

**COVID-19**

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

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

**UPCOMING COURSES - CARLOW TOWN**

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

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

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<b>Barrow Training Courses &amp; Workshops</b>	Venue: <b>Blended (Online) Learning</b> Barrow Training Tel: 059 9721416 E: <a href="mailto:marketing@barrowtraining.ie">marketing@barrowtraining.ie</a> W: <a href="http://www.barrowtraining.ie">www.barrowtraining.ie</a>	Ongoing	Varies	Varies depending on the course/ workshop – costs available on the Barrow Training website	Varies depending on the course/ workshop – qualification details available on the Barrow Training website	<ul style="list-style-type: none"> <li>• QQI Level 5 minor and major awards in Healthcare</li> <li>• QQI Level 5 minor and major awards in Childcare</li> <li>• Manual &amp; Patient Handling</li> <li>• First Aid Response (FAR)</li> <li>• FAR Refresher course</li> </ul>
<b>Health Care Modules</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	Ongoing	12-week self-directed online learning	€125 per module	QQI Level 5 Minor Awards	Carlow Kilkenny Skillnet is running five modules at a subsidised rate in conjunction with Barrow Training: <ul style="list-style-type: none"> <li>• Care Skills</li> <li>• Care Support</li> <li>• Infection Prevention and Control</li> <li>• Care of the Older Person</li> <li>• Palliative Care</li> </ul>
<b>Mental Health First Aid</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152	2 <sup>nd</sup> March 2021	2 days – 2 <sup>nd</sup> & 9 <sup>th</sup> March (9.30am-4pm)	€195		Mental Health First Aid (MHFA) is the initial help given to someone who is developing a mental health problem or who is in a mental health crisis. The first aid is given until appropriate professional support is received or until the crisis resolves. The course teaches people how to assist someone who is developing a mental health problem or in a mental crisis.
<b>Getting to Grips with Social Media</b>	Venue: <b>Online</b> For further information please contact the Carlow Local Enterprise Office on (059) 9129783 <a href="http://www.localenterprise.ie/Carlow/">www.localenterprise.ie/Carlow/</a>	2 <sup>nd</sup> March 2021	Starting at 12.30pm	Free		Carlow Library Service and Carlow Local Enterprise office are delighted to present this webinar. If you want to learn the essentials to succeed at Social Media for your business, organisation or personal brand, join business and recruitment expert Joe Morris for this FREE webinar over zoom.
<b>Time Management</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet	3 <sup>rd</sup> March 2021	1 day	€95		Learn effective time management strategies during this course - <a href="https://carlowkilkennyskillnet.ie/">https://carlowkilkennyskillnet.ie/</a>

	For more information please call Jacqueline on 059 9132152					
<b>Mindful Movement</b>	Venue: <b>Online</b> For more information email <a href="mailto:carlowmentalhealth@hotmail.com">carlowmentalhealth@hotmail.com</a> or call (085) 8181353	4 <sup>th</sup> March 2021	4 Thursdays 7-7.45pm	Free		No registration required. No yoga experience is necessary. Each week will be different but will include lovely relaxation exercises.
<b>Emerging Managers Programme</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	5 <sup>th</sup> March - 28 <sup>th</sup> May 2021	3 sessions per week for 90 mins per session and runs every second week	€350		This programme is designed to support participants to work to develop and enhance their leadership and management capability. <b>Topics:</b> Understanding Management; Managing Teams; Understanding Self & Others; Communication Skills; Effective Time Management and Managing Change
<b>Bachelor of Arts in Applied Early Childhood Education and Care (QQI Level 7)</b>	Venue: Carlow For more information please call Jacqueline in Carlow Kilkenny Skillnet on 059 9132152/ <a href="mailto:admin@carlowkilkennyskillnet.ie">admin@carlowkilkennyskillnet.ie</a>	<i>Application deadline – 5<sup>th</sup> March</i> (course due to start in September 2021)		Part funded by Carlow Kilkenny Skillnet		This is an excellent opportunity for those working in the Early Years sector in County Carlow to upskill to degree level. Applicants must have a QQI Level 6 major award in childcare and have at least 3 years full time work experience.
<b>Autism in Sport</b>	Venue: <b>Online</b> Contact Carlow Sports Partnership on 059 9136205 <a href="https://carlowsports.ie">https://carlowsports.ie</a> Booking at <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	8 <sup>th</sup> March 2021	1 evening (6.30pm-9pm)	€10		This workshop will provide attendees with an understanding of Autism focussing on the delivery of sport and is aimed at sports leaders, coaches, volunteers, teachers, principals, special needs assistants (SNAs), parents or anyone who has an interest in making their sport accessible and inclusive for people with Autism.
<b>Be Unstoppable in 2021</b>	Venue: <b>Online</b> To register please email Andrea Dalton at <a href="mailto:andread@catherines.ie">andread@catherines.ie</a>	8 <sup>th</sup> March 2021	11am-12pm	Free		To celebrate International Women's Day, St. Catherine's to this session 'Master your Resilience & Increase

