

SUSI (Student Universal Support Ireland)

If you are planning to study this September in College or in a Post Leaving Certificate centre you might be eligible to apply for a student grant. For further information on student grant applications please go to - www.studentfinance.ie. You do not need to have a course offer to make a SUSI application.

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

COVID-19

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

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

UPCOMING COURSES - CARLOW TOWN

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Conversational English Classes (Fáilte Isteach)	Venue: Online Contact Dylan Thomas on (059) 972 0733/ (086) 4108330	Ongoing	Tuesday & Thursdays at 10am	Free		The classes are currently running on Tuesday and Thursday mornings at 10am. The classes are being delivered on Zoom
e-Language Learning with Carlow Libraries	Venue: Online Carlow Library Services – Carlow Town, Tullow, Bagenalstown & Borris www.carlowlibraries.ie Tel: (059) 9129705	Ongoing		Free to library members. Membership at any Carlow library is free.		e-Language Learning with Transparent Language online – this resource teaches real conversations in over 110 foreign languages. Learners have the flexibility they need to learn a new language anytime, anywhere.
e-Learning with Carlow Libraries	Venue: Online Carlow Library Services – Carlow Town, Tullow, Bagenalstown & Borris www.carlowlibraries.ie Tel: (059) 9129705	Ongoing		Free to library members. Membership at any Carlow library is free.		eLearning with Universal Class – offers over 400 educational and leisure courses. All members can enrol on up to 5 courses, with 6 months to complete each. All courses have real instructors with whom you can communicate via email.

e-College - SOLAS Online Courses	Venue: Online E-College Tel: 1800 855831 E: ecollegeinfo@solas.ie Web: www.ecollege.ie	Continuous	Varies – depending on the course	These courses are temporarily being made available free of charge to those impacted by Covid-19 containment measures	All courses result in industry certification such as Microsoft to Adobe to many more. Varies – depending on the course	Courses available in the following areas: <ul style="list-style-type: none"> • Business • Computer Programming • Data Science • Databases • IT Professional • Office Productivity • Web and Graphic Design
Reading, Writing, Maths & Technology Courses	Venue: Online National Adult Literacy Agency https://courses.nala.ie Freephone: 1800 202065	Continuous	Part time – varies depending on the course	Free	QQI certification	<ul style="list-style-type: none"> • QQI Level 2 qualification example of some subjects – Reading, Writing, Using Technology, Quantity & Number, Pattern & Relationship, Listening and Speaking, Personal Decision Making, Setting Learning Goals • QQI Level 3 qualifications example of some subjects – Personal Effectiveness, Communications, Career Preparation • New subjects due to start
CPC Training – Truck & Bus Drivers (Continual Professional Development)	Venue: Seven Oaks Hotel Training Provider – CPC.ie Tel: 087 6363003 or 066 7185556 Email: info@cpc.ie Web: www.cpc.ie	Ongoing	1 day per module	€59 per module	Continual Professional Development	Professional truck & bus drivers have to undergo periodic training of one day per year. Upcoming modules schedule: <ul style="list-style-type: none"> • 1st May – Control of Vehicle & Eco Driving Techniques • 8th May - Health & Safety of the Professional Driver • 16th May – The Role of the Professional Driver in the Transport Industry • 22nd May - Minimising Risks & Managing Emergencies • 29th May - The Professional Truck Driver
Pitman Training	Venue: Blended (Online) Learning	Ongoing	Varies depending	Varies depending on	Varies depending on the course	Courses <ul style="list-style-type: none"> • Office Manager Diploma

