

## COMMUNITY EMPLOYMENT OPPORTUNITIES

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

**Pool:** [1 Pool Attendant](#) – Job Ref No: CES-2211230  
**Rehab Care:** [2 Support Workers](#) - Job Ref No: CES-2206767  
**Killeshin Parish:** [2 Caretakers](#) - Job Ref No: CES-2210186  
**St. Fiacc’s House:** [5 Support Workers](#) - Job Ref No: CES-2210690  
**Rehab Care:** [1 Caretaker](#) –Job Ref No: CES-2206769

We can offer you: **Top Quality Training & Career Opportunities**  
 We can provide: **Many Different Courses to Suit Your Individual Needs.**  
 These vacancies can be found on [www.jobsireland.ie](http://www.jobsireland.ie) or call **(059) 9134887** or **085 8584187** for further information.

**CHECK  
THIS  
OUT!!!**

If you are 21+ and receiving a social welfare payment you may be eligible for a **Community Employment Scheme** with  
***CARLOW EARLY YEARS TRAINING SCHEME***

<u>Childcare Assistant Jobs Available:</u>		<u>Assistant Cook Jobs Available:</u>	
Leighlinbridge	Job Ref #CES-2155241	Leighlinbridge	Job Ref #CES-2195614
Tots to Teens Tullow	Job Ref #CES-2155372	Chatterbox Tullow	Job Ref #CES-2200691
Rathoe	Job Ref #CES-2157789		
Ballon	Job Ref #CES-2158571		
Bagenalstown	Job Ref #CES-2164141		
Forward Steps Tullow	Job Ref #CES-2193949		
Chatterbox Tullow	Job Ref #CES-2194174		
Pied Piper Rathvilly	Job Ref #CES-2196671		
St Catherine’s Carlow	Job Ref #CES-2198698		

For more information please call **(059) 91 34996** or **087 195 2980** or **086 1855052** or check [www.jobsireland.ie](http://www.jobsireland.ie) for these and upcoming vacancies.  
 Carlow Early Years Training Scheme provides trainees with the skills, training and opportunities throughout their time on the scheme.

**TULLOW COMMUNITY GROUP CLG - COMMUNITY EMPLOYMENT SCHEME**

- Would you like to get out and meet people?
- Update your skills or learn new ones?
- Or need help to get back into the workforce and want support to do so?

MAYBE WE CAN HELP If you have been out of work or out sick and on a Social Welfare Payment for some time now, you may be eligible to work part-time in your local community on our Community Employment Scheme, where we have a variety of positions available.

For more information Contact Liz or Jeni at 059 9180977 or [info@tullowcommunitygroup.ie](mailto:info@tullowcommunitygroup.ie) Look at the video link below to see what a Community Employment Scheme can do for you! Video - [www.videohttps://vimeo.com/523868167](http://www.videohttps://vimeo.com/523868167)

**VACANCIES as advertised on [www.jobsireland.ie](http://www.jobsireland.ie)**

**REF NO: #CES**

Care Assistant/Driver - B Licence - Based in Cairdeas Centres	2179910
Food Preparation/Cleaner - Based in Forward Steps Resource Centre	2179911
Caretaker/Maintenance - Tullow Parish	2205105
Receptionist/Clerical Support - Based in Teach Bhríde	2205142
Environmental Worker for Tullow	2205217
Administration Assistant/Youth Support - Based in Tullow Area Schools Completion Programme	2205228
Caretaker/Maintenance Worker - Tullow & South Leinster Sports and Tennis Club	2210254
Maintenance Worker - Based in Forward Steps Resource Centre Ltd	2210263
Coach/Caretaker - Based in Tullow Amateur Boxing Club	2211667
Driver/Maintenance Worker - Based in Cheshire	2211668
Farm Worker - Based in St. Francis Farm	2211669
Cleaning/Assistant - Based in Cheshire	2211670
Intellectual Disabilities - Activities/Support Worker - Based in Cairdeas Centres	2215535