						Your Happiness' with Paddy Moran, a neuro coach
<b>Beginners Creative Writing Classes</b>	Venue: <b>Online</b> Contact: Email Fiona Dunne on <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a>	9 <sup>th</sup> March 2021	Tuesday evenings from 7-8.30pm	Free		These classes are fun, social and supportive. It is all about creative expression and freedom of voice. If you ever wanted to give creative writing a go, these classes are for you!
<b>People Management</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152	9 <sup>th</sup> March 2021	3 days – 9 <sup>th</sup> , 16 <sup>th</sup> & 23 <sup>rd</sup> March	€395	QQI Level 6	This course looks at the role and responsibilities of a manager, and the key management techniques needed to achieve results - <a href="https://carlowkilkennyskillnet.ie/">https://carlowkilkennyskillnet.ie/</a>
<b>Spring Planting for Your Vegetable Garden</b>	Venue: <b>Online</b> For further information or to register please email <a href="mailto:srsmepinewood@gmail.com">srsmepinewood@gmail.com</a>	15 <sup>th</sup> March 2021	2 Mondays 10am-11.30am	Free		An Gairdin Beo is hosting these two free Zoom sessions. Registration is required before March 4 <sup>th</sup> .
<b>Gardening – Flowers &amp; Shrubs</b>	Venue: <b>Online</b> Email Fiona in KCETB on <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a>	16 <sup>th</sup> March 2021	10am-11.30am (6 Tuesdays)	Free		Topics: ornamental flowering plants; pruning shrubs, the best plants to sow in shades, full sun, all year round; taking cuttings
<b>Biodiversity for Everyone</b>	Venue: <b>Online</b> To register please email: <a href="mailto:carlowenvironmentalnetwork@gmail.com">carlowenvironmentalnetwork@gmail.com</a> or call (085) 7260278	16 <sup>th</sup> March 2021	7.30pm-9pm	Free		Organised by the Carlow Environmental Network. Topics: What is biodiversity? Why is biodiversity important? What threats is it facing? How can I help?
<b>Cooking Meals for One</b>	Venue: <b>Online</b> Email Fiona in KCETB on <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a>	18 <sup>th</sup> March 2021	Six Thursdays starting at 7pm	Free		Topics: Produce meals for people living on their own; how to shop smartly for one; batch cooking; transform your ingredients into delicious meals; how to cook with zero waste.
<b>Seated Yoga</b>	Venue: <b>Online</b> Email Fiona in KCETB on <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a>	18 <sup>th</sup> March 2021	Six Thursdays (7pm-8pm)	Free		Chair Yoga is a general term for practices that modify yoga poses so they can be done while seated. It makes yoga accessible to everyone.

<b>Yoga</b>	Venue: <b>Online</b> Email Fiona in KCETB on <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a>	18 <sup>th</sup> March 2021	Six Thursdays (8pm-9pm)	Free		Hatha Yoga is a practice aimed at integrating mind, body and spirit through a practice of yoga poses and breathing. Regardless of what your intentions are for starting, just the yoga poses themselves are a fantastic form of mental and physical exercise.
<b>Digital Skills</b>	Venue: <b>Online</b> Email Fiona in KCETB on <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a>	22 <sup>nd</sup> March 2021	10am-1pm (4 Mondays)	Free		Topics: Introduction to the Internet; Introduction to email and online services; Video calling and apps – using Zoom and other video calling services.
<b>Climate Action Workshop for Carlow Communities Webinar</b>	Venue: <b>Online</b> For more information contact: Jannette O'Brien, Environmental Awareness Officer, Carlow County Council <a href="mailto:jobrien@carlowcoco.ie">jobrien@carlowcoco.ie</a>	22 <sup>nd</sup> March 2021	22 <sup>nd</sup> & 23 <sup>rd</sup> March at 7.30pm	Free		This workshop offers participants an introduction to climate science, its impacts and possible solutions, helping communities to identify climate actions at a local level. Places are limited to 30, so places will be offered on a first come first served basis!
<b>HACCP Food Hygiene Training</b>	Venue: <b>Online</b> For more information please call Sharon on 086 0404053	22 <sup>nd</sup> March 2021	22 <sup>nd</sup> , 24 <sup>th</sup> , 29 <sup>th</sup> , 31 <sup>st</sup> March & 1 <sup>st</sup> April (10am-1pm or 2-5pm)	Free course for the unemployed		Content: Food contamination; food delivery and storage; food preparation, cooking & service; design & layout of food premises; pest control and cleaning
<b>Engage Your Workforce - Achieve Your Business Goals</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call 059 9132152 Bookings – <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	24 <sup>th</sup> March 2021	10am-12pm	€15		This workshop is a space for business owners and leaders to gain skills that will support them long term, in fostering a culture where their employees can achieve their career goals, progress their skills and ultimately contribute to the success of the business.
<b>Talking Trees with Dee</b>	Venue: <b>Online</b> For more information contact: Jannette O'Brien, Carlow County Council <a href="mailto:jobrien@carlowcoco.ie">jobrien@carlowcoco.ie</a>	25 <sup>th</sup> March 2021	7.30pm – 8.30pm	Free		Topics: Right Tree in the right place; sowing your saplings; bare root -v- container; making it grow; the climate connection

