.mnbheag@welfare.ie

Tullow Branch Office

Tel: 059 915 2500 **Email:** bo.tullow@welfare.ie

Turas Nua

The Waterfront, Mill Lane, Carlow

Tel: 059 917 3544 **Web:** www.turasnua.ie

Delivering the JobPath Service on behalf of Department of Social Protection.

**Tullow Community Group CLG
(CE Scheme)**

Tel: 059 918 0977/

Email: info@tullowcommunitygroup.ie

**KCASES (EmployAbility Services
Kilkenny/ Carlow)**

Doyles Corner, Lower Pollerton Road, Carlow

Tel: 059 913 5564

Email: info@kcases.ie **Email:** www.kcases.ie

KCASES provides a range of supports to people with a disability, through Job Coaches.

Recruitment Agencies

CPL Healthcare

www.cplhealthcare.ie

Elk

www.elkreruitment.com

Flexsource

www.flexsource.ie

FRS Recruitment

www.frsrecruitment.com

Hartley People

www.hartleypeople.com

Matrix Recruitment

www.matrixrecruitment.ie

Optimize Recruitment

www.optimize recruitment.ie

Finance and Budgeting Support

Abhaile

Tel: 0761 07 2070 (Carlow MABS)

Abhaile is a service to help homeowners find a resolution to home mortgage arrears. It provides vouchers for free financial and legal advice and help from experts, which are available through MABS. If you need financial advice, you can get a free face-to-face meeting with an expert financial adviser. The adviser can help you to work through your money situation and explain the options available to you to help deal with your home mortgage arrears.

Citizens Information

Carlow CIC

Tel: 0761 07 5130

Email: carlow@citinfo.ie

Web: www.citizensinformation.ie

Citizens Information provides a free and confidential information, advice, and advocacy service on a wide range of topics. If you don't get an immediate answer, please be sure to leave your name and number on the voicemail - we will ring you back without delay.

**Carlow Money & Budgeting
Service (MABS)**

72D Tullow Street, Carlow

Tel: 0761 07 2070

Email: carlow@mabs.ie

Web: www.mabs.ie

MABS is a free, confidential, independent service that provides help and expert advice to people who are experiencing difficulty in managing their money.

Mental Health Services

Support Services

Recovery College South East

Greenshill Kilkenny

Tel: 056 770 3666**Email:** recoverycollegesoutheast@gmail.com**Web:** www.recoverycollegesoutheast.com

- Courses available from the 21st September

Teac Tom

Ormonde Road, Kilkenny

Tel: 056 779 6592

- Teac Tom offer a unique service within the community in the provision of immediate counselling and support.

TASK

Abbey Business Centre, Abbey Street, Kilkenny

Tel: 056 777 1959

- TASK is part of the Kilkenny Mental Health Services and is a rehabilitative training programme for people experiencing mental health difficulties (p/t)

Support Groups

Active Retirement Group

20 Groups in Kilkenny

Tel: 01 873 3836 **Email:** info@activeirl.ie**Web:** www.activeirl.ie**Kilkenny Women's Club****Tel:** 056 776 4838**D.G.K Men's Shed****Tel:** 086 777 7465**Ferrybank Men's Shed****Tel:** 086 882 8066**Kilmanagh Men's Shed**

John Phelan

Tel: 087 252 9219**The Mens Shed****Tel:** 056 772 2566**Callan Men's Shed****Tel:** 056 775 5660**Castlecomer and District Men's Shed****Tel:** 087 061 8119 | 087 962 0485**Fen Mens Shed****Tel:** 056 772 3309**Graiguenamanagh Men's Shed****Tel:** 087 631 8390 **Email:** billcrean1933@gmail.com**National Association of Widows in Ireland**Kilkenny Branch, Clubhouse Hotel,
Patrick Street, Kilkenny**Tel:** 01 872 8814 **Email:** info@nawi.ie**Web:** www.nawi.ie**Thomastown Men's Shed****Tel:** 087 251 2562 | 087 218 6309

Finance and Budgeting Support

Support Services

Community Welfare Services

Carlow Intreo Centre, Kennedy Ave,
Carlow, Co Carlow R93 EC57

Tel: 086 837 1159

Email: carlowcws@welfare.ie

Community Welfare Services are provided by Community Welfare Officers (CWOs) who work for the Department of Social Protection. The majority of the work carried out by Community Welfare Officers involves the administration of the Supplementary Welfare Allowance Scheme.

The types of payments made under this scheme include: weekly Supplementary Welfare Allowance, Rent Supplement, Mortgage Interest Supplement, Diet and Heating Supplements, Back to School Clothing and Footwear Scheme and exceptional needs payments for items such as buggies, clothing, funeral costs etc.

Threshold

Tel: 1800 454 454

Web: www.threshold.ie

Renting and experiencing difficulties in keeping your home? Threshold's team of trained housing advisors provide free, independent, confidential advice and advocacy to tenants experiencing housing problems particularly those at risk of homelessness.

Libraries

Carlow County Library Service

Carlow County Libraries are free and welcoming places for all. We aim to provide and develop a well-resourced public library service that contributes to the social, economic and cultural wellbeing of our members and communities.

Borris Library

Lower Main St, Borris

Tel: 059 917 0350

Local Studies / Library Headquarters

Tullow St, Carlow

Tel: 059 912 9705

Tullow Library

New Rd, Tullow

Tel: 059 913 6299 **Email:** library@carlowcoco.ie

Web: www.carlowlibraries.ie

Carlow Central Library

Tullow St, Carlow

Tel: 059 912 9701

Muinebheag Library

Main St, Muinebheag

Tel: 059 912 9703

Men's Sheds www.menssheds.ie

Borris Men's Shed

Ballytiglea, Borris, County Carlow, R95 R981

Tel: 087 279 5450

Email: mensshedborris@gmail.com

Venue: Leinster Mart Building, Fenagh Road, Borris, County Carlow

Activities: a large social space with tea making facilities and a separate workshop for woodwork and metalwork activities. Suggestions for new activities are most welcome.

Leighlin Parish Men's Shed

Parish Centre, Leighlin, County Carlow

Tel: 059 972 2607

Carlow Men's Shed

Askea Business Park, O'Brien Road,
Rathnapish, Carlow

Tel: Dan on 086 332 4536 | Michael on 086 1577 487

FB: www.facebook.com/carlowmensshed

Carlow Traveller's Men's Shed

St. Catherine's Community Services Centre,
St. Joseph's Road, Carlow

Tel: 086 772 1920 | 059 913 8700

Tullow Men's Shed

Tel: Frank on 085 836 6134

FB: www.facebook.com/Tullow-Mens-Shed-1025448164155977/

Support Services

Support Services

Caranua

20 Groups in Kilkenny

Tel: 1890 212 477 **Email:** info@caranua.ie

Web: www.caranua.ie

Tusla Social Work Department

St Canice's Hospital, Dublin Rd,
Maudlinsland, Kilkenny

Tel: 052 617 7302

- Kilkenny is located in a Tusla Area comprising of Carlow, Kilkenny and South Tipperary. The duty social work office covering Kilkenny is located in Tipperary.

Celtic Hearing

5 Ormonde St, Gardens, Kilkenny

Tel: 056 777 1652

- Celtic Hearing Ireland, Providing Sound Advice for over 15 years. Top quality digital hearing aids at affordable prices. Hearing is an essential part of communication.

Young Adults Supports Enable Ireland

O'Neill Centre, St. Joseph's Road, Kilkenny
Paula Rudkins, Service Manager

Tel: 056 775 5660

Email: prudkins@enableireland.ie

Enable Ireland Kilkenny services include personal assistants, advocacy development, supported employment, mainstream education and training, and support during transition to adulthood from children's services. Enable Ireland Kilkenny work with the person, helping them to access additional supports in their community and promoting valued roles for them within it. They do this by providing services within the community and not in isolation from it.

Audiology Medical Services Ayrfield

Ayrfield Medical Practice, Granges Road, Kilkenny

Tel: 1800 501 501

Community Supports

O'Neill Centre

36A Connolly St, Gardens, Kilkenny, R95 E1X4

Tel: 083 473 1933

- The O'Neill Centre Kilkenny is part of Enable Ireland, which is a national organisation providing free services to people with disabilities.

Foróige

The Drum Youth Centre, McDonagh
Junction Shopping Centre, Kilkenny

Tel: 056 778 8134

Drop-in Youth Café. A place where young people ages 12-18 can meet friends in a relaxed and safe environment.

Facilities Offered: • A music/band rehearsal room for young people • A drop in style youth café • Special interest groups • One to one supports • Educational Programmes • Health Information and support • School holiday programmes

Mentoring Programmes with officers based at the centre

KCASES Kilkenny Services

Kilkenny Office, Unit 1, 3rd floor,
Desart House, New Street, Kilkenny

Tel: 056 776 3903 **Email:** kasesmail@eircom.net

KCASES provides the people of Kilkenny with disability or varying abilities by means of the physical and social support they need to obtain and maintain integrated competitive and paid employment. A range of supports to people with a disability, through Job Coaches.

The range of supports includes:

- Individual Needs Assessment
- Vocational Profiling and Career Planning
- Individual Employment Plan
- Job Sourcing and Job Matching
- On-the-job Support and Coaching
- Follow-up Support and Mentoring.