<p>Carlow Kilkenny</p>	<p>Wexford Road Business Park, Carlow R93 K260 Tel: (059) 918 2415/ (085) 1639351 Email: carlow@pitman-training.ie Web: www.pitman-training.ie/our-centres/carlow</p>		<p>on the course</p>	<p>the course – please contact course provider</p>	<ul style="list-style-type: none"> • Executive PA Diploma • HR Assistant Diploma • Legal Secretary Diploma • Medical Secretary Diploma • Secretarial Diploma • Typing & Keyboard Skills • Microsoft Office Diploma • Bookkeeping Diploma • Foundation Diploma in Bookkeeping with AAT • Accounting Technician Diploma with AAT • Professional Diploma in Accounting with AAT • Advanced Diploma in Accounting with AAT • Office Skills Diploma • Office IT Diploma • IT Office Administrator Diploma • Advanced IT Support Technician Diploma with CompTIA • Advanced IT Security Engineer Diploma with CompTIA • IT Support Technician Diploma with CompTIA • Network Support Technician Diploma with CompTIA • Server Support Technician Diploma with CompTIA • Software Developer Diploma (MTA) • Programming Fundamentals Diploma • Advanced Software and Web Developer Diploma • Graphic Design Diploma with Adobe ACA
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Barrow Training Courses & Workshops	Venue: Blended (Online) Learning Barrow Training Tel: 059 9721416 E: marketing@barrowtraining.ie W: www.barrowtraining.ie	Ongoing	Varies	Varies depending on the course/workshop – costs available on the Barrow Training website	Varies depending on the course/workshop – qualification details available on the Barrow Training website	<ul style="list-style-type: none"> • QQI Level 5 minor and major awards in Healthcare • QQI Level 5 minor and major awards in Childcare • Manual & Patient Handling • First Aid Response (FAR) • FAR Refresher course • QQI Level 6 in Supervisory Management • QQI Level 6 in Safety Management • QQI Level 6 in Training Delivery & Evaluation
Health Care Modules	Venue: Online Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – www.eventbrite.ie	Ongoing	12-week self-directed online learning	€125 per module	QQI Level 5 Minor Awards	Carlow Kilkenny Skillnet is running five modules at a subsidised rate in conjunction with Barrow Training: <ul style="list-style-type: none"> • Care Skills • Care Support • Infection Prevention and Control • Care of the Older Person • Palliative Care
First Aid Responder	Blended Learning Provider: Carlow Kilkenny Skillnet	4 th May 2021	3 days – (4 th , 11 th & 18 th 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

	For more information please call Jacqueline on 059 9132152 Bookings – www.eventbrite.ie					(PHECC) certified course has replaced the QQI certified 'Occupational First Aid' course. https://carlowkilkennyskillnet.ie/
Information Technology Traineeship – Software Development	Venue: Online KCETB Training Services Contact: Helena Comerford Tel: 056 7813014 Web: www.kcetbtraining.ie Application through your local INTREO Office or on www.fetchcourses.ie	4 th May 2021	Full time (57 weeks)	Free	<ul style="list-style-type: none"> • QQI Level 6 Major Award in Software Development • Microsoft Technology Associate – Network Fundamentals • Microsoft Technology Associate – Windows Operating System Fundamentals 	This award has been developed in partnership with IT Carlow. The content is in line with the first year of their Bachelor of Science Software Development degree. On successful completion, trainees will have the option to progress into employment and/or into the 2 nd year of the following degree programmes in IT Carlow - BSc (Honours) in Software Development (CW238) and BSc (Honours) IT Management (CW217 and CW248). <i>In order to ensure that learners may succeed on this programme, entrants should have experience and proficiency in programming and mathematics at a level equivalent to NFQ level 5.</i>
Unison - New Business Support Series Courses & Programmes designed for all types of businesses in County Carlow	Venue: Online Carlow Local Enterprise Board Tel: 059-9129783 enterprise@carlowcoco.ie Web: www.localenterprise.ie/Carlow/	5 th May 2021 onwards	1 or 2 mornings (10am-1pm)	€10 per course/programme	<ul style="list-style-type: none"> • 5th May – Beginners' Guide to Social Media • 12th May – Personal Effectiveness and Goal Setting • 19th May – A SME Guide to Budgeting and Forecasting • 26th May – Digital Marketing – What, Why and How • 27th May – Let's Get Visual – Video & Audio Production • 9th June – Time Management • 16th June – Pricing for Profit • 23rd June – Marketing – PR & Communication • 30th June – Facebook for Business 	