<b>Get Your Garden Ready for Spring</b>	Venue: <b>Online</b> Email Fiona in KCETB on <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a>	29 <sup>th</sup> March 2021	10am-11.30am (6 Mondays)	Free		Topics included: composts & soil care; growing vegetables and sustainable living
<b>Information Technology Traineeship – Software Development</b>	Venue: Enterprise House, O'Brien Road, Carlow  Contact: KCETB Training Services Helena Comerford on (056) 7813014 or email <a href="mailto:tsu.recruit@kilkennycarlowebt.ie">tsu.recruit@kilkennycarlowebt.ie</a> Course information and application at – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>	29 <sup>th</sup> March 2021	Classroom based learning for 8 months (31.15 hours per week) followed by 6 months – classroom and workplace-based learning. Work experience req is 75 days (15 weeks)	Free	QQI Level 6	<b>Entry Reg:</b> Leaving Certificate (or equivalent) with maths. Mature student entry (24+) on successful completion of an entrance exam <b>Course Content</b> Software Architecture; Graphical User Interface Programming, Networking Fundamentals; Windows OS Fundamentals; Relational Database; Project Management; Work Practice; Team Leadership <b>Progression</b> Employment and/or into the 2 <sup>nd</sup> year of the following software Development Degree programmes in Carlow IOT - BSc (Honours) in Software Development (CW238) and BSc (Honours) IT Management (CW217 and CW248). <b>Note:</b> Due to Covid-19 restrictions, some class and/or work experience activity may take place online. Therefore, all trainees must have access to the internet during daytime hours.
<b>Gardening – Flowers &amp; Shrubs</b>	Venue: <b>Online</b> Email Fiona in KCETB on <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a>	30 <sup>th</sup> March 2021	7-8.30pm (6 Tuesdays)	Free		Topics: Ornamental Flowering Shrubs; Pruning Shrubs; The best plants to sow in shade, full sun, all year round; Taking cuttings
<b>Understanding &amp; Managing Anxiety</b>	Venue: <b>Online</b> Further information please email <a href="mailto:carlowmentalhealth@hotmail.com">carlowmentalhealth@hotmail.com</a>	6 <sup>th</sup> April 2021	7.30pm-9pm (4 Tuesdays)	Free		Interactive programme on practical ways to support our wellbeing, managing stress and anxiety in these challenging times. Places are limited and booking is required.