Focus Ireland Kilkenny

John's Gate, Castlecomer Rd, Pennefather'slot, Kilkenny

Tel: 056 779 4565

Working with the homeless

Irish Wheelchair Association

Claddagh Court, College Road, Kilkenny

Tel: 056 776 2775

Web: www.iwa.ie

Irish Wheelchair Association (IWA) provide a range of services to people with physical and sensory disabilities and acquired brain injury

Kilkenny Employment for Youth (KEY)

Garden Row, High Street Kilkenny

Tel: 056 776 2774

Web: www.keyctc.ie

KEY is a Community Training Centre that offers young people, aged 16-21, who are out of school, and unemployed a chance to participate in training and education courses.

Programmes offered include:

- QQI Catering and Art (f/t)*
- QQI Level 3 Construction and Apprenticeship Preparation (f/t)*
- QQI Level 3 Employability Skills (f/t)*
- QQI Level 4 Design and Graphics (f/t)*
- QQI Level 4 Hairdressing and Barbering (f/t)*
- QQI Level 4 Information technology and Office Skills (f/t)*

Mental Health Supports

Support Services

AWARE

Tel: 1800 804 848**Email:** supportmail@aware.ie**Web:** www.aware.ie

AWARE provides information, understanding and support, both for individuals who experience anxiety, mild to moderate depression, bipolar disorder and mood related conditions as well as family members supporting a loved one.

GROW Mental Health Recovery Support Group

Tel: 1890 474 474**Email:** info@grow.ie**Web:** www.grow.ie

Interested in joining an online group, please register at www.grow.ie

Helplink Mental Health

Tel: 0818 99 88 80**Web:** www.helplink.ie

A charitable organisation providing accessible counselling, information, and education mental health services.

Involvement Centre

St Dymphna's Hospital, Athy Road, Carlow

Tel: 059 9136342 | 087 6341157**Email:** involvementcn@gmail.com**FB:** Involvement Centre Carlow

During COVID, the Involvement Centre is running a Zoom Online Recovery Coffee Hub on Mondays to Saturdays 11am-1pm – offering a safe space to have a supportive chat and support you with signposting to relevant online services or supports that are available in your local community.

The Involvement Centre is a peer led recovery focused space run by volunteers. It offers a warm, welcoming place, in which mental health difficulties are understood to be part of life and are accepted in a non-judgmental way. Volunteers and visitors to the centre develop the programmes and activities in line with the expressed needs of those who visit the centre.

Carlow Mental Health Association

FB: www.facebook.com/Carlow-Mental-Health-Association-135234249830942/

Carlow Mental Health Association is affiliated to Mental Health Ireland and is run by volunteers with an interest in promoting positive mental health in Carlow.

HSE Mental Health Services in Carlow

Web: www.hse.ie/eng/services/list/1/lho/carlow-kilkenny/mental-health-services

Adult Community Mental Health Carlow North Team
059 913 6360

Adult Community Mental Health Carlow South Team
059 913 6373

Child & Adolescent Community Mental Health - CAMHS Teams 1 and 2 - St Dymphna's Hospital
059 917 8033

HSE Greenbanks Crisis House 059 913 6324

Mental Health Day Services - St Dymphna's Day Hospital
059 9136416

Residential Units in Carlow - Elm Park Drive 059 917 9927
Greenbanks Hostel 059 913 6324 / **Kelvin Court** – 059 917 8072
Parklodge Hostel 059 913 6345 **Sacred Heart Hostel** 059 913 5322

St Dymphna's Hospital, Carlow
059 913 6300

LGBT Ireland

Helpline: 1890 929 539 **Web:** www.lgbt.ie

LGBT provides a helpline, instant messaging services, and peer support groups.

Pieta

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

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

Support Services

KRSP – Kilkenny Recreation and Sports Partnership

John's Green House, John's Green,
Kilkenny, R95 CX92

Tel: 056 779 4991 **Email:** info@krsp.ie

Web: www.krsp.ie/wp-content/uploads/2011/10/
KRSP-Strategic-Plan-2015-2019.pdf

Kilkenny Recreation and Sports Partnership (KRSP) was established by the Irish Sports Council (Sport Ireland) as a Local Sports Partnership in 2004 to plan, lead and co-ordinate the development of sport and physical activity in County Kilkenny. KRSP strives to achieve this through working closely with sporting bodies, community and voluntary groups and statutory agencies KRSP provides a leadership role for the coordination, development and delivery of sports and physical activity opportunities in Kilkenny.

Our work is categorised into three main functions – the provision of information, the facilitation of education and training opportunities and the development and implementation of programmes and events that encourage increased levels of participation. While we seek to support and increase participation by all Kilkenny people in sport and physical activity, KRSP will focus on children, young people, women and teenage girls, people who are unemployed and sedentary adults. Priority will be given to supporting those with low levels of participation due to additional barriers such as People with a Disability, Disadvantaged Communities, Ethnic Minorities and Older Adults. Significant partnerships have been developed with local key stakeholders including: Kilkenny County Council, local schools, the HSE, Family Resource Centres, Youth Organisations, County Kilkenny Leader Partnership, Trail Kilkenny, Kilkenny Traveller Integration Group, County Kilkenny Age Friendly Alliance, Smarter Travel in addition to sports groups and clubs and National Governing Bodies. This is fundamental to the capacity of KRSP to deliver and support a range of participation programmes and events.

K.I.T.E. Service

Mary Mulrooney, Service Manager

Tel: 056 771 2913 | 056 771 2883

The K.I.T.E. service is a H.S.E. outreach support service for adults with a diagnosis of Autism Spectrum Disorder. K.I.T.E.'s remit covers the areas of Carlow, Kilkenny and South Tipperary. KITE provides supports to adults between the ages of 18 and 65 years through its day and outreach support services.

KITE Autism Service objectives are to recognise:

- The Individuality of each person with Autism
- Their right and capacity to benefit from education, training, work and to participate in society
- Their right to live a satisfying and happy life in the community in a supporting and stimulating environment. K.I.T.E.'s role includes the provision of support, guidance and training to service providers in the development and delivery of services to adults with a diagnosis of Autism Spectrum Disorder. The service also offers direct services to adults with high functioning autism / Asperger's syndrome through the provision of focused training programmes in areas such as social skills development, stress management, anger management, independent living skills and self-organisation. K.I.T.E. provides social support evening programmes and person-centred, individual support programmes at times of transition or challenge in a service user's life.

Kilkenny Talking Newspaper Association for the Blind

Breda Dowling, 7 Ormonde Rd., Kilkenny

Tel: 056 778 6816 **Email:** breda.dowling@ncbi.ie

Web: www.ncbi.ie

Kilkenny Talking Newspaper Association for the Blind was founded in October 1992 and is a registered charity. The first edition was recorded on 12 May 1993. Any person who is registered with the National Council for the Blind can receive the usb key. To receive a usb key, contact the Community Resource Worker for the Blind and Visually impaired. The Association is made up of volunteers who meet on a weekly basis to record the usb keys. The keys are recorded at the National Council for the Blind and are sent Freepost courtesy of An Post that night. The service is completely free of charge. Volunteers are needed to edit, record and read the paper. If interested, please contact us

Kingsriver Community

Ennisnag, Stonyford, Co. Kilkenny

Tel: 056 772 8234 **Email:** info@kingsriver.ie

Kingsriver Community Kilkenny provides residential and day services including quality person centred, opportunities in a range of areas including woodwork, arts and craft, health related exercise, independent living skills and horticulture. All programmes are developed in response to the identified needs of those attending on a daily basis and our core group of residents. Programmes are validated and lead to awards by QQI.

- The community provides a safe and comfortable living environment, a warm and welcoming atmosphere in a life-sharing model.
- Creating an environment where all members of the household are valued equally.
- Providing a range of activities and experiences that enable each person to develop and reach their full potential.
- Supporting each person to be active in the local and wider community

Kilkenny Employment for Youth (KEY)

Garden Row, High Street Kilkenny

Tel: 056 776 2774

Web: www.keytc.ie

KEY is a Community Training Centre that offers young people, aged 16-21, who are out of school, and unemployed a chance to participate in training and education courses.

Programmes offered include:

- QQI Catering and Art (f/t)*
- QQI Level 3 Construction and Apprenticeship Preparation (f/t)*
- QQI Level 3 Employability Skills (f/t)*
- QQI Level 4 Design and Graphics (f/t)*
- QQI Level 4 Hairdressing and Barbering (f/t)*
- QQI Level 4 Information technology and Office Skills (f/t)*

Mental Health Supports

Support Services

Recovery College South East

Venue: Involvement Centre,
St Dymphna's Hospital, Carlow

Tel: 056 770 3666 | 086 174 6330

Email: recoverycollegesoutheast@gmail.com

Web: www.recoverycollegesoutheast.com

The Recovery College South East provides an online and face to face space that is devoted to Recovery Education. All the courses and workshops are co-produced and co-delivered with those who have lived experience in partnership with professional expertise, "the expert by experience working alongside the expert by profession". Courses and workshops at the Recovery College South East are for everyone. Recovery education provides a safe space where people can explore and discuss recovery from mental health and addiction challenges. Recovery Education takes a strength and adult education-based approach which offers the choice to engage in learning opportunities, to develop strengths, talents and personal resources that support people to manage their mental health, and build a life of their choosing. Information on online workshops will be available from 21st September onwards on the Recovery College South East website.

Turn2Me

Web: www.turn2me.ie

Online peer and support groups and also providing counselling online by video, email, voice or chat

Samaritans

Tel: 116 123 **Web:** www.samaritans.org

Samaritans provides confidential non-judgmental support, 24 hours a day for people experiencing feelings of distress or despair, including those which could lead to suicide.

Suicide or Survive

Tel: 1890 577 577 **Web:** www.suicideorsurvive.ie

Offers programmes on mental health maintenance and wellness

Text About It

Web: www.text50808.ie

Is a free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis - big or small. If you are experiencing a personal crisis, are unable to cope and need support text HELLO to 50808.