**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 10am-11am	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 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>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></p>	<p>Continuous</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>Pitman Training offers career-focused training across Carlow and Kilkenny, delivering flexible and self-paced training via home-study and at our training centre in Carlow. Courses and Diplomas available in Office &amp; Secretarial; Microsoft Office; Sage, Accounting &amp; Book keeping; Business &amp; Administration; IT; Visual Design; Software &amp; Web Development; Language and Personal Development; Marketing. Web: <a href="http://www.pitman-training.ie/our-centres/carlow">www.pitman-training.ie/our-centres/carlow</a></p>
<p><b>Barrow Training Courses &amp; Workshops</b></p>	<p>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></p>	<p>Ongoing</p>	<p>Varies</p>	<p>Varies depending on the course/ workshop – costs available on the Barrow Training website</p>	<p>Varies depending on the course/ workshop – qualification details available on the Barrow Training website</p>	<ul style="list-style-type: none"> <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> <li>• QQI Level 6 in Supervisory Management</li> <li>• QQI Level 6 in Safety Management</li> <li>• QQI Level 6 in Training Delivery &amp; Evaluation</li> </ul>

<b>CPC Training – Truck &amp; Bus Drivers (Continual Professional Development)</b>	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>	Ongoing	1 day per module	€65 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"> <li>• 3<sup>rd</sup> April - The Role of the Professional Driver in the Transport Industry</li> <li>• 9<sup>th</sup> April - Control of Vehicle &amp; Eco Driving Techniques</li> <li>• 16<sup>th</sup> April – Minimising Risks &amp; Managing Emergencies</li> <li>• 24<sup>th</sup> April - Health &amp; Safety of the Professional Driver</li> <li>• 30<sup>th</sup> April - The Professional Truck Driver</li> </ul>
<b>Train the Trainer</b>	Venue: Hybrid Learning/ Carlow Gateway Business Centre Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152	5 <sup>th</sup> April 2022	4 days – 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> April	€495	QQI Level 6 Minor Award	This programme aims to equip learners with the critical skills, knowledge and attitudes to the deliver and evaluate highly participatory, learner centered and varied training programmes to groups and individuals in accordance with international best practice. Bookings – <a href="https://carlowkilkennyskillnet.ie/">https://carlowkilkennyskillnet.ie/</a>
<b>Business Writing</b>	Venue: <b>Online</b> Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152	6 <sup>th</sup> April 2022	10am-12pm	€45		This session will give you a number of ideas and practical skills to present clear, good quality business emails and reports. Workshop Content includes: Producing a Clear Writing Plan; Overcoming the 3 common flaws in business writing: Grammar Gaffs, Crazy Words & Daft Logic; Making your ideas attractive to your readers Bookings – <a href="https://carlowkilkennyskillnet.ie/">https://carlowkilkennyskillnet.ie/</a>
<b>Safeguarding (1) - Child Welfare &amp; Protection</b>	Venue: <b>Online</b> Contact: Carlow Sports Partnership on 059 9136205	7 <sup>th</sup> April 2022	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