	<a href="mailto:mail.com">mail.com</a> or call (085) 8181353					
<b>Fundamentals of Digital Marketing</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	9 <sup>th</sup> April 2021	9.30am-12.45pm over 6 Fridays	€25		Digital marketing encompasses all marketing efforts that use an electronic device or the internet. In this 6-week programme, participants will review how their business is leveraging digital channels such as their website, search engines, social media, email, and other websites to connect with current and prospective customers.
<b>Cookery Classes</b>	Venue: <b>Online</b> Email Fiona in KCETB on <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a>	12 <sup>th</sup> April 2021	10am-11.30am (4 Mondays)	Free		The classes will be directed by Majella Johnson. Majella will base her recipes on the herbs, fruits and vegetables grown in An Gairdin Beo.
<b>Kickstart Your Own Business</b>	Venue: <b>Online</b> Carlow Local Enterprise Board Tel: 059-9129783 <a href="mailto:enterprise@carlowcoco.ie">enterprise@carlowcoco.ie</a> Web: <a href="http://www.localenterprise.ie/Carlow/">www.localenterprise.ie/Carlow/</a> (in association with Carlow Libraries & CCDP)	12 <sup>th</sup> April 2021	12 <sup>th</sup> & 16 <sup>th</sup> April (6.30pm-9.30pm)	€10		This programme is for people who have a business idea and want to decide if it can be a viable business. This is a first step in starting your own business. Course delivery - over a two-week period and consists of a 3 hour online group workshop, an online one to one mentoring session, followed by a three hour online group workshop. This is for Carlow Participants only. <i>Running again: 7<sup>th</sup> /June 6<sup>th</sup> September/ 19<sup>th</sup> October</i>
<b>Approved Product Adviser Designation in Loans (QFA Loans &amp; Regulations)</b>	Venue: <b>Online</b> Contact: KCETB Training Services Gillian on (056) 7813014 or email <a href="mailto:tsu.recruit@kcetb.ie">tsu.recruit@kcetb.ie</a> Course information and application at – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>	12 <sup>th</sup> April 2021	20 weeks on Tuesday and Thursday evenings	Free	QFA Loans (LOANS) QFA Regulation (QFAReg) awarded by Life Insurance Association of Ireland	The Accredited Product Adviser (APA) designation meets the Central Bank's Minimum Competency Code (MCC) requirements for selling and advising on certain retail financial products set out in the Code. This course is aimed at those whose employment has been impacted by COVID and who are seeking opportunities to upskill/reskill and find employment in financial services or general insurance.

<b>Basic TIG Welding (Beginners Course)</b>	Venue: Arc Training, Athy Road, Carlow Contact: KCETB Training Services Helena Comerford on (056) 7813014 or email <a href="mailto:tsu.recruit@kilkennycarloweb.ie">tsu.recruit@kilkennycarloweb.ie</a>	12 <sup>th</sup> April 2021	4 weeks full time	Free	(TIG) Stainless Steel Weld (EN9606-1SS01)	The aim of the course is to up-skill and accredit, crafts-persons and senior apprentices to the first level of TIG Stainless Steel welding. This short course has been designed to facilitate those in receipt of a Social Welfare payment including PUP to explore upskilling/reskilling opportunities. Course information and application at – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a> <b>Course running again: 3<sup>rd</sup> August</b>
<b>Managing &amp; Enhancing Staff Performance</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152	13 <sup>th</sup> April 2021	13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup> April	€125		This course will give managers, supervisors and team leaders the skills and confidence to become effective in the management of staff performance to deliver high quality and consistent results - <a href="https://carlowkilkennyskillnet.ie/">https://carlowkilkennyskillnet.ie/</a>
<b>Diploma in Project Management</b>	Venue: Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152	13 <sup>th</sup> April 2021	Tuesday evenings (6-9pm) from the 13 <sup>th</sup> April until 15 <sup>th</sup> June 2021	€900	QQI Level 7 Special Purpose Award (15 ECTS)	Participants will develop the essential knowledge required for successful project outcomes. The Diploma is structured around real-world project management challenges and internationally recognised best practices, including the Project Management Body of Knowledge (PMBOK®), PRINCE2® and Agile Project Management. The skills and techniques taught on this program are relevant to all sectors of business and government. Students also learn how to utilise Microsoft Planner & Project in the planning, execution and monitoring and controlling of projects.
<b>Customer Service &amp; Complaint Handling</b>	Venue: <b>Online</b> For more information please contact Sharon on 086 0404053/	13 <sup>th</sup> April 2021	9.30m-1pm	Free to the unemployed		The aim of this training is to build confidence with customers, manage complaints effectively & deliver a great customer experience.