						<ul style="list-style-type: none"> • 7th July – Leadership in a Changing World • 7th July – Guide to Writing a Business Plan • 14th July – Finance for Non-Finance Managers • 21st July – Sales Lead Generation – Online & Offline • 28th July – Instagram for Business • 8th Sept – Legal Compliance including taxation • 15th Sept – Brand Building & Implementation • 22nd Sept – Website Development Toolkit • 29th Sept – Facilitated Brainstorming & Idea Generation • 6th Oct – Customer Service & Evolution • 13th Oct – Let's Get Visual – Videography and Photography for Business • 10th Nov – Enable my business on a budget – Emerging IT Tools
Yoga	Venue: Online Email Fiona in KCETB on fdunne@kcetb.ie	6 th May 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.
Bookkeeping Made Easy	Venue: Online Carlow Local Enterprise Board Tel: 059-9129783 enterprise@carlowcoco.ie Web:	7 th May 2021	10am-1pm on the 7 th & 14 th May	€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 &

	www.localenterprise.ie/Carlow/					Creditors, Bank Reconciliation, Expenses, Assets, Liabilities, Profit & Loss Accounts and Balance Sheets, etc. <i>This is for Carlow Businesses only.</i>
Welding – Basic/ Intermediate/ Advanced Levels (MMA/ TIG/ MIG & Coded Pipe)	Venue: Arc Training, Newacre, Athy Road, Carlow Contact Aine Byrne on 059 9131624/ abyrne@thompson.ie Web: www.arctrainingsolutions.com	10 th May – 21 st June 2021	6 weeks – 2 evenings per week (6.30-9.30pm) Mondays & Wednesdays	Please contact course provider – varies depending on course and if certification is required	Testing is done by an independent specialist to ISO 9606 - 1 2013 standard. Tests are available at appropriate levels depending on ability. The tutor will advise on the test best for learners.	All types & all levels - Manual Metal Arc (MMA)/ Tungsten Inert Gas (TIG) /Metal Inert Gas (MIG)/ Coded Pipe <ul style="list-style-type: none"> • Under Health and Safety, participants on this course must not wear contact lenses. • Participants must have good hand/eye co-ordination and good manual dexterity. • Participants must bring their own Personal Protective Equipment i.e. overalls, steel toe cap boots, welding shield etc.
Safeguarding 2 – Child Welfare & Protection	Venue: Online Contact: Carlow Sports Partnership on 059 9136205	10 th 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 www.eventbrite.ie <i>Next course: 21st June 2021</i>
Developing Leaders for Hospitality & Tourism – Team Leaders	Venue: Online Contact: KCETB Training Services – Helena Comerford on (056) 7813014 or email: employerliaison@kcetb.ie	11 th 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 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 employerliaison@kcetb.ie to request further information and/or a call back.</i>