<b>Basic Awareness</b>	Bookings at <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>					implementation of best practice in protecting the welfare of children involved in sport. <b>Next course dates: 12<sup>th</sup> May, 16<sup>th</sup> May &amp; 14<sup>th</sup> June</b>
<b>Food Hygiene Training</b>	Venue: Seven Oaks Hotel For more information please contact Sharon in CCDP on 086 0404053 or email <a href="mailto:sscanlon@carlowdevelopment.ie">sscanlon@carlowdevelopment.ie</a>	11 <sup>th</sup> April 2022	1 day (9.30am-4.30pm)	Free		Looking for work in the food industry? This is the first part of HACCP training. Course Content – food contamination, food delivery and storage, food preparation, cooking and service, design and layout of a food premises, pest control and cleaning.
<b>Safeguarding (3) – Club Designated Liaison Person</b>	Venue: <b>Online</b> Contact: Carlow Sports Partnership on 059 9136205 Bookings at <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	12 <sup>th</sup> April 2022	1 evening (7pm-10pm)	€22.20		A Club DLP is responsible for reporting allegations or suspicions of child abuse to TULSA Child and Family Agency or Social Services (NI) and/or An Garda Síochána / PSNI. It is recommended that this person is a senior club person
<b>Kickstart Your Own Business</b>	Venue: Woodford Dolmen Hotel Organiser 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>	12 <sup>th</sup> April 2022	12 <sup>th</sup> & 19 <sup>th</sup> April (6.45pm-9.45pm)	€30		The aim of the Kick Start Programme is to get participants to focus on market research, target audience, business concept or product, consumer issues & market options. This programme will also focus on finance & financial planning for start-ups. The programme is delivered over a 7 hour workshop and each participant has the opportunity to avail of a one to one mentoring session to gain individual insights in their business idea. <b>Next course dates: 7<sup>th</sup> June, 12<sup>th</sup> July, 16<sup>th</sup> September, 11<sup>th</sup> October, 8<sup>th</sup> November and 29<sup>th</sup> November</b>
<b>First Aid Responder Refresher Course</b>	Venue: Carlow Provider: Ali Active Training Tel: 087 8231276/ <a href="mailto:info@aliactivetraining.ie">info@aliactivetraining.ie</a> <a href="http://www.aliactivetraining.com">www.aliactivetraining.com</a>	16 <sup>th</sup> April 2022	2 days- 16 <sup>th</sup> & 23 <sup>rd</sup> April	Contact course provider for more information	PHECC	This course is open to anyone who currently holds a valid Occupational First Aid Certificate which is due for renewal. Refresher courses are essential every two years to maintain your status as a First Aid Responder,

						to keep up with developments in first aid and to refresh skills learned previously that may be only intermittently used.
<b>Building an Invisible Business</b>	Venue: Seven Oaks Hotel Contact Sharon in Carlow Development Partnership on 089 4780428/ 086 0404053/ <a href="mailto:jetshub@carlowdevelopment.ie">jetshub@carlowdevelopment.ie</a>	19 <sup>th</sup> April 2022	4 days – 19 <sup>th</sup> & 26 <sup>th</sup> April & 3 <sup>rd</sup> & 10 <sup>th</sup> May (9.30am-4.30pm)	Free		Join us for a deep dive into what it takes to build and grow a successful business entity. Course content 1. Defining your market fit 2. Building a sustainable business model 3. The process of starting a business 4. Setting the price & marketing
<b>First Aid Responder</b>	Venue: Carlow Gateway Business Centre Provider: Carlow Kilkenny Skillnet For more information please call Jacqueline on 059 9132152 Bookings – <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>	21 <sup>st</sup> April 2022	3 days – 21 <sup>st</sup> & 28 <sup>th</sup> April & 5 <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>Culinary Skills Taster</b>	Venue: TBC Contact Sharon in Carlow Development Partnership on 089 4780428/ 086 0404053/ <a href="mailto:jetshub@carlowdevelopment.ie">jetshub@carlowdevelopment.ie</a>	21 <sup>st</sup> April 2022	3 days – 21 <sup>st</sup> , 26 <sup>th</sup> & 28 <sup>th</sup> April (tbc)	Free		Training Opportunity for people that are unemployed - considering work in Deli's, Food Outlets, Kitchens? You need this training. Deli Skills course including HACCP training certificate.
<b>Start Your Own Business</b>	Venue: Woodford Dolmen Hotel Organiser - 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>	23 <sup>rd</sup> April 2022	3 days – 23 <sup>rd</sup> & 30 <sup>th</sup> April and 7 <sup>th</sup> May (9.30am-4.30pm)	€50		This programme will provide individuals who are seeking to start their own business with the skills, management tools and expertise in making the right decisions, planning and organising effectively. It will help individuals gauge what will be required in order to keep their new venture running effectively and efficiently.