	<a href="mailto:sscanlon@carlowdevelopment.ie">sscanlon@carlowdevelopment.ie</a>					
<b>Safeguarding (1) - Child Welfare &amp; Protection Basic Awareness</b>	Venue: <b>Online</b> Contact: Carlow Sports Partnership on 059 9136205 Bookings at <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	13 <sup>th</sup> April 2021	1 evening (6.45pm-9.45pm)	€22.20		All Coaches, Club Children's Officers and Designated Liaison Persons must first complete this training. This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport. <b>Next course: 18<sup>th</sup> May 2021</b>
<b>Tai Chi</b>	Venue: <b>Online</b> Email Fiona in KCETB on <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a>	14 <sup>th</sup> April 2021	11-12.30pm - 6 Wednesdays	Free		Tai Chi develops great inner strength and stamina. It promotes vibrant physical health with overall peace and calm. It is suitable for all levels of fitness.
<b>Train the Trainer</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152	14 <sup>th</sup> April 2021	5 days – 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> April and 5 <sup>th</sup> & 12 <sup>th</sup> May	€395		This programme aims to equip learners with the critical skills, knowledge and attitudes to the deliver and evaluate highly participatory, learner centred and varied training programmes to groups and individuals in accordance with international best practice. <a href="https://carlowkilkennyskillnet.ie/">https://carlowkilkennyskillnet.ie/</a>
<b>Infection Control</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152	14 <sup>th</sup> April 2021	10.30am-12pm	€25		This course focuses on what to look out for in work places and how to prevent the spread of infection.
<b>Basic Bookkeeping</b>	Venue: <b>Online</b> Carlow Local Enterprise Board Tel: 059-9129783 <a href="mailto:enterprise@carlowcoco.ie">enterprise@carlowcoco.ie</a> Web: <a href="http://www.localenterprise.ie/Carlow/">www.localenterprise.ie/Carlow/</a>	14 <sup>th</sup> April 2021	10am-1pm on the 14 <sup>th</sup> & 21 <sup>st</sup> April	€10		This workshop will empower participants with an in-depth understanding of basic accounting principles as well as a comprehensive working knowledge of their obligations to Revenue Commissioners. Topics covered will include Debtors & Creditors, Bank Reconciliation, Expenses, Assets, Liabilities, Profit &

						Loss Accounts and Balance Sheets, etc. <b><i>This is for Carlow Businesses only.</i></b>
<b>Interview Skills for Hiring Managers</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	15 <sup>th</sup> April 2021	10am-1pm	€25		Participants who undertake this course will gain experience in how to conduct a successful interview. The programme is designed to guide you through the stages of the interviewing and selection process providing you with the range of skills necessary to select the best people for your business or project.
<b>Office Administration Traineeship (option to specialise in Finance/ Legal/ Medical)</b>	Venue: Enterprise House, O'Brien Road, Carlow Provider – KCETB Training Services Contact: Helena Comerford Tel: 056 7813014 Web: <a href="http://www.kcetbtraining.ie">www.kcetbtraining.ie</a> Application through your local INTREO Office or on <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>	19 <sup>th</sup> April 2021	43 weeks – full time course	Free - if you are unemployed, redundant or no longer in full-time education.	QQI Level 5	<b>Course content:</b> Word Processing, Information and Administration, Text production, Communications, Reception and Front Office Skills and Spreadsheet methods. Learners will choose at least one elective module – Medical terminology, Manual & computerised bookkeeping, Manual & computerised payroll, Audio transcription and Legal practice & procedure. Applicants should have experience using MS Word/PowerPoint, with a minimum typing speed of 25 words per minute. Due to Covid-19 restrictions, some of this course may need to move to online delivery.
<b>Re Energising Remote Teams</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	22 <sup>nd</sup> April 2021	10am-1pm	€25		The aim of this workshop, is to empower team coaches, managers and team leads to make considered decisions and to communicate key messages that are clear, influential and timely. They will learn how to adapt and respond quickly using the best coaching and communication tools.

<b>Build Your Teams Defence - Cybersecurity Awareness Training Workshop</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	27 <sup>th</sup> April 2021	10am-12pm	€25		This security awareness training workshop is designed to equip employees with the skills and knowledge to identify visible security risks and be aware of other potential risks. It is designed to generate discussion on everyday security issues and change user behaviour to help your organisation manage risk.
<b>Talent Management Cycle</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	27 <sup>th</sup> April 2021	10am-12pm	€15		This session will cover a practical review of the Talent Management Cycle which includes a review of what the last year has taught us and some upcoming strategic trends that can be employed to enhance the short to medium term TM cycle.
<b>Start Your Own Business – Self Directed &amp; Coaching</b>	Venue: <b>Online</b> Carlow Local Enterprise Board Tel: 059-9129783 <a href="mailto:enterprise@carlowcoco.ie">enterprise@carlowcoco.ie</a> Web: <a href="http://www.localenterprise.ie/Carlow/">www.localenterprise.ie/Carlow/</a> (in association with Carlow Libraries and CCDP)	29 <sup>th</sup> April 2021	9.30am-10.30am on April 29 <sup>th</sup> , 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup> May and 3 <sup>rd</sup> June	€30		This training is for anyone who has established they have a viable business idea and want support in developing their business plan. It is delivered as a blended course of self-directed learning, group sessions and supported by one to one coaching sessions. Each week participants will attend a one-hour group session, access the online training modules and have 1:1 mentoring support to maximise the online training environment. <b>Running again: 19<sup>th</sup> October/ 11<sup>th</sup> November</b>
<b>Learn How to Grow Hanging Baskets and Tubs</b>	Venue: <b>Online</b> Email Fiona in KCETB on <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a>	3 <sup>rd</sup> May 2021	11am-12.30pm (2 Mondays)	Free		Topics – learn which plants to put in; where to situate the basket; how to keep them blooming all summer; growing flowers in containers