Social Prescribing Service

Carlow Social Prescribing Service

St Catherine's Community Services Centre,
St Joseph's Road, Carlow

Tel: 086 41 47511 | 059 913 8700

Email: socialprescribing@catherines.ie

Web: www.catherines.ie

Social Prescribing is a model to support the health and wellbeing of people by using community-based activities and supports such as exercise, art, community health education, gardening, holistic therapies, fun activities, volunteering etc. The Carlow Social Prescribing Service is a free support that aims to reduce social isolation and improve people's health and wellbeing. The service is for people over 18 living in the Carlow Metropolitan Area. For more information or queries on the service please contact: Sinéad Fox, Carlow Social Prescribing Coordinator.

Sports / Fitness Clubs

Cricket Clubs

Bagenalstown Cricket Club

www.cricketleinster.ie/clubs/bagenalstown

Carlow Cricket Club

www.carlowcricket.club

Cycling Clubs

Carlow Road Cycling Club

www.facebook.com/CarlowRoadCyclingClub

Tel: 087 226 8311

Killeshin Wheelers

www.facebook.com/killeshin.wheelers

Mount Leinster Wheelers Club

www.facebook.com/mountleinsterwheelers

Community Supports

Support Services

Music Generation

Lower New Street, Kilkenny,
Sinéad Blanchfield, Music Development Officer

Tel: 056 778 6896 **ext:** 211

Music Generation is Ireland's national music education programme, initiated by Music Network and co-funded by U2, The Ireland Funds, the Department of Education and Skills and Local Music Education Partnerships. The programme seeks to transform the lives of children and young people ages 0-18 by creating access to high quality, affordable music tuition in their localities.

Ormonde College of Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321 **Email:** info@ormondecollege.ie

• QQI Level 5 Youth Work and Addiction Studies (f/t) *

Ossory Youth Kilkenny

Desert Hall, Lower New St, Gardens, Kilkenny

Tel: 056 776 1200

Web: www.ossoryyouth.com

Ossory Youth is a voluntary youth work organisation, which has young people at its heart. Services that are provided

- CITY Youth Work
- Garda Youth Diversion
- Rural Youth Work
- Traveller Youth
- Adult Counselling
- LGBTI+
- Art / Creative
- ASD – Autism Spectrum

L'Arche Kilkenny

Community Leader/Manager: 056 772 7628

Work-Shop Coordinator: 056 772 5628

Email: admin@larchekilkenny.org |
kilkenny@larche.ie

Web: www.larche.ie

L' Arche Kilkenny provide a service of care and support for their community members who have intellectual disabilities. They are committed to ensuring the greatest quality of life that enables each one to achieve their full potential. They work in partnership with the relevant authorities to ensure that their practices are in compliance with the highest international and national standards.

National Learning Network Kilkenny – NLN

Regent House, William Street Kilkenny

Tel: 056 779 7500

Email: Vivienne.brady@nlm.ie

Web: www.nlm.ie | facebook.com/NLNIrelandLearn

National learning Network in Kilkenny offer a range of free courses to give learners the skills they need to increase their confidence and to progress to further education or employment.

Their courses combine classroom-based learning and on-the-job training and offer personalised support to facilitate learners to gain a QQI qualification.

Sports / Fitness Clubs

Support Services

Cycling Clubs

The ML Syndicate Mountain Biking Club

www.facebook.com/themlsyndicate **Tel:** 086 372 9103

Racing 795 is a Mountain Biking and Triathlon Club

www.racing795.com/clubinfo

Slaney Valley Cycling Club

www.slaneyvalleycc.ie

Fitness Gyms

Énergie Fitness

www.energiefitness.com/carlow / **Tel:** 059 910 4030

Jump for Joy

www.facebook.com/jumpforjoycarlow **Tel:** 085 168 7630

Mount Wolseley (Tullow)

www.mountwolseley.ie **Tel:** 059 918 0100

Patric Fitness (Kilcarrig)

www.facebook.com/PatricFitness **Tel:** 089 959 2304

Supreme Fitness (Eire Og GAA Club)

www.supremefitnesscarlow.com **Tel:** 059 916 4923

Seven Oaks Leisure Club (Seven Oaks Hotel Carlow)

www.sevenoakshotel.com **Tel:** 059 913 1308

Talbot Fitness Carlow

www.talbotfitness.ie **Tel:** 059 915 3838

Valhalla Gym (Tullow)

www.facebook.com/ValhallaTullow

Golf Clubs/ Courses

Carlow Golf Club

www.carlowgolfclub.ie **Tel:** 059 913 1695 Deerpark Course / Oakpark Course

Borris Golf Club

www.borrisgolfclub.ie **Tel:** 059 977 3310

Mount Wolseley (Tullow)

www.mountwolseley.ie **Tel:** 059 918 0100

Martial Arts/ Boxing Clubs

ATTIC Brazilian Jiu-Jitsu

www.facebook.com/atticbjj/ **Tel:** 085 844 7393

Carlow Karate Club

FB: www.facebook.com/CARLOWKARATECLUB

Carlow Muaythai (Bagenalstown)

www.facebook.com/CarlowMuaythai/ / **Tel:** 086 2266241

Japanese Martial Arts Centre (Bagenalstown)

www.facebook.com/JapaneseMartialArtsCenterCarlow/ **Tel:** 086 609 7834

Krav Maga Carlow www.kravmagacarlow.ie

Tel: 086 804 1820

Raging Bull Boxing Club

www.facebook.com/ragingbull62/ **Tel:** 087 958 7365

Tullow Tae Kwon Do Academy

www.facebook.com/TullowTaeKwonDoAcademy/ **Tel:** 087 611 9590

Rugby Clubs

Carlow Rugby Club

www.carlowrugby.ie

Tullow Rugby Club

www.tullowrfc.com

Running Clubs

Carlow Town Park Run

www.parkrun.ie/carlowtown

Hacketstown Running Club

www.latest.facebook.com/hrcrunningclub | 087 619 5093

St. Laurence O'Toole and Fit 4 Life (Askea, Carlow)

www.facebook.com/SLOTFit4Life

Tullow Park Run

www.parkrun.ie/tullow

Soccer Clubs

Information available

www.carlowsoccer.ie

Ardattin FC 087 935 8431

Bagenalstown FC 086 386 7465

Ballymurphy Celtic (Borris) 087 900 0902

Burrin Celtic FC (Ballon) 085 239 8500

Carlow Rovers 085 175 8859

Castle Rangers FC 087 249 6345

Dolmen Celtic FC 085 822 2239

Hanover Harps AFC 086 199 3771

Kilree Celtic AFC (Bagenalstown) 083 821 9931

Nurney Villa AFC 087 692 8579

Parkville United FC (Tullow) 085 174 2184

Slaney Rovers AFC (Rathvilly) 085 735 9229

St Fiacc's FC (Graiguecullen) 085 736 3880

St Joseph's AFC (Tinryland) 087 798 1805

Vale Wanderers AFC (Leighlinbridge) 085 736 7090

Village AFC (Old Leighlin) 087 997 5625

Community Supports

Support Services

Public Participation Networks (PPNs)

Regent House, William Street Kilkenny

Tel: 059 917 2495 | 087 173 1634

Email: carlowppn@carlowcoco.ie |

ppnkilkenny@kilkennycoco.ie

Web: www.carlowppn.ie | www.kilkennyppn.ie

Carlow PPN and Kilkenny PPN is a framework for community and voluntary organisations. The aim of the structure is to facilitate and enable community organisations operating within the wider community to articulate and give voice to a diverse range of views, issues and interests within the local government system. We also offer a variety of training and capacity building opportunities for these organisations which may include but are not limited to Charities Governance Code, GDPR, Social Media, Social Enterprise etc.

Training Services

Kilkenny and Carlow ETB

Danville Business Park, Ring Road Kilkenny

Tel: 056 781 3014 **Web:** www.fetchcourses.ie

Career Traineeships

- Hospitality / Engineering / Culinary Skills Professional
- Bus and Coach Driving (f/t)

Training Courses

- Warehouse Operative, HGV Driving, Van Delivery Driver, Warehouse Operative, Basic Welding (f/t) *

Young Irish Film Makers

St. Joseph's Studios, Waterford Road, Kilkenny, R95 D8HT

Tel: 056 776 4677 **Email:** info@yifm.com

Young Irish Film Makers (YIFM) programme provides learners with the skill, knowledge and competence to obtain entry employment or progress to further education and training in the area of creative digital media.

Youth Office Kilkenny

Lower New Street Kilkenny
Saoirse Prendergast - Youth Officer

Tel: 086 049 4652 **Email:** sprendergast@kcetb.ie

The Local Youth Club Grant Scheme (LYCGS) supports volunteer-led youth club/group activities at a local level. Funding for the Scheme is provided by the Department of Children and Youth Affairs (DCYA) and is administered locally by Education and Training Boards (ETBs) on behalf of DCYA. The Scheme supports voluntary youth club/ group activities for young people; with priority given to clubs/groups catering for young people aged 10–21. The primary focus of the Scheme is to assist local, volunteer-led youth clubs/ groups that provide a programme of youth work activities for young people. In addition, other clubs/groups that work with young people, but are not specifically providing youth work, are also entitled to apply for funding under the Scheme.

- Adult Dependent Allowance for 6 months or more.
- Disability Allowance for 6 months or more.
- Invalidity Pension

Vocational Training Opportunities Scheme (VTOS) Kilkenny

Bishop Birch Training Centre,
Nuncio Road, Kilkenny

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

The Vocational Training Opportunities Scheme is a special range of courses designed to meet the education and training needs of unemployed people.