An Introduction On How To Trace Your Family History	Venue: Online Booking is essential by email to library@carlowcoco.ie	11 th May 2021	Starting at 11am	Free		Have you always wanted to trace your family history but didn't know where to start, well now is your opportunity to join Carlow Library Genealogist Bernie Walsh for this workshop. You will get lots of tips & resources to help you on your way.
Garda Vetting Training	Venue: Online Contact: Carlow Volunteer Centre Tel: 059 9173033 www.volunteercentre.ie	14 th May 2021	10.30am-12pm	Free		Suitable for any non-profit that need vetting for the first time, or an existing group with a new vetting officer or as a refresher for groups re-opening. Bookings on www.eventbrite.ie
Engaging and Managing Volunteers During COVID-19	Venue: Online Contact: Carlow Volunteer Centre Tel: 059 9173033 www.volunteercentre.ie	17 th May 2021	Starting at 1pm	Free		This training explores ways organisations dependent on volunteers can adapt their existing volunteer roles and embrace virtual volunteering. Bookings on www.eventbrite.ie
Safeguarding (1) - Child Welfare & Protection Basic Awareness	Venue: Online Contact: Carlow Sports Partnership on 059 9136205 Bookings at www.eventbrite.ie	17 th May 2021	1 evening (6.45pm-9.45pm)	€22.20		All Coaches, Club Children's Officers and Designated Liaison Persons must first complete this training. This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport. Next course: 10th June 2021
Online Train the Trainer	Venue: Online Contact: KCETB Training Services Helena Comerford on (056) 7813014 or email tsu.recruit@kilkennycarloweb.ie	18 th 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.

How to Access Formal Qualifications and Improve your Skills Base Workshop (IT Carlow)	Venue: Online Bookings at www.eventbrite.ie	18 th May 2021	12pm-1pm	Free		Objectives of this workshop are: <ul style="list-style-type: none"> • Understanding the QQI system of qualifications in Ireland • Formal qualifications from Level 6 upwards • Studying and working and the challenges involved • Opportunities available with IT Carlow in the various disciplines • Costs involved • Q&A session
Yoga & Relaxation Session	Venue: Online Contact: Carlow Volunteer Centre Tel: 059 9173033 www.volunteercentre.ie	18 th May 2021	1pm-2pm	Free		To celebrate National Volunteer Week 2021, Carlow Volunteer Centre is teaming up with Eileen Rowe to deliver a Free Yoga and Relaxation Session over Zoom. This is open to all volunteers and Volunteer Involving organisations who have given so much to their communities over the past year. Bookings on www.eventbrite.ie
Technical Writing Skills	Venue: Online Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – www.eventbrite.ie	19 th May 2021	19 th & 26 th 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.
Website Marketing Audit	Venue: Online Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152	20 th May 2021	10am-12pm	€15		In this course, participants will review how to objectively audit your website, see how your current offering compares to that of your competitors and most importantly - offer advice on how to make the most of your online assets. Bookings – www.eventbrite.ie

Forklift, Safepass & Manual Handling	Venue: O'Brien Road, Carlow Contact: KCETB Training Services Contact: Andy Hogan on (056) 7813014 or email tsu.recruit@kcetb.ie	24 th 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 – www.fetchcourses.ie Next course dates: 14th June & 4th October 2021
Basic MIG Welding (Beginners Course)	Venue: Arc Training, Athy Road, Carlow Contact: KCETB Training Services Helena Comerford on (056) 7813014 or email tsu.recruit@kilkennycarlowetb.ie	24 th 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 – www.fetchcourses.ie Course running again: 6th September
Warehouse Operations	Venue: Carlow Contact: KCETB Training Services Olive Morrissey on (056) 7813014 (ext 200) or email tsu.recruit@kilkennycarlowetb.ie	24 th 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 – www.fetchcourses.ie
Autism in Sport	Venue: Online Contact: Carlow Sports Partnership on 059 9136205	26 th May 2021	7pm-10pm	€10		This workshop will provide attendees with an understanding of Autism focussing on the delivery of sport. It will help participants to recognise and