<b>First Aid Responder</b>	Blended Learning Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	4 <sup>th</sup> May 2021	3 days – (4 <sup>th</sup> , 11 <sup>th</sup> & 18 <sup>th</sup> May)	€195	PHECC	First Aid is the initial assistance or treatment given to someone who is injured or suddenly taken ill. The Pre-Hospital Emergency Care Council (PHECC) certified course has replaced the QQI certified 'Occupational First Aid' course. <a href="https://carlowkilkennyskillnet.ie/">https://carlowkilkennyskillnet.ie/</a>
<b>Safeguarding 2 – Child Welfare &amp; Protection</b>	Venue: <b>Online</b> Contact: Carlow Sports Partnership on 059 9136205	10 <sup>th</sup> May 2021	1 evening (6.45pm-9.45pm)	€22.20		This course will help the Club Children's Officer to carry out the function of their role in the club and support the implementation of best practice in the club. Bookings at <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>
<b>Forklift, Safepass &amp; Manual Handling</b>	Venue: O'Brien Road, Carlow Contact: KCETB Training Services Contact: Andy Hogan on (056) 7813014 or email <a href="mailto:tsu.recruit@kcetb.ie">tsu.recruit@kcetb.ie</a>	10 <sup>th</sup> May 2021	3 weeks – full time course 9am-4.15pm daily with a half day Friday	Free	Forklift Counterbalance Certificate (RTITB1) Forklift Reach Certificate (RTITBR) Electric Pallet/Stacker Truck (RTITB-EPST)	Participants will learn the knowledge and skill to operate a fork lift safely. This short training programme is offered through Skills to Compete funding and is aimed at those whose working lives have been impacted by Covid-19 and who would now like to take the opportunity to upskill/reskill. Course information and application at – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a> <b>Next course dates: 14<sup>th</sup> June &amp; 4<sup>th</sup> October 2021</b>
<b>Basic MIG Welding (Beginners Course)</b>	Venue: Arc Training, Athy Road, Carlow Contact: KCETB Training Services Helena Comerford on (056) 7813014 or email <a href="mailto:tsu.recruit@kilkennycarlowetb.ie">tsu.recruit@kilkennycarlowetb.ie</a>	17 <sup>th</sup> May 2021	4 weeks full time	Free	MIG/MAG Weld (EN9606-1CS10)	The aim of the course is to up-skill and accredit, crafts-persons and senior apprentices to the first level of MIG Flat- -Horizontal - Plate welding of plate using Metal Inert Gas process. This short course has been designed to facilitate those in receipt of a Social Welfare payment including PUP to explore upskilling/reskilling opportunities. Course information and application at – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>

						<b>Course running again: 6<sup>th</sup> September</b>
<b>Online Train the Trainer</b>	Venue: Online Contact: KCETB Training Services Helena Comerford on (056) 7813014 or email <a href="mailto:tsu.recruit@kilkennycarlowebt.ie">tsu.recruit@kilkennycarlowebt.ie</a>	18 <sup>th</sup> May 2021	25 weeks on Tuesday and Thursday evenings	Free to eligible applicants	QQI Level 6 – Training Delivery & Evaluation QQI Level 6 – Training Needs Identification & Design	The purpose of this award is to enable the learner to acquire the knowledge and skill to identify training and development needs and to deliver and evaluate a training intervention within a range of training and development contexts. This training is offered through Skills to Advance funding and is aimed at those in full/part-time employment with a background in training and/or staff mentoring. Open to those signing for X's and O's.
<b>Technical Writing Skills</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	19 <sup>th</sup> May 2021	19 <sup>th</sup> & 26 <sup>th</sup> May (9.30am-12.30pm)	€99		Having trouble writing reports, procedures, memos or other documents? Who Should Attend? Engineers, Managers, Scientists and other Technical Personnel involved in disciplines such as Quality, Engineering, Regulatory Affairs, Technical Services and Research and Development have all benefitted greatly by attending this course in the past.
<b>Warehouse Operations</b>	Venue: Carlow Contact: KCETB Training Services Olive Morrissey on (056) 7813014 (ext 200) or email <a href="mailto:tsu.recruit@kilkennycarlowebt.ie">tsu.recruit@kilkennycarlowebt.ie</a>	24 <sup>th</sup> May 2021	10 weeks full time	Free	QQI Level 5 modules in Warehousing; Counterbalance Forklift Truck Skills & Reach Forklift Skills	On successful completion of this course learners will be able to demonstrate a broad knowledge of warehousing operations including forklift operations, customer service and health and safety in a warehousing or logistics environment. Course information and application at – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>
<b>Developing Leaders for</b>	Venue: <b>Online</b> Contact: KCETB Training Services – Gillian Ryan	24 <sup>th</sup> May 2021	46 weeks part time	Free to eligible participants	City and Guilds	The successful completion of the Developing Leaders in Hospitality and Tourism Team Leadership programme