						<b>Next course dates: 18<sup>th</sup> May (evening course), 18<sup>th</sup> June, 17<sup>th</sup> September, 22<sup>nd</sup> October, 2<sup>nd</sup> November (evening course)</b>
<b>Flourish – Building a Happy Brain</b>	Venue: Carlow Cathedral Parish Centre Email: <a href="mailto:carlowmentalhealth@hotmail.com">carlowmentalhealth@hotmail.com</a> or by dropping us a private message here on social media.	26 <sup>th</sup> April 2022	7pm-9pm	Free		Carlow Mental Health Association are delighted to host Paddy Moran - Neuro Organisational Culture Coach, Certified Neuro Coach and Neuro Leader to Carlow. The event is free but we would appreciate if you could let us know if you would like to attend.
<b>Welding – Basic/ Intermediate/ Advanced Levels (MMA/ TIG/ MIG &amp; Coded Pipe)</b>	Venue: Arc Training, Newacre, Athy Road, Carlow Contact Aine Byrne on 059 9131624/ <a href="mailto:abyrne@thompson.ie">abyrne@thompson.ie</a> Web: <a href="http://www.arctrainingsolutions.com">www.arctrainingsolutions.com</a>	26 <sup>th</sup> April – 2 <sup>nd</sup> June 2022	6 weeks – 2 evenings per week (6pm-9pm) Tuesdays & Thursdays	Please contact course provider – varies depending on course and if certification is required	Testing is done by an independent specialist to ISO 9606 - 1 2013 standard. Tests are available at appropriate levels depending on ability. The tutor will advise on the test best for learners.	All types & all levels - Manual Metal Arc (MMA)/ Tungsten Inert Gas (TIG) /Metal Inert Gas (MIG)/ Coded Pipe <ul style="list-style-type: none"> <li>• Under Health and Safety, participants on this course must not wear contact lenses.</li> <li>• Participants must have good hand/eye co-ordination and good manual dexterity.</li> <li>• Participants must bring their own Personal Protective Equipment i.e. overalls, steel toe cap boots, welding shield etc.</li> </ul>
<b>Dry Needle Felting</b>	Venue: Askea Parish Community Centre	26 <sup>th</sup> April 2022	4 Tuesdays 10.30am-11.30am	Contact Course Provider		This course is suitable for beginners-improvers. Call Simone at 0857534544 for enquiries/ bookings.
<b>Special Needs Assisting</b>	Venue: <b>Online</b> Contact Barrow Training for more information 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>	27 <sup>th</sup> April 2022	8 Wednesdays (6.30pm-9.30pm)	Contact Course Provider	QQI Level 5 Minor Award	This programme is aimed at learners who wish or are required to build their knowledge and support skills to enable a much more effective and inclusive service to be offered to children in early years environments with special developments and educational requirements.
<b>Safeguarding (2) – Club's</b>	Venue: <b>Online</b>	28 <sup>th</sup> April 2022	1 evening (6.45pm-9.45pm)	€22.20		A Club Children's Officer should be child centered in focus and have as the primary aim the establishment of a