	Bookings at www.eventbrite.ie					understand key areas of difference as well as looking at practical strategies which will help to include people with autism in sport sessions.
Office Administration Traineeship (option to specialise in Finance/ Legal/ Medical)	Venue: Online / Enterprise House , O'Brien Road, Carlow Provider – KCETB Training Services Contact: Helena Comerford Tel: 056 7813014 Web: www.kcetbtraining.ie Application through your local INTREO Office or on www.fetchcourses.ie	1 st June 2021	43 weeks – full time course	Free - if you are unemployed, redundant or no longer in full-time education.	QQI Level 5	Course content: 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.
Kickstart Your Own Business	Venue: Online Carlow Local Enterprise Board Tel: 059-9129783 enterprise@carlowcoco.ie Web: www.localenterprise.ie/Carlow/ (in association with Carlow Libraries & CCDP)	7 th June 2021	12 th & 16 th 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. Next course dates: 6th September/ 19th October
Start Your Own Business – Self Directed & Coaching	Venue: Online Carlow Local Enterprise Board Tel: 059-9129783	8 th June 2021	9.30am-10.30am on April 29 th , 6 th , 13 th ,	€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

	enterprise@carlowcoco.ie Web: www.localenterprise.ie/Carlow/ (in association with Carlow Libraries and CCDP)		20 th & 27 th May and 3 rd June			delivered as a blended course of self-directed learning, group sessions and supported by one to one coaching sessions. Each week participants will attend a one-hour group session, access the online training modules and have 1:1 mentoring support to maximise the online training environment. <i>Next course dates: 21st September/ 19th October/ 11th November</i>
Basic MMA Welding (Beginners Course)	Venue: Arc Training, Athy Road, Carlow Contact: KCETB Training Services Helena Comerford on (056) 7813014 or email tsu.recruit@kilkennycarlowebt.ie	21 st June 2021	5 weeks full time	Free	MMA Fillet Weld (EN9606-1CS01)	This course will deliver training leading to the first level of MMA Flat-Horizontal welding of plate using MMA (stick welding) process. This free course will also suit those impacted by Covid-19 who are seeking an opportunity to upskill/reskill whilst in receipt of the Pandemic Unemployment Payment (PUP). Course information and application at – www.fetchcourses.ie
Basic TIG Welding (Beginners Course)	Venue: Arc Training, Athy Road, Carlow Contact: KCETB Training Services Helena Comerford on (056) 7813014 or email tsu.recruit@kilkennycarlowebt.ie	3 rd August 2021	4 weeks full time	Free	(TIG) Stainless Steel Weld (EN9606-1SS01)	The aim of the course is to up-skill and accredit, crafts-persons and senior apprentices to the first level of TIG Stainless Steel welding. This short course has been designed to facilitate those in receipt of a Social Welfare payment including PUP to explore upskilling/reskilling opportunities. Course information and application at – www.fetchcourses.ie
Further Education Opportunities in Carlow Institute of Further	Venue: Carlow Institute of Further Education & Training, Kilkenny Road, Carlow Tel: 059 9134230 Email: info@carlowinstitute.ie	September 2021 (third week)	Full time course	Application fee: €20 Reg fee: €150 Dept of Education fee: €200 (exemptions may apply) &	Qualification is dependent on the course e.g. QQI level 5 or 6/ ITEC/ CIDESCO/ VTCT	Courses: <ul style="list-style-type: none"> • Advanced Business Practice • Advanced Makeup Artistry • Animal Care Enterprise • Animal Health Care • Animal Science • Applied Sciences