VTOS will offer the learner:

- A chance to continue your education and training.
- A chance to develop new skills.
- A chance to gain certification at a range of levels.
- A chance to find good employment.

To be eligible for a place you must be:

- Over 21 years of age
- And in receipt of at least one of the following:
 - Jobseekers Allowance/Benefit (or signing for credits) for 6 months or more.
 - One Parent Family Allowance for 6 months or more.

Financial Supports:

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

Sports / Fitness Clubs

Support Services

Sports Partnership

Carlow Sports Partnership,
Carlow County Council, Athy Road, Carlow

Tel: 059 913 5207 | 087 214 5262

Email: mjduggan@carlowcoco.ie

Web: www.carlowsports.ie

Carlow Sports Partnership provides a range of training and capacity building opportunities related to the governance, management, planning and delivery of sport. Training workshops include, but are not limited to, Safeguarding Children in Sport, Sports Leader Training, First Aid, Volunteer Management, Disability Inclusion Training and Committee Skills. There is also funding available to support and subsidise the development of capacity in the sports sector. Terms and conditions apply.

Tennis Clubs

Carlow Tennis Club (Tennis, Badminton and Squash)

www.carlowltc.com **Tel:** 059 914 3775

Tullow Tennis Club

www.tullowtennis.com **Tel:** 087 152 4051

Water Based Clubs

Carlow Dragon Boat Club

www.carlowdragons.com

Carlow Rowing Club

www.facebook.com/carlowrowingclub

Tullow Kayak Club

www.facebook.com/tullow.kayakclub

Swimming Pools

Bagenalstown Swimming Pool

(outdoor pool open June-September)

www.facebook.com/BagenalstownSwimmingPool

Tel: 059 915 8860

Graiguecullen Swimming Pool (St. Fiacc's)

www.graiguecullenkilleshin.com/st-fiaccs-

swimming-pool **Tel:** 059 914 0330

Mount Wolseley (Tullow)

www.mountwolseley.ie **Tel:** 059 918 0100

Talbot Fitness (Talbot Hotel Carlow)

www.talbotcarlow.ie **Tel:** 059 915 3000

Seven Oaks Leisure Club (Seven Oaks Hotel

Carlow) www.sevenoakshotel.com/ **Tel:** 059 913 1308

Walking Clubs / Groups

www.getirelandwalking.ie/findgroup

The Blackstairs Ramblers

www.blackstairsramblers.com

Email: blackstairsramblers@outlook.com

River Deep Mountain High Trekkers (Myshall/

Bagenalstown) **Tel:** 087 267 9907

Tullow Mountaineering Club

www.tullowmountaineeringclub.ie

Email: tullowmc@hotmail.com

Young Adults

Adult Learning Service Carlow

Tullow Road, Carlow

Tel: 059 913 5544

Email: info@carlowadultlearningcentre.ie

Web: www.kcetb.ie

This free service provides young adults with help and support in reading, writing, spelling and maths in a safe and friendly environment and is for anyone over the age of 16 and who has left full-time education.

Carlow Regional Youth Services

Montgomery House, Athy Road, Carlow

Tel: 059 913 0476

Web: www.carlowrws.com

CRYS works with young people aged between 8-23 years delivering programmes and services to young people in County Carlow.

Training Services

Support Services

Youthreach

Lower New Street, Kilkenny

Tel: 056 772 3550

Youthreach is a Department of Education and Skills official education, training and work experience programme that gives a second chance to early school leavers aged 15-20. It offers young people the opportunity to identify options within adult life and provides them with opportunities to gain a qualification and become more confident. As it operates on a full-time, year round basis, Youthreach has a continuous intake policy.

Youthreach is open to:

- People between 15 and 20 years
- Have left school for at least 6 months

Courses Available:

- Leaving Certificate
- Leaving Certificate Applied (LCA)
- Work experience is an important part of the courses available and operates at intervals throughout the year

Financial Supports:

- Training Allowance
- Travel Allowance
- Meal Allowance
- National Childcare Scheme
- Department of Employment and Social Protection Training Support Grant.

Young Adults

Support Services

Carlow Youthreach Kilkenny and Carlow ETB

Tullow Road, Carlow

Tel: 059 914 2032 Web: www.kcetb.ie

Youthreach provides a second chance to early school leavers aged 15-20 by offering the opportunity to gain a qualification and become more confident.

Venue	Tullow Road, Carlow
Duration	1 academic year
Start Date	06/09/2021
End Date	-
Certification	QQI Level 4 Major Award ^{^^}
Timetable	Full time course

General Learning

• Certificate in General Learning (f/t) ^{^^}
www.fetchcourses.ie/course/finder?sfcw-courseid=323996

Course Content: Career Preparation and Planning, Communications, Computer Applications, Drawing, Information Technology Skills, Mathematics, Personal Effectiveness, Woodcraft, Workplace Safety

Venue	Tullow Road, Carlow
Duration	1-2 years
Start Date	23/08/2021
End Date	-
Certification	Leaving Certificate (Established / Vocational Programme)
Timetable	Full time course

Leaving Certificate

• Leaving Certificate (Established/ Vocational Programme) (f/t) ^{^^}
www.fetchcourses.ie/course/finder?sfcw-courseid=324038

Course Content: Accounting, Art, Construction Studies, English, Geography, History, Home Economics, Mathematics

Some examples of extra-curricular activities for Learners are sport, cooking, trips, community projects and charity mornings.

Some examples of supports for Learners are Literacy and Numeracy, Mentoring and Advocacy, Career Guidance and Psychological Counselling.

Carlow Youth Training

Unit 5, Askea Business Park, O'Brien Road, Carlow

Tel: 059 913 2245

Web: www.carlowyouthtraining.org

Carlow Youth Training is dedicated to providing early school leavers with quality training and self-development.

Courses

- Certificate in Employability Skills (with options Catering, Childcare, Home Maintenance) (f/t) ^{^^}
- Employability Skills in Health and Fitness and VTCT Level 2 Diploma in Fitness Instructing (f/t) ^{^^}
- Diploma in Beauty Specialist Techniques (f/t) ^{^^}
- Diploma in Hairdressing Services (f/t) ^{^^}

Youth Office Kilkenny and Carlow ETB

1A Meadowcourt, Burrin Street, Carlow

Tel: 059 917 9465

Web: www.kilkennycarlow.etb.ie/youth-services-2/youth-work/

KCETB has a legislative responsibility in relation to Youth Work in Kilkenny and Carlow which is to support the provision, co-ordination, administration and assessment of youth work in an efficient and effective manner. The Youth Office in KCETB is responsible for the administration and oversight of funding issued by the Department of Children, Equality, Disability, Integration and Youth (DCEDIY) through a variety of funding schemes to support local youth services and voluntary youth work clubs and groups including the UBU Your Place Your Space Scheme, Local Youth Club Grant Scheme, Local Youth Club Equipment Scheme, Capital Funding Grants and Youth Employability Initiative Grants.

The key goals of the Youth Office are to promote the value and importance of Youth Work, to support Youth Organisations to deliver quality youth work that responds to the needs of young people and to develop a culture of good governance and oversight.

Children and Young People's Services Committee (CYPSC)

TUSLA – Child & Family Agency, Athy Road, Carlow

Tel: 059 912 9511 | 085 789 7268

Web: www.cypsc.ie/your-county-cypsc/carlow.195.html

CYPSC are a key structure identified by Government to plan and co-ordinate services for children and young people in every county in Ireland. Their age remit spans all children and young people aged from 0 to 24 years. The purpose of the CYPSC is to ensure effective interagency co-ordination and collaboration to achieve the best outcomes for all children and young people in their area.



Third Level Progression



Progression Higher Education Institutions

A Higher Education Institution (HEI) can be a University, Institute of Technology or College of Education.

If you are thinking of full time education, contact the Adult Guidance Service and we will be delighted to go through the necessary steps with you.

Local Higher Education Institutions Full Time Courses



Institute of Technology Carlow

Kilkenny Road, Carlow
Carlow Campus

Tel: 059 9175 000

Email: info@itcarlow.ie

Web: www.itcarlow.ie

Carlow College, St. Patrick's

College Street, Carlow

Tel: 059 915 3200

Email: info@carlowcollege.ie

Web: www.carlowcollege.ie

Waterford Institute of Technology

Cork Rd, Waterford City

Tel: 051 302 000

Email: info@wit.ie

Web: www.wit.ie

Mature Student Information - Full Time Courses:

A "Mature Student" is a student who is 23 years of age on the 1st January in the year in which they are applying to a Higher Education Institution.

If you are considering returning to full time education at a HEI you will need to make an application to the Central Applications Office (CAO) – www.cao.ie.

Undergraduate courses provided at HEIs are at Levels 6, 7 and 8 on the NFQ, see page 13

The following resources available on the CAO website might be of particular interest:

- **CAO Guide for Mature Applicants** www2.cao.ie/downloads/documents/MatureStudentGuide.pdf
- **HEI website page for Mature Applicants** www.cao.ie/index.php?page=mature_list
- **Mature Student Support Officers** www.cao.ie/index.php?page=hei&type=mature

Local Admissions Procedures for Mature Applicants

- **Institute of Technology Carlow** www.itcarlow.ie/study/admissionssupport/admissions-mature-students.htm
- **Carlow College**
www.carlowcollege.ie/study-with-us/prospective-students/mature-students/
- **Waterford Institute of Technology**
www.wit.ie/images/uploads/Future_Students_PDF/Mature_Applicants_Mature_Policy_Document_2021_for_WEB.pdf

Contact Details for Mature Student Queries

Institute of Technology Carlow
Admissions Office

Tel: 059 917 5173

Email: admissions@itcarlow.ie

.....