<b>Children Officer</b>	Contact: Carlow Sports Partnership on 059 9136205 Bookings at <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>					child centered ethos within the club. S/He is the link between the children and the adults in the club. S/He also takes responsibility for monitoring and reporting to the Club Management Committee on how club policy impacts on young people and Sports Leaders.
<b>Swimmin' Women 8 – Week Programme</b>	Venue: Graiguecullen Swimming Pool Contact: Carlow Sports Partnership on 059 9136205/ <a href="mailto:mfennelly@carlowcoco.ie">mfennelly@carlowcoco.ie</a>	28 <sup>th</sup> April 2022	8 Thursdays (@ 8.15pm)	€40		This Programme aims to encourage and empower women to participate in water sports to learn how to swim and experience how swimming can support females throughout and during the perimenopause and menopause transition periods. Bookings at <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>
<b>Oil Painting Workshop</b>	Venue: An Gairdin Beo, Dublin Street, Carlow	30 <sup>th</sup> April 2022	10am-4pm	Contact course provider for more information		Course content - covering, materials, techniques, colour mixing, composition, perspective, inspiration and more. For full details phone artist Mary Clare Nolan @ 087 2636520. <a href="http://www.maryclarenolan.com">www.maryclarenolan.com</a>
<b>First Aid Responder</b>	Venue: Carlow Provider: Ali Active Training Tel: 087 8231276/ <a href="mailto:info@aliactivetraining.ie">info@aliactivetraining.ie</a> <a href="http://www.aliactivetraining.com">www.aliactivetraining.com</a>	30 <sup>th</sup> April 2022	3 days - 30 <sup>th</sup> April, 7 <sup>th</sup> & 14 <sup>th</sup> May	Contact course provider for more information	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.
<b>Basic Welding</b>	Venue: Carlow Town Contact: KCETB Training Services Andy Hogan (056) 7813014 (Ext. 202) or email <a href="mailto:tsu.recruit@kilkennycarlowetb.ie">tsu.recruit@kilkennycarlowetb.ie</a>	2 <sup>nd</sup> May 2022	12 weeks full time	Free to eligible applicants	MMA Fillet Multi-Run 6mm Plate (EN9606-CS13) MIG Fillet 6mm Plate (EN9606-CS15) SS TIG Complete Fillet Weld 3mm (EN9606-SS06)	On successful completion of one or more of the Approved EN Certifying Body awards, applicants can source employment in the field of welding and complete a range of welding tasks in different welding positions depending on the standard attained. Course information and application at – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a> <b>Course running again: 25<sup>th</sup> July 2022</b>

<b>Hanging Baskets, Pots, Containers and Summer Gardening with Eddie</b>	Venue: <b>Online</b> KCETB Virtual Community Education Contact Fiona on 059 9179376/ <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a>	2 <sup>nd</sup> May 2022	6 Tuesdays (7-9pm)	Free		This course is free and will take place over Zoom. If you would like further information or if you would like to book a place on this course, please contact Fiona at <a href="mailto:fdunne@kcetb.ie">fdunne@kcetb.ie</a>
<b>Prepare to Work in Construction</b>	Venue: Carlow Town Contact: KCETB Training Services Andy Hogan (056) 7813014 (Ext 202) or email <a href="mailto:tsu.recruit@kilkennycarlowebt.ie">tsu.recruit@kilkennycarlowebt.ie</a>	3 <sup>rd</sup> May 2022	3 weeks full time	Free to eligible applicants		This short training programme 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 in the Construction industry. Course content will include: Mobile Elevated Work Platform; Manual Handling; Safepass; Abrasive Wheels; Career Planning; Digital Skills Audit (Content is provisional and subject to change). Course information and application at – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>
<b>Conversational Irish</b>	Venue: Carlow College, College Street, Carlow Tel: 059 9153200 Email: <a href="mailto:info@carlowcollege.ie">info@carlowcollege.ie</a> Web: <a href="http://www.carlowcollege.ie">www.carlowcollege.ie</a>	3 <sup>rd</sup> May 2022	6 Tuesdays (7pm-9pm)	€125		Carlow College and Glór Cheatharlach are delighted to announce that in-person Irish language evening classes for adults will be on offer in the College this summer. The emphasis will be on conversational Irish and the course is suitable for participants who have some knowledge of the language and wish to improve
<b>Getting Started With Local History</b>	Venue: Carlow College (St. Patrick's), College Street, Carlow Tel: 059 9153200 Web: <a href="http://www.carlowcollege.ie">www.carlowcollege.ie</a> Email: <a href="mailto:info@carlowcollege.ie">info@carlowcollege.ie</a>	3 <sup>rd</sup> May 2022	6 Tuesdays (7-9pm)	€125		This programme will focus on 4 main topics: <ul style="list-style-type: none"> <li>• Doing Local History – where to find historical information on your area, using old maps, journals, and existing sources and how to use them to help you get started in exploring history in your area.</li> <li>• Navigating Online Sources – Biased vs objective sources – How</li> </ul>