<p>Education & Training</p>	<p>Web: www.carlowinstitute.ie</p>			<p>examination fees Additional fees may apply depending on the course e.g. materials, clothing or equipment fees – please contact course provider for more details</p>	<ul style="list-style-type: none"> • Applied Social Studies • Art & Mixed Media (Portfolio Preparation) • Automation and Robotics Engineering Automotive Technology • Barbering • Beauty Therapy • Business Administration with Legal Studies • Business with Digital Marketing • Business with Human Resources • Computer Systems and Networks • Construction & Building • Early Years Educator • Engineering Technology • Film & TV Production • Film Editing & Special Effects • Fitness Instructor – Gym Based Exercise • Furniture Making & Woodworking • Games & Apps Development • Graphic Design & Visual Communication (Portfolio Preparation) • Hairdressing • Healthcare Assistant • Hotel & Hospitality Operations • Legal Studies • Makeup Artistry • Medical Administrator • Music Performance • Music Technology • Nursing Studies • Office Administration • Performing Arts
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<p>Courses in the VTOS Centre</p>	<p>Venue: VTOS, 1-3 Granby Row, Carlow Tel: 059 9140311 Email; info@vtoscarlow.ie Web: www.vtoscarlow.ie Applications also on www.fetchcourses.ie</p>	<p>September 2021 (week starting 6th)</p>	<p>Depending on the course - full time or morning course up to June 2022</p>	<p>Free to eligible participants - course, books and materials are free of charge to VTOS learners.</p>	<p>VTOS is currently enrolling for:</p> <ul style="list-style-type: none"> • Return to Learning for Adults (QQI Level 3) • Computer & Information Skills (QQI Level 3) • ESOL for Work (QQI Level 4) • Office Administration (QQI Level 4) • Business Administration (QQI Level 5) <p>Entry Requirements: Applicants must be 21 years or over and in receipt of a qualifying Social Welfare Payment for at least 6 months</p>

Part time Further Education opportunities with the Back to Education Initiative (BTEI)	Venue: Carlow town BTEI, 1b Meadow Court, Burrin Street, Carlow Tel: 059 9139532 E: bteicarlow@kilkennycarloweb.ie	September 2021	Part time courses	Free to eligible participants - for social welfare recipients or medical card holders or those without a Leaving Cert	QQI Level 4 or 5	BTEI is currently enrolling for: <ul style="list-style-type: none"> Information & Communications Technology Skills (QQI Level 4) Healthcare Support (QQI Level 5) Office Administration (QQI Level 5) Applications also on www.fetchcourses.ie
Moving On Programme for Young Mothers – Employment Skills	Venue: St. Catherine’s Community Services, Centre, St. Joseph’s Road For more information please contact Bernie Eccles on 056 7813014 www.catherines.ie Applications also on www.fetchcourses.ie	September 2021	Monday - Friday 9.30am-2.30pm (due to finish in June – 43 weeks approx.)	Free to eligible applicants (free childcare facilities onsite to support participants on this programme)	QQI Level 4 major award	The Moving On Programme is a back to education programme for mothers with priority given to those aged between 17 and 35 years of age. <u>Subjects</u> – career planning, English & Communications, Customer Service, Functional Maths, IT Skills, personal effectiveness, work experience, workplace safety, understanding inter-culturism
New Courses in Carlow College	Venue: Carlow College College, Street, Carlow Tel: 059 9153200 Email: info@carlowcollege.ie Web: www.carlowcollege.ie	September 2021			QQI Level 8	<ol style="list-style-type: none"> BA (Honours) in Psychology BA (Honours) in Media, English & Culture BA (Honours) in Philosophy, Politics and Society These new programmes are currently undergoing QQI validation and are aiming to have an intake in September through direct application to the College. While you cannot apply to these programmes yet, if you are interested in studying one of the degree programmes being developed, please complete and submit the ‘Expression of Interest’ form on the Carlow College website (www.carlowcollege.ie) and they will let you know more details (modules, fees etc.) when they are ready and when you can apply.