Carlow College, St. Patrick's
Karen Delaney

Tel: 059 915 3243

Email: admissionscc@carlowcollege.ie

.....

Waterford Institute of Technology
Admissions Office

Tel: 051 302 603 | 302685

Email: caoadmissions@wit.ie

.....

Third Level Progression

Springboard Initiative

www.springboardcourses.ie

Institute of Technology Carlow

Tel: 059 917 5288

Email: springboard@itcarlow.ie

Web: www.itcarlow.ie/study/lifelong-learning/itcarlow-springboard-courses.htm

Carlow College, St. Patrick's

Springboard Courses are not available for the 2021-2022 academic year

Waterford Institute of Technology

Springboard Courses

Tel: 051 834 137

Email: springboard@wit.ie

Web: www.wit.ie/schools/education/springboard_ictskills

The Springboard+ upskilling initiative in higher education offers free and subsidised courses at certificate, degree and masters level leading to qualifications in areas where there are employment opportunities in the economy. Open to applicants who are:

- Employed - working either for yourself or someone else. (If you are applying to a course at level 6 on the National Framework of Qualifications (NFQ), your fees will be covered in full. For courses at levels 7 to 9, you or your employer will need to pay 10% of the course fee.)
- Unemployed - not currently working, receiving a qualifying welfare payment from the Department of Social Protection (unless you are formerly self-employed) and actively seeking employment. (If eligible, your fees will be covered in full.)
- A Returner - a Homemaker, on other caring duties, or economically dependent on a partner/spouse for at least 9 of the last 12 months. (If eligible, your fees will be covered in full).

Lifelong Learning Part-Time Options

Institute of Technology Carlow
Lifelong Learning Department

Tel: 059 917 5280

Email: LLL@itcarlow.ie

Web: www.itcarlow.ie/study/lifelong-learning.htm

Carlow College, St. Patrick's
Evening Courses

Tel: 059 915 3200

Email: slo@carlowcollege.ie

Web: www.carlowcollege.ie/courses/evening/

**Waterford Institute of
Technology**
Part-Time Courses

Tel: 051 302 040

Email: parttime@wit.ie

Web: www.wit.ie/schools/education/parttime-courses

HEIs can offer a wide range of evening, part-time, blended or online courses in a variety of fields.

Part-Time Course Brochures

• **Institute of Technology Carlow**
Lifelong Learning Brochure <https://www.itcarlow.ie/public/userfiles/files/LLL-Prospectus-2021.pdf>

• **Carlow College, St. Patrick's** -
<https://carlowcollege.ie/courses/evening/>

• **Waterford Institute of Technology**
Brochure [https://www.wit.ie/images/uploads/Education_School_PDF/4994_%E2%80%93_WIT_%E2%80%93_SoLL_Prospectus_Design_%E2%80%93_2021_%E2%80%93_2022_Draft_4_\(Part_Time\)_1.pdf](https://www.wit.ie/images/uploads/Education_School_PDF/4994_%E2%80%93_WIT_%E2%80%93_SoLL_Prospectus_Design_%E2%80%93_2021_%E2%80%93_2022_Draft_4_(Part_Time)_1.pdf)

Contact your local Adult Guidance Service to consider the full range of options available.

Carlow Adult Guidance Service

Tel: 059 913 3123

Email: info@carlowadultguidance.ie

Kilkenny Adult Guidance Service

Tel: 056 776 4448

Email: adultguidance@kkadulthood.ie





Spotlight Return to Education

Spotlight: Return to Education

Before...

I will never forget the day of the Leaving Cert results back in 2012 as I was unfortunate in not receiving the points which I needed. A few weeks after the leaving cert I had a (...) conversation (which) left me feeling like I was a lost cause, and I was essentially “a failure.” From that day I always believed that third level education was always going to be something that was never in my reach.

Asking for Help

In November 2020 while unemployed, I decided to contact the Guidance Service in Kilkenny. Although I completed a Level 5 Major award with distinction and had 5 years’ experience in the hospitality sector, I still felt that I wasn’t good enough for third level or I wouldn’t be able to complete same. That conversation back in 2012 (...) was forever resonating in the back of my mind. It was obvious to me that my confidence had been knocked badly.

How the Adult Guidance Service helped me...

This is how I first met with my Guidance Counsellor and began my exploration journey. I began having one to one meeting with a guidance counsellor who helped me to initially explore various courses that would help me in furthering my education in the right direction. I also received great support with the application process with the CAO and in particular with the mature student application and statement. We then worked on my SUSI application which was all relatively new to me. I was also encouraged and supported to create a new CV to have that reflected my musical background and relevant experience as this would be an asset to have going into the relevant third level institution.

For the past year now, I have been working with an amazing guidance counsellor who deserves a great deal of recognition and credit, for not just how she truly believed in me and helped me take back a lot of that confidence I lost when I was only just a teen, but how she encouraged me to go beyond what I wouldn’t normally have set my sights for. Overall, my guidance counsellor has been an enormous help to me with regard to all aspects of what I needed to know, what I needed to do and how I should approach it.

Moving on...

As I write this today with the feeling of the utmost of confidence as today at 2 pm, not only have I received two offers from two separate universities, but I have also been offered a place from the college which was my number one preference. Come September I will now finally be off to third level education to not only chase my dream career path but to follow my one and only passion in life and I sincerely thank that Kilkenny Adult Guidance Service for all their help and support.

Any advice for someone thinking of returning to education?

I would recommend and encourage anyone who feels lost and unsure of what to do next in the career or education to engage with their local Guidance Service.

Guidance Counsellor / Co-ordinator:

Ms Orla Reddy

County Kilkenny Adult Guidance Service

Lower New Street, Kilkenny,
R95 AV65

T: 056 776 4448

E: [adultguidance@
kkadulted.ie](mailto:adultguidance@kkadulted.ie)

Facebook: County Kilkenny
Adult Guidance Service

Guidance Counsellor / Co-ordinator:

Mr Shane Rooney

County Carlow Adult Guidance Service

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

T: 059 913 3123

E: [info@
carlowadultguidance.ie](mailto:info@carlowadultguidance.ie)

Facebook: County Carlow
Adult Guidance Service

Other Providers

Tourism and Hospitality

Barrow Training and Consultancy

High Street, Bagenalstown, Co. Carlow

Tel: 059 972 1416

Email: marketing@barrowtraining.ie

Web: www.barrowtraining.ie

Online

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

Kilkenny and Carlow ETB Courses

Carlow Institute of Further Education and Training

Mortarstown Upper, Carlow, R93 X0FX

Tel: 059 913 4230

Email: info@carlowinstitute.ie **Web:** www.carlowinstitute.ie

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award - 5M2083 *^
Timetable	Full time course

Hotel and Hospitality Operations

- QQI Level 5 Hotel and Hospitality Operations (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=315917

Course Content: Accommodation Techniques, Communications, Customer Service, Food Preparation, Reception and Front Office Skills, Restaurant Hospitality, Spreadsheet Methods, Word Processing, Work Experience.

Venue	Carlow Institute of Further Education and Training
Duration	9 months
Start Date	27/08/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award - 5M2088 *^
Timetable	Full time course

Professional Cookery and Chef Training

- QQI Level 5 Professional Cookery and Chef Training (f/t) *^

www.fetchcourses.ie/course/finder?sfcw-courseId=305013

Course Content: Culinary Techniques, Food Safety and HACCP, Food Science and Technology, Meal Service, Pastry, Baking and Desserts, International Cuisines, Menu Planning and Applied Nutrition, Personal Effectiveness, Spreadsheet Methods, Work Practice.

Other Providers

Focused Training Ireland

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

Tel: 059 911 8912 / 089 400 9937

Email: info@focusedtrainingireland.com

Web: www.focusedtrainingireland.com

Online

- Conflict Management (p/t) *
- Customer Service (p/t) *
- Drug and Alcohol Awareness (p/t) *
- Sales Skills (p/t) *

Institute of Technology Carlow - Lifelong Learning

Kilkenny Road, Carlow

Tel: 059 917 5280

Email: LLL@itcarlow.ie

Web: www.itcarlow.ie/public/userfiles/files/LLL-Prospectus-2021.pdf

- QQI Level 6 Certificate in Irish Architectural History (p/t) * - 13 weeks

Other Providers

Tourism and Hospitality

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre,
Athy Road, Strawhall, Carlow

Tel: 059 913 2152

Email: admin@carlowkilkennyskillnet.ie

Web: www.carlowkilkennyskillnet.ie

- Restaurant and Hospitality Skillnet Ireland is a learning network for companies of all sizes in the hospitality sector. The network upskills hospitality business owners and managers, head chefs, commis chefs and front of house service staff.

Kilkenny and Carlow ETB Courses

Duiske College

Graiguenamanagh, Co. Kilkenny

Tel: 059 972 4177 **Web:** www.duiskecollege.ie **Email:** furthereducation@duiskecollege.ie

Venue	Duiske College
Duration	185 days
Start Date	15/9/2021
End Date	31/05/2022
Certification	QQI Level 5 Major Award [^]
Timetable	Full time course

Outdoor Sport and Recreation

- Adventure Tourism (Outdoor Sports) (f/t) [^]

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=322104>

Course Content: Adventure Activities, Outdoor Recreation, Communications, Career Planning and Work Experience, Adapted Physical Activity, Outdoor Leadership and Safety, Open Canoeing Instruction Skills.