<b>Hospitality &amp; Tourism</b>	on (056) 7813014 or email: <a href="mailto:employerliaison@kcetb.ie">employerliaison@kcetb.ie</a>					will support those in employment within the hospitality/tourism sector to prepare for progression to a job in a wide range of team leadership roles. <i>Applications for a place on this course must be made on your behalf by your employer. Please ask him/her to contact <a href="mailto:employerliaison@kcetb.ie">employerliaison@kcetb.ie</a> to request further information and/or a call back.</i>
<b>Basic MMA Welding (Beginners Course)</b>	Venue: Arc Training, Athy Road, Carlow Contact: KCETB Training Services Helena Comerford on (056) 7813014 or email <a href="mailto:tsu.recruit@kilkennycarloweb.ie">tsu.recruit@kilkennycarloweb.ie</a>	21 <sup>st</sup> June 2021	5 weeks full time	Free	MMA Fillet Weld (EN9606-1CS01)	This course will deliver training leading to the first level of MMA Flat-Horizontal welding of plate using MMA (stick welding) process. This free course will also suit those impacted by Covid-19 who are seeking an opportunity to upskill/reskill whilst in receipt of the Pandemic Unemployment Payment (PUP). Course information and application at – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>

### BAGENALSTOWN

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



**BALLON/ RATHOE**

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

**HACKETSTOWN/ RATHVILLY/ CLONMORE**

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
<b>Bring Your Own Project Morning</b>	Venue: Slaney Handcraft Studio, Rathvilly	Wednesday mornings Thursday evenings	10.30am-12.30pm 7-9pm	€10 per class		Bring your own project which you are working on, thinking of starting or even just dreaming about! Beginners are also welcome. Own sewing machine required. Tel: Tomomi 0857749774/ <a href="mailto:slaneyhandcraft@gmail.com">slaneyhandcraft@gmail.com</a>
<b>Care Support</b>	Venue: Colaiste Eoin, Hacketstown Contact: Bernadette O'Rourke on 056 7765103/ <a href="mailto:adulthoodeducationoffice@kilkennycarlowetb.ie">adulthoodeducationoffice@kilkennycarlowetb.ie</a>	15 <sup>th</sup> March 2021	10 Monday evenings	Contact Course Provider	QQI Level 5 Minor Award	The aim of this course is to enable the learner to gain the knowledge, skill, and competence to work independently and under supervision in providing support in a variety of Healthcare settings. Course information and application – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>
<b>Creative Studies for Special Needs</b>	Venue: Colaiste Eoin, Hacketstown Contact: Bernadette O'Rourke on 056	13 <sup>th</sup> September 2021	9 Monday evenings	Contact Course Provider	QQI Level 6 Minor Award	The aim of this course is to enable the learner to gain the knowledge, skill and competence relevant to working with individuals with special educational

	7765103/ <a href="mailto:adulthoodeducationoffice@kilkennycarlowetb.ie">adulthoodeducationoffice@kilkennycarlowetb.ie</a>					needs while emphasising the importance of creative studies from both a theoretical and practical perspective. Course information and application – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>
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### TULLOW- UPCOMING COURSES