BALLON/ RATHOE

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
Adult Mosaic Classes	Venue: Craft Shed, Webb's Social Farm, Moorefield, Kilcoole, Rathoe, R93X791	Ongoing		Contact course provider		Participants will have the flexibility to produce their individual projects within their own timeframes. Learners will buy a base kit. This will take them from start to completion of their project. Further information on 085 7534544/ teachwebb@gmail.com
Sewing Classes	Venue: Online Ballon Business & Training Centre www.ballonbts.com	Ongoing	Thursdays (2pm-4pm)	Free		This course will run weekly. To register, email ballonbts@gmail.com
Bookkeeping – Manual & Computerised	Venue: Online Ballon Business & Training Centre Tel: 059 9159447 Web: www.bbts.ie ballonbts@gmail.com	18 th May – 20 th July 2021	10 Tuesdays (7-10pm)	€300 (includes tuition, exam & certification)	QQI Level 5 component award	This course aims to provide the learner with both an introduction to manual bookkeeping terms and principles, and the knowledge and skills necessary to operate a computerised accounts system.
Payroll - Manual & Computerised	Venue: Online Ballon Business & Training Centre Tel: 059 9159447 Web: www.bbts.ie ballonbts@gmail.com	20 th May – 22 nd July 2021	10 Thursdays (7-10pm)	€300 (includes tuition, exam & certification)	QQI Level 5 component award	The purpose of this course is to equip the learner with the knowledge, skills and competence to operate and maintain accurate payroll records using manual and computerised systems, for an organisation, working under general direction and supervision
Word Processing	Venue: Ballon Business & Training Centre Contact BTEI on 059 9139532/ bteicarlow@kilkennycarl.owetb.ie Applications also online at www.fetchcourses.ie	6 th September 2021	Mornings over 13 weeks	Free to eligible learners - to social welfare recipients or medical card holders or those without a Leaving Certificate	QQI Level 5 minor award	On successful completion of this award learners will be equipped with the knowledge, skill and competence to use a word processing application to produce documents in a variety of contexts to a mailable or publishable standard whilst working autonomously and under general direction.

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

HACKETSTOWN/ RATHVILLY/ CLONMORE

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

TULLOW- UPCOMING COURSES

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

Carlow Social Prescribing Service

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

Wellness & Mental Health Courses/ Workshops

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

						when their mental health has taken a dip. Website: https://suicideorsurvive.ie
21 Day Walking Challenge	Organised by Get Ireland Walking Tel: (01) 6251109 E: info@getirelandwalking.ie www.getirelandwalking.ie	Ongoing		Free		Aim to walk for at least 30 minutes each day. You don't have to do it all at once you can build up to 30 minutes or more by being active for at least 10 minutes in the early days. Just keep increasing the length of your walk, and watch the minutes add up. You can download a record card on the website.
5 KM Beginners Running Programme	Organised by Athletics Ireland. Programme plan available at www.athleticsireland.ie	Ongoing	8-week programme	Free		This programme is only a suggestion and should be adapted to suit your work and home life and the days of the week that is most convenient for you to exercise. Happy Running!
Recovery College South East Workshops	Venue: Online Tel: 086 1746330 Email: recoverycollegesoutheast@gmail.com Web: www.recoverycollegesoutheast.com/	May – June Workshops	Varies	Free		Courses at the Recovery College are for everyone. May Workshops 3 rd – Understanding and Living with Bipolar 10 th – Understanding and Managing Stress 10 th – Talking and Listening: It Works Both Ways 18 th – Practical Facilitation Skills 19 th – Understanding Loss and Bereavement 26 th – Lunchtime Wellbeing June Workshops 2 nd June – Understanding and Managing Anger 30 th June – Lunchtime Wellbeing
Living Well Programme	Venue: Online Provided by the HSE For bookings or enquiries email: selfmanagementsupports@sech@hse.ie	24 th May 2021 onwards	6-week programme (2½ hours per week)	Free		Living Well is a free Self-Management programme for adults living with long-term health conditions. Dates: • 24 th May – 12 th July – any long-term health conditions

	<p>or call Catriona on 087 2939881 or Edel on 087 4088325</p> <p>selfmanagementsupports@hse.ie</p>					<ul style="list-style-type: none"> • 29th May – 10th July – Post COVID 19 Syndrome • 15th June – 27th July – POST COVID 19 Syndrome • 18th June – 20th July – any long-term health conditions <p>Website: www.hse.ie/LivingWell</p>
Stress Control	<p>Venue: Online</p> <p>https://stresscontrol.ie/</p>	May-June 2021	Mondays & Thursdays at 9am	Free		<p>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.</p>

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.