National Learning Network

Regent House, William Street, Kilkenny

Tel: 056 779 7500 **Email:** vivienne.brady@nln.ie

Venue	National Learning Network Kilkenny
Duration	104 weeks
Start Date	16/08/2021
End Date	01/06/2022
Certification	QQI Level 4 Major Award [^]
Timetable	Full time course

General Learning

- QQI Level 4 Introduction to working in Hospitality / Tourism (f/t) [^]

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=289144>

Course Content: Adventure Activities, Outdoor Recreation, Communications, Career Planning and Work Experience, Adapted Physical Activity, Outdoor Leadership and Safety, Open Canoeing Instruction Skills.

Ormonde College of Further Education

Ormonde Road, Kilkenny

Tel: 056 776 3321

Email: info@ormondecollege.ie

Web: www.ormondecollege.ie

Venue	Kilkenny City Vocational School
Duration	38 Weeks
Start Date	08/09/2021
End Date	03/06/2022
Certification	QQI Level 5 Major Award (f/t) [^]
Timetable	Full time course

Tourism with Business

- QQI Level 5 Tourism and Event Management (f/t) [^]

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=320826>

Course Content: Customer Service, Work Experience, Reception and Frontline Office Skills, Event Production, Heritage, Tourism Information and Administration, Word Processing, Tourism Principles and Practice.

Other Providers

Tourism and Hospitality

Pitman Training Carlow Kilkenny

Unit 1, Deerpark Business Complex, Dublin Rd, Carlow, R93 K409

Tel: 059 918 2415 / 085 163 9351

Email: carlow@pitman-training.ie

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

Online

- Event Management Diploma (p/t) *

Online Courses / Blended Learning Websites

Barrow Training and Consultancy
www.barrowtraining.ie

Failete Ireland
www.failteireland.ie

FETCH courses
www.fetchcourses.ie

Focused Training Ireland
www.focusedtrainingireland.com

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

Restaurants Association of Ireland
www.rai.ie

Carlow Kilkenny Skillnet

Carlow Gateway Business Centre, Athy Road, Carlow

Tel: 059 913 2152

Email: admin@carlowkilkennyskillnet.ie

Web: www.carlowkilkennyskillnet.ie

Online

Skillnet Ireland supports and works with businesses to address their staff training needs

- **Food Drink Ireland Skillnet** work with companies in the food and drink sector to address skills gaps and access government funding to develop and deliver industry-specific learning programmes - www.fooddrinkirelandskillnet.ie · Hospitality Skills Ireland - www.hospitalityskillsireland.com · Restaurant and Hospitality Skillnet - www.rhskillnet.ie
- **Rural Food Skillnet** - training for enterprises in the food and hospitality sector - www.ruralfoodskillnet.com/
- **Taste4Success** - training and up skilling across the food, seafood and drinks industry - www.taste4success.ie

Please refer to the following sections for information on additional courses that might be of interest:

- Cookery, Culinary and Food
- Customer Service and Retail

Kilkenny and Carlow ETB Courses

Tourism and Hospitality

Training Services Kilkenny and Carlow ETB

Unit 4, Danville Business Park, Ring Road, Kilkenny

Tel: 056 781 3014

Web: www.kcetb.ie | www.fetchcourses.ie

Venue KCETB training kitchen in Gowran Duration 40 weeks Start Date 18/10/2021 End Date 22/07/2022 Certification - Timetable -	Culinary Skills • Culinary Skills - STA 2 - 1 day per week https://www.fetchcourses.ie/course/finder?sfcw-courseid=329798 Certification • This Traineeship is aimed at those in full or part-time employment within the hospitality sector who have access to at least 2 days of work per week in a professional kitchen for the full duration of the course. Skills To Advance (refer to page 12)
Venue Kilkenny Employment for Youth Ltd. Duration 104 weeks Start Date 16/08/2021 End Date 22/07/2022 Certification QQI Level 3 Catering and Hospitality 2021 – 2022 Timetable -	Employability Skills • QQI Level 3 Catering and Hospitality 2021 - 2022 (early school leavers) (f/t) *^ https://www.fetchcourses.ie/course/finder?sfcw-courseid=310092
Venue Gowran Park Training Kitchen Duration 10 weeks Start Date 16/09/2021 End Date 24/11/2021 Certification - Timetable -	Professional Cookery • QQI Level 5 Pastry Baking and Desserts (STA) (p/t) * https://www.fetchcourses.ie/course/finder?sfcw-courseid=325187
Venue KCETB Training Services Administrative Offices Duration 26 weeks Start Date 11/10/2021 End Date 14/04/2022 Certification QQI Level 6 Timetable -	National Tour Guiding • QQI Level 6 National Tour Guiding Traineeship * https://www.fetchcourses.ie/course/finder?sfcw-courseid=330664 Course Content: 6N20229 Irish Tour Guiding, 6N20230 National Tour Management, 6N20231 Irish Natural Heritage and Culture, First Aid Responder (PHECC), Career Planning & Job Seeking Skills, Work Placement, Induction. For further information go to: www.qqi.ie/sites/docs/AwardsLibraryPdf/6S20232_AwardSpecifications_English.pdf Skills To Advance (refer to page 12)

Online Courses / Blended Courses

Career Academy
www.careeracademy.ie/hospitality-tourism/

Learning Cloud
www.learningcloud.ie/hospitality-tourism-courses

The Open College
www.theopencollege.com

Traineeships

A traineeship is a way of learning that mixes learning in the classroom and learning on the job. Learners will learn valuable work skills that they can use straight away in employment, or they can go on to further education and training, such as apprenticeships. They last from 6 -20 months, depending on the traineeship.

www.kcetbtraining.ie/traineeships/

Features



- They respond to identified industry skills need
- Combine transversal and technical skills development
- Lead to an award at NFQ Levels 4-6, or equivalent
- Are between 6-20 months in duration
- Have at least 30% of learning on-the-job
- Are designed for flexible delivery – online, face to-face, blended learning
- Provide open access to prospective trainees, unemployed people may be eligible for income support

Range of Traineeships Available in Kilkenny and Carlow ETB

- Culinary Skills
- Healthcare Support
- Hospitality
- Rigid and Artic Driving
- Office Administration

www.fetchcourses.ie

Traineeship programme includes people who are in receipt of any of the following payments:

- Jobseekers Benefit
- Jobseekers Payment
- One Parent Family payment
- Jobseeker's Transitional Payment (JST)
- Disability Allowance

Those in receipt of one of the payments above are eligible to retain their payment while participating in a traineeship. Prospective participants who fulfil these criteria are referred by Department of Employment Affairs and Social Protection (DEASP) to an Education and Training Board (ETB) and receive a training allowance for the duration of their training.

For further information on Traineeships, please contact:

Kilkenny and Carlow ETB Training Services or log onto www.traineeship.ie

Contact Us:

Tel: 056 781 3014

Email: tsu.recruit@kilkennycarlowetb.ie



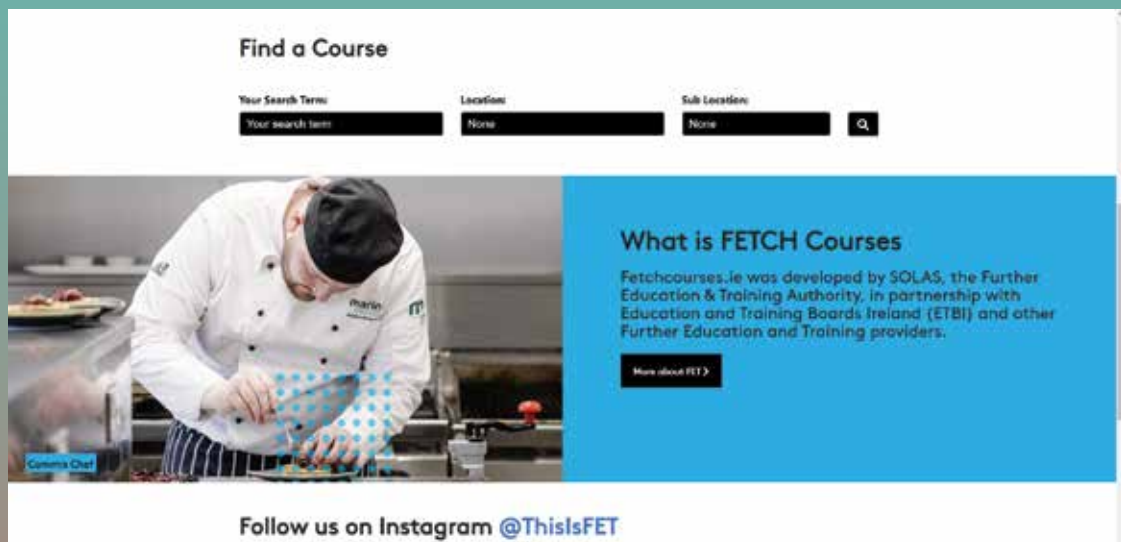
Fetchcourses

www.fetchcourses.ie

FET or Further Education and Training covers education and training that occurs after second level and is not part of higher education (often called Third Level education). There are a number of providers of Further and Adult Education and Training and a wide variety of schools, organisations and institutions are involved in the delivery of continuing education and training for young school leavers and adults, both in and out of work.

www.fetchcourses.ie is the course finder website for Further Education and Training Courses. The website which went live in April 2016 allows users to search by location, category and keyword. The Course Finder details at a glance, the name, location, start date and whether full time or part time. Specific course details can be accessed by clicking on the course title.

www.fetchcourses.ie also gives information on grants and allowances available to prospective learners.