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

**Carlow Social Prescribing Service**

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

**Wellness & Mental Health Courses/ Workshops**

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

						when their mental health has taken a dip. Website: <a href="https://suicideorsurvive.ie">https://suicideorsurvive.ie</a>
<b>21 Day Walking Challenge</b>	Organised by Get Ireland Walking Tel: (01) 6251109 E: <a href="mailto:info@getirelandwalking.ie">info@getirelandwalking.ie</a> <a href="http://www.getirelandwalking.ie">www.getirelandwalking.ie</a>	Ongoing		Free		Aim to walk for at least 30 minutes each day. You don't have to do it all at once you can build up to 30 minutes or more by being active for at least 10 minutes in the early days. Just keep increasing the length of your walk, and watch the minutes add up. You can download a record card on the website.
<b>5 KM Beginners Running Programme</b>	Organised by Athletics Ireland. Programme plan available at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a>	Ongoing	8-week programme	Free		This programme is only a suggestion and should be adapted to suit your work and home life and the days of the week that is most convenient for you to exercise. Happy Running!
<b>Recovery College South East Workshops</b>	Venue: <b>Online</b> Tel: 086 1746330 Email: <a href="mailto:recoverycollegesoutheast@gmail.com">recoverycollegesoutheast@gmail.com</a> Web: <a href="http://www.recoverycollegesoutheast.com/">www.recoverycollegesoutheast.com/</a>	March – June Workshops	Varies	Free		Courses at the Recovery College are for everyone. <b>March Workshops</b> <ul style="list-style-type: none"> <li>• 1<sup>st</sup> – Hearing Voices</li> <li>• 3<sup>rd</sup> – Making the most of my appointments with service providers</li> <li>• 3<sup>rd</sup> – Understanding Co-dependency within families</li> <li>• 5<sup>th</sup> – Let's Talk Social Media and Wellbeing</li> <li>• 8<sup>th</sup> – Understanding and Living with Paranoia</li> <li>• 8<sup>th</sup> – Assertiveness</li> <li>• 10<sup>th</sup> – Communication Skills for Families</li> <li>• 15<sup>th</sup> – Understanding and Living with Psychosis</li> <li>• 22<sup>nd</sup> – Self Belief</li> <li>• 23<sup>rd</sup> – Good Stress/ Bad Stress</li> <li>• 24<sup>th</sup> – Lunchtime Wellbeing</li> <li>• 31<sup>st</sup> – Families: Forgiveness &amp; Healing</li> </ul>

					<p><b>April Workshops</b>            12<sup>th</sup> – Building my Self- Confidence            13<sup>th</sup> – Co-production: Working Together            13<sup>th</sup> – Understanding and Managing Anxiety            14<sup>th</sup> – Understanding Medication            14<sup>th</sup> – Families and Recovery models            16<sup>th</sup> – Understanding and Managing Depression            27<sup>th</sup> – Personal Narratives            28<sup>th</sup> – Mental Health and Family Caring Programme            28<sup>th</sup> – Lunchtime Wellbeing  <b>May Workshops</b>            3<sup>rd</sup> – Understanding and Living with Bipolar            10<sup>th</sup> – Understanding and Managing Stress            10<sup>th</sup> – Talking and Listening: It Works Both Ways            18<sup>th</sup> – Practical Facilitation Skills            19<sup>th</sup> – Understanding Loss and Bereavement            26<sup>th</sup> – Lunchtime Wellbeing  <b>June Workshops</b>            2<sup>nd</sup> June – Understanding and Managing Anger            30<sup>th</sup> June – Lunchtime Wellbeing</p>
<p><b>Living Well Programme</b></p>	<p>Venue: <b>Online</b>            Provided by the HSE            For bookings or enquiries email:  <a href="mailto:selfmanagementsupports@hse.ie">selfmanagementsupports@hse.ie</a>            or call Catriona on 087 2939881 or Ciara on 087 4088325</p>	<p>31<sup>st</sup> March 2021 onwards</p>	<p>6-week programme (2½ hours per week)</p>	<p>Free</p>	<p>Living Well is a free Self-Management programme for adults living with long-term health conditions.            Dates:  <ul style="list-style-type: none"> <li>• 31<sup>st</sup> March – 12<sup>th</sup> May</li> <li>• 9<sup>th</sup> April - 21<sup>st</sup> May</li> <li>• 10<sup>th</sup> April - 22<sup>nd</sup> May</li> </ul>           Website: <a href="http://www.hse.ie/LivingWell">www.hse.ie/LivingWell</a></p>

<b>Stress Control</b>	Venue: <b>Online</b> <a href="https://stresscontrol.ie/">https://stresscontrol.ie/</a>	March-June 2021	Mondays & Thursdays at 9am	Free		As the HSE cannot deliver the Stress Control classes in the community just now, Dr Jim White will, instead, live-stream the classes until March. No need to register just click the link. If you miss them the class will stay up online for 48 hours after.
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*Although every effort is made to ensure that the information contained on this information sheet is accurate it is essential readers should check with the appropriate organisation for the latest information. Co. Carlow AEGIS, accepts no responsibility for the accuracy of the information contained (or subsequent changes to courses) in this document or for any actions arising from its use.*