Other Providers

Transportation / Logistics / Warehousing

Adult Learning Service Carlow

Tullow Road, Carlow

Tel: 059 913 5544

Email: info@carlowadultlearningcentre.ie

Web: www.kcetb.ie

- Driver Theory Test Preparation (p/t)

CPC

Tel: 087 636 3003 | 066 718 5556

Web: www.cpc.ie

Venue: Seven Oaks Hotel

Continual Professional Development for Truck and Bus Drivers - professional truck and bus drivers have to undergo periodic training of one day per year.

Modules:

- Control of Vehicle and Eco Driving Techniques (Module 1)
- Minimising Risks and Managing Emergencies (Module 2)
- Health and Safety of the Professional Driver (Module 3)
- Role of the Professional Driver in the Transport Industry (Module 4)
- The Professional Truck Driver (Module 5)
- The Professional Bus Driver (Module 6)

St. Catherine's Community Services Centre

St. Joseph's Road, Carlow

Tel: 059 913 8777 | 086 772 1920

Web: www.catherines.ie

Traveller's Programme - Driver Theory Test Preparation (p/t) over 18-year olds only

Barrow Training and Consultancy

High Street, Bagenalstown, Co. Carlow

Tel: 059 972 1416

Email: marketing@barrowtraining.ie

Web: www.barrowtraining.ie

Online

- Driver Safety Awareness (p/t)

Focused Training Ireland

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

Tel: 059 911 8912 | 089 400 9937

Email: info@focusedtrainingireland.com

Web: www.focusedtrainingireland.com

Online

- Introduction to personal safety for lone workers (p/t)*

Hickson Safety Services

Rutland, Palatine, Co. Carlow

Tel: 086 826 2383 **Email:** niall@hicksonsafety.ie

Web: www.hicksonsafety.ie/

- Forklift Driving - Certification for Counter Balance, Reach Forklift Truck and Sideloaders (p/t) *
- Industrial Plant and Equipment (p/t) *
- M.E.W.P. / Cherrypickers Course - certification for Boom and Scissors Lift (p/t) *
- Overhead Gantry Cranes (novice and experienced operators) (p/t) *
- Roller Training (p/t) *
- Road Paver Training (p/t) *
- Safe Use of Lifting Equipment (novice and experienced operators) (p/t) *
- Skid Steer (p/t) *
- SOLAS QSCS - Quarries Skills Certification Scheme Experienced Operators (p/t) *
- The Lorry Loader (Truck Mounted Crane) (p/t) *

Kilkenny and Carlow ETB

Training Services and Carlow ETB

Kilkenny and Carlow ETB

Tel: 056 7813014 **Email:** tsu.recruit@kilkennycarlowetb.ie **Web:** www.kcetbtraining.ie

Venue	Carlow Town
Duration	10 weeks
Start Date	16/08/2021
End Date	22/10/2021
Certification	QQI Level 5 Minor Awards
Timetable	Full time course

Warehouse Operations

- QQI Level 5 Warehouse Operations

www.fetchcourses.ie/course/finder?sfcw-courseid=316757

Course Content: Learn to acquire the knowledge, skill and competence to operate effectively and safely as an operative in a warehousing and or logistic environment under direction.

Certification: Warehousing QQI 5N2725 **, Counterbalance Forklift Truck Skills QQI 5N5831, Reach Forklift Skills QQI 5N5832, Career Planning, Manual Handling

Skills To Compete (refer to page 12)

Other Providers

Transportation / Logistics / Warehousing

Adult Education Service

43 Upper Patrick Street, Kilkenny

Tel: 056 776 5103

Email: adulteducationoffice@kilkennycarlowetb.ie

Web: www.kcetb.ie

- Preparation for Driver Theory Test (p/t)

Kilkenny Waterford School of Motoring

Tel: 086 600 2025

Email: cyrildoheny@gmail.com

Providing Driving lessons for:

- Car • Minibus • Bus and Coach • Rigid Truck
- Arctic • Provides Forklift Training (p/t) *

RSA Driving School

Kilkenny

Tel: 086 600 2025

Email: cyrildoheny@gmail.com

Web: www.rsadrivingschool.ie

Full Time / Part Time / Evening Training Courses:

- Driver CPC Training for new and experienced Drivers

Bus and Truck

- Periodic and Initial CPC Training
- Transport Management CPC

Driver Walk-Around

- Defect Report and 13 Week Inspection Books Supplied
- Tachograph and Driver's Hours Training Commercial Vehicle Roadworthiness
- Operator Training and Management
- Digital Tachograph Load Securing
- Driver Training / Management Training Risk Assessment
- Strap / Ratchet / Chain Supplied

Drivewell School of Motoring

Killeen, Johnswell Rd, Kilkenny, Co. Kilkenny

Tel: 056 776 2649 | 086 397 9913

Web: walshjohnswell@eircom.net

- RSA and ADI approved

Ormonde School of Motoring

Kilkenny

Tel: 1890 25 50 50 **Email:** info@osm.ie

Email: www.osm.ie

Providing Driving lessons for:

- **Category B:** Car
- **Category B and E:** Jeep and Trailer
- **Category D:** Minibus
- **Category D1:** Small Truck
- **Category D:** Large Bus and Coach
- **Category C:** Rigid Truck
- **Category EC:** Arctic

Kilkenny and Carlow ETB

Training Services Kilkenny and Carlow ETB

Unit 4, Danville Business Park, Ring Road, Kilkenny

Tel: 056 781 3014 | 087 151 8113 **Web:** www.fetchcourses.ie

Venue	KCETB Training Services Administrative Offices
Duration	33 weeks
Start Date	27/09/2021
End Date	13/05/2022
Certification	RSA, CILT, RTITB, PHECC
Timetable	Full time course

Driver Certificate of Professional Competence

- Traineeship HGV Professional Driver

<https://www.fetchcourses.ie/course/finder?sfcw-courseid=328977>

Course Content: Heavy Goods Vehicle Driving - Articulated Truck, Adr Driver Training, RTITB - Forklift Reach Operator Certificate, RTITB - Forklift Counterbalance Operator Certificate, RSA - Driver CPC Training, PHECC - First Aid Response, RTITB - Electric Pallet Stacker Truck, Heavy Goods Vehicle Driving - Rigid Truck, Career Planning And Job Seeking Skills - Gfw, Induction To Course, Food Safety and Hygiene, Safepass.

Transportation / Logistics / Warehousing

Venue	Carlow Town
Duration	10 weeks
Start Date	13/09/2021
End Date	19/11/2021
Certification	Driving Licence Category C (RSA-C), Vehicle Mounted Hydraulic Lorry Loader (RTITB-VMHLL)
Timetable	Full time course

Heavy Goods Vehicle – Rigid

• Heavy Goods Vehicle - Rigid

www.fetchcourses.ie/course/finder?sfcw-courseId=314001

Course Content: On successful completion of this programme and the requirements of the Road Safety Authority (RSA) learners can apply to the RSA for a Certificate of Professional Competence (CPC) enabling them to operate a HGV rigid truck (or bus or coach). For further information please go to: www.rsa.ie/en/RSA/Professional-Drivers/Driver-Hours/Getting-your-CPC/

Entry Requirements: Applicants should only apply for this course once they have a full current

Class B driving licence and a current Class C learner permit.

Professional Competence (CPC) enabling them to operate a HGV rigid truck (or bus or coach). For further information please go to: www.rsa.ie/en/RSA/Professional-Drivers/Driver-Hours/Getting-your-CPC/

Skills To Compete

Venue	Carlow Town
Duration	3 weeks
Start Date	04/10/2021
End Date	22/10/2021
Certification	-
Timetable	Full time course

Forklift, Safe Pass and Manual Handling

• Forklift, Safe Pass and Manual Handling

www.fetchcourses.ie/course/finder?sfcw-courseId=323250

Course Content: Learn to develop the skills, knowledge and competence to manoeuvre a Counterbalance Fork Truck safely and efficiently around obstacles, learn to operate a reach forklift truck safely and efficiently and complete manual handling and Safe Pass training

Certification: Forklift Counterbalance Certificate (RTITB1)

Forklift Reach Certificate (RTITBR), Electric Pallet/Stacker Truck (RTITB-EPST), Safe Pass, Manual Handling

Skills To Compete (refer to page 12)

Online Courses / Blended Learning Websites

Barrow Training and Consultancy
www.barrowtraining.ie

Focused Training Ireland
www.focusedtrainingireland.com

Progressive College
www.progressivecollege.ie/product/qqi-level-6-supply-chain-online/

The Chartered Institute of Logistics and Transportation
www.cilt.ie/Education-Exams/Our-Courses/Level-6-Higher-Certificate-in-Business-Logistics-and-Supply-Chain-Management

Training Services Kilkenny and Carlow ETB

Unit 4, Danville Business Park, Ring Road, Kilkenny

Tel: 056 781 3014 | 087 151 8113 **Email:** tsu.recruit@kilkennycarlowetb.ie **Web:** www.kcetbtraining.ie

Venue	Kilkenny City
Duration	3 weeks
Start Date	13/9/2021
End Date	1/10/2021
Certification	-
Timetable	Full time course

Forklift, Safe Pass and Manual Handling

- Forklift, Safe Pass and Manual Handling

www.fetchcourses.ie/course/finder?sfcw-courseId=323249

Course Content: Learn to develop the skills, knowledge and competence to manoeuvre a Counterbalance Fork Truck safely and efficiently around obstacles, learn to operate a reach forklift truck safely and efficiently and complete manual handling and Safe Pass training.

Certification: Forklift Counterbalance Certificate (RTITB1), Forklift Reach Certificate (RTITBR), Electric Pallet/Stacker Truck (RTITB-EPST), Safe Pass, Manual Handling.

Skills To Compete

Venue	Training Services Kilkenny
Duration	40 weeks
Start Date	18/10/2021
End Date	22/7/2022
Certification	QQI Level 4 Major Award
Timetable	Full time course

General Learning

- QQI Level 4 Pathway to Employment - Delivery Driver Training - Urlingford 2021

<https://www.fetchcourses.ie/course/finder?sfcw-courseId=310113>

Course Content: Career Planning, English and Communications, Computer Applications, Customer Service, Functional Maths, Personal Effectiveness, Work Experience, Workplace Safety, Stock Control, Handling Food Hygienically, Driver Theory for Classes Abmw, Manual Handling.

Volunteering

Adult Learning Service Carlow

Tullow Road, Carlow

Tel: 059 913 5544

Email: info@carlowadultlearningcentre.ie

Web: www.kcetb.ie

Volunteer Tutors help adults learn reading and writing for one hour per week. Full induction is provided so you do not need any specific qualifications just an interest in passing on the joy of reading to others.

Carlow Volunteer Centre

C/O Carlow Local Authorities, Athy Road, Carlow, R93E7R7

Tel: 059 917 3033

Email: info@volunteercarlow.ie

Web: www.volunteercarlow.ie

FB: www.facebook.com/carlowvolunteercentre

The Carlow Volunteer Centre is an independent organisation, forming part of a network of Volunteer Centres and Volunteer Information Services across the country.

Three Steps to Volunteering:

1. Contact the Carlow Volunteer Centre to make an appointment with one of the team. Volunteers can also register online at www.volunteercarlow.ie
2. At your appointment, you will be advised of the different volunteering opportunities available and helped in identifying a volunteer role of interest to you.
3. You will be put in touch with your chosen organisation so you can get started on volunteering.

Training / Courses

Some of the courses the Carlow Volunteer Centre provide throughout the year are listed below. They are at different times and these courses along with others that are requested by volunteers/ Volunteer involving organisations are advertised on their social media platforms:

- Volunteer management training
- Garda vetting training
- Good Governance – Governance code
- Preparing an annual report
- Monthly virtual coffee mornings where volunteers and Voluntary organisations can have any queries answered.

"In Carlow Volunteer Centre we are passionate about volunteering and Carlow County is a great place to volunteer. Volunteering enriches communities, gives volunteers an opportunity to develop personally, and puts giving at the heart of how we all live."



Other Providers

Volunteering

Adult Learning Service Kilkenny and Carlow ETB

43 Upper Patrick Street

Tel: 056 776 5103

Email: adulthoodeducationoffice@kilkennycarlowetb.ie

Web: www.kcetb.ie

Volunteer Tutors help adults learn reading and writing for one hour per week. Full induction is provided so you do not need any specific qualifications just an interest in passing on the joy of reading to others.

Kilkenny Volunteer Centre

Hebron House, Macdonagh Junction, Kilkenny, R95 T91Y

Tel: 087 116 5658

Email: info@volunteerkilkenny.ie

Web: www.volunteerkilkenny.ie

FB: www.facebook.com/volunteerkilkenny

Instagram: www.instagram.com/volunteerkilkenny/

Kilkenny Volunteer Centre is a service which offers supports to both volunteers and non-profit organisations in Co Kilkenny.

Kilkenny Volunteer Centre supports people who wish to volunteer to find suitable volunteering opportunities in their community by providing a free placement service between individuals and local non-profits who need the support of volunteers. It is essentially a "one stop shop" for all volunteering needs.

The centre manages a database of volunteering opportunities for Co Kilkenny (iVol) so volunteers can browse available volunteer roles in their area before making a commitment.



Useful Websites



Educational Supports

www.accesscollege.ie	Higher Education Access Route
www.ahead.ie	Association for Higher Education Access and Disability
www.aontas.com	The National Adult Learning Organisation
www.apprentices.ie	Information on apprenticeships
www.cao.ie	Central Applications Office
www.careersportal.ie	Career Planning Information
www.carlowadultguidance.ie	Carlow Adult Educational Guidance and Information Service
www.carlowcollege.ie	Carlow College
www.citizensinformation.ie	Information on Public Services and Entitlements
www.ecollege.ie	National Online Learning Service
www.education.ie	Department of Education and Skills
www.examinations.ie	State Examinations Commission
www.failteireland.ie	National Tourism Development Authority
www.fetchcourses.ie	Further Education and Training Course Hub
www.findacourse.ie	Courses in Ireland
www.fit.ie	Fasttrack to Information Technology
www.getalifeintourism.ie	Course and career information in the tourism sector
www.gotocollege.ie	Full Time Courses in Ireland
www.gov.ie	Department of Employment Affairs and Social Protection
www.gradireland.com	Graduate jobs, employers, internships and advice
www.itcarlow.ie	Institute of Technology Carlow
www.jobsireland.com	Online Jobs Vacancy Service
www.kcetb.ie	Kilkenny and Carlow Education and Training Board
www.kcetbtraining.ie	Kilkenny and Carlow ETB Training Services
www.maturestudents.ie	Information for mature students in Higher Education
www.naric.ie	National Academic Recognition Information Centre
www.nln.ie	National Learning Network
www.nmbi.ie	Nursing and Midwifery Board of Ireland
www.onestepup.ie	Find your learning pathway
www.pac.ie	Postgraduate Applications Centre
www.publicjobs.ie	Public Appointments Service
www.qqi.ie	Quality and Qualifications Ireland
www.qualifax.ie	National Learners Database
www.scoilnet.ie	Department of Education and Skills portal for education in Ireland
www.skillnetireland.ie	Promotion and facilitation of workforce learning
www.solas.ie	Further Education and Training Authority
www.springboardcourses.ie	Springboard Courses

www.studentfinance.ie	Financial Supports for Further and Higher Education
www.susi.ie	Online Grant Application System
www.teachingcouncil.ie	The Teaching Council
www.teagasc.ie	Agriculture and Food Development Authority
www.thisisfet.ie	Further Education and Training
www.ucas.com	UK Higher Education Courses and Applications
www.welfare.ie	Department of Social Protection

Employment Services

www.activelink.ie	Activelink works with non-profit organisations
www.indeed.com	Recruitment website
www.irishjobs.ie	Recruitment Irish jobs
www.jobs.ie	Recruitment website
www.kcases.ie	KCASES Employability Services Kilkenny / Carlow
www.publicjobs.ie	Recruitment in the Public Service
www.turasnua.ie	Turas Nua

Employment Supports

www.gov.ie/en/directory/intreo-centre-carlow	Carlow Intreo Office
www.gov.ie/en/directory/intreo-centre-kilkenny	Kilkenny Intreo Office
www.jobsireland.ie	Public Employment Service of the DEASP
www.localenterprise.ie/Carlow	Carlow Enterprise Board
www.localenterprise.ie/Kilkenny	Kilkenny Enterprise Board

Recruitment Agencies

www.bluebirdcare.ie	Bluebirdcare healthcare recruitment
www.cplhealthcare.ie	CPL healthcare agency
www.hartleypeople.ie	HartleyPeople recruitment agency
www.lacreme.ie	La'creme Recruitment agency
www.optimize recruitment.ie	Optimize recruitment agency

Finance and Budgeting Supports

www.citizensinformation.ie	Citizens Information
www.isi.gov.ie	Insolvency Service of Ireland
www.legalaidboard.ie	Legal Aid Board
www.mabs.ie	MABS Money Advice and Budgeting Service
www.nationaldebtre relief.ie	National Debt Relief
www.pipsolutions.ie	PIP Solutions

Useful Websites



Gender and Sexuality Groups

- www.belongto.org Supporting Lesbian, Gay, Bisexual and Trans Young People in Ireland
- www.gayse.net Southeast LGBT eZine
- www.lgbt.ie LGBT Ireland
- www.teni.ie Transgender Equality Network Ireland

Parent Support Groups

- www.carlowccc.ie Carlow County Childcare Committee
- www.cuidiu-ict.ie Caring Support for Parenthood
- www.kkccc.ie Kilkenny County Childcare Committee
- www.lalecheleagueireland.com La Leche League of Ireland
- www.mummypages.ie Topical pages for parents
- www.rollercoaster.ie Support through Pregnancy, Parenting and Family Life

Glossary

Common Acronyms



BTEI	Back to Education Initiative
CAO	Central Applications Office
CAS	Common Awards System
DCCoI	Design and Crafts Council of Ireland
FET	Further Education and Training
FRC	Family Resource Centre
IT	Institute of Technology
KCASES	Kilkenny and Carlow Area Supported Employment Services
KCAT	Kilkenny Collective for Arts Talent
KCETB	Kilkenny and Carlow Education and Training Board
KEY	Kilkenny Employment for Youth
NARIC	National Academic Recognition Information Centre
NCBI	National Council for the Blind in Ireland
NFQ	National Framework of Qualifications
NLN	National Learning Network
NMBI	Nursing and Midwifery Board of Ireland
PLC	Post Leaving Certificate
QQI	Quality and Qualifications Ireland
SEC	State Examinations Commission
SUSI	Student Universal Supports
VTOS	Vocational Training Opportunities Scheme

Courses for Adults

Kilkenny and Carlow



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

SOLAS
learning works



Ireland's European Structural and
Investment Funds Programmes
2014-2020
Co-funded by the Irish Government
and the European Union



European Union
Investing in your future
European Social Fund



Rialtas na hÉireann
Government of Ireland



NCE
National Centre for Guidance in Education
Lárionad Náisiúnta um Theoiric um Oideachas

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