	Registration - <a href="https://carlowcollege.ie/courses/evening-courses/">https://carlowcollege.ie/courses/evening-courses/</a>					<p>to spot fake news! Using free to access, and verified sites, for historical research in your area.</p> <ul style="list-style-type: none"> <li>• Writing and Talking Local History – Preparing essays for local heritage journals or newsletters in your community. Looking at layout, content and publication styles. Basics on history podcasting.</li> <li>• Commemorating the local – How to get involved in heritage in your area. (Community monuments fund, Local Heritage officer events, Genealogy clubs, Heritage and Archaeological Society local history talks).</li> </ul>
<b>The Psychology of Being a Woman: Walk In Her Shoes</b>	<p>Venue: Carlow College (St. Patrick's), College Street, Carlow Tel: 059 9153200 Web: <a href="http://www.carlowcollege.ie">www.carlowcollege.ie</a> Email: <a href="mailto:info@carlowcollege.ie">info@carlowcollege.ie</a> Registration - <a href="https://carlowcollege.ie/courses/evening-courses/">https://carlowcollege.ie/courses/evening-courses/</a></p>	3 <sup>rd</sup> May 2022	6 Tuesdays (7-9pm)	€125		<p>This introductory course is designed for people interested in psychology and invites all people- regardless of sex or gender identity – to come and walk in her shoes! The course will use a psychological lens to explore the following areas:</p> <ul style="list-style-type: none"> <li>• Women: Personality and Perceptions</li> <li>• Women: Childhood and Adolescence</li> <li>• Women: As Employees and as Bosses</li> <li>• Women: Mental Health Difficulties and Disorders</li> <li>• Women: Criminals and Victims</li> <li>• Women: In the Media and in Society</li> </ul>
<b>Mental Health &amp; Wellbeing</b>	Venue: <b>Online Webinar</b> organised by Carlow Library.	4 <sup>th</sup> May 2022	Starting at 11am	Free		Mental Health and Wellbeing online workshop with Gina Delaney, Mental Health Ireland. Explore and enhance understanding of mental health and

						wellbeing. For registration link call Fiona on 059 9129706 or email <a href="mailto:fotoole@carlowcoco.ie">fotoole@carlowcoco.ie</a>
<b>Project Management</b>	Venue: <b>Online</b> - Zoom Contact Sharon in Carlow Development Partnership on 089 4780428/ 086 0404053/ <a href="mailto:jetshub@carlowdevelopment.ie">jetshub@carlowdevelopment.ie</a>	5 <sup>th</sup> May 2022	4 days – 5 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> May & 7 <sup>th</sup> June (9.30am- 5pm)	Free – Unemployed, PUP Payment, Part-Time Workers	QQI Level 6 minor award	This course will equip the learner with the essential knowledge, skills and competencies to plan, implement and review projects. Its aim is to enable the learner to gain an understanding of best practice theory, principles and practices required to efficiently take responsibility for their role in a project.
<b>The Human Condition: An Introduction to Psychology</b>	Venue: Carlow College (St. Patrick's), College Street, Carlow Tel: 059 9153200 Web: <a href="http://www.carlowcollege.ie">www.carlowcollege.ie</a> Email: <a href="mailto:info@carlowcollege.ie">info@carlowcollege.ie</a> Registration - <a href="https://carlowcollege.ie/courses/evening-courses/">https://carlowcollege.ie/courses/evening-courses/</a>	5 <sup>th</sup> May 2022	6 Thursdays (7-9pm)	€125		Fascinated by Psychology? Looking for a place to start? This course provides an introduction to the light and dark side of the human condition – the good, the bad and the in-between! The course draws on theory and research from a range of areas in psychology – such as personality psychology, social psychology, developmental psychology, cyberpsychology, and criminal psychology – to explore the following questions: <ul style="list-style-type: none"> <li>• Why do we perceive some people as 'good' and others as 'bad'?</li> <li>• Are you born 'bad' or born 'good'?</li> <li>• Why do 'good' people do bad things?</li> <li>• Why do some people get away with doing bad things?</li> <li>• What factors can help to make you a better person?</li> </ul>
<b>Try the Pipes!</b>	Venue: Carlow Library To book your place at this fun musical event, email <a href="mailto:library@carlowcoco.ie">library@carlowcoco.ie</a> or call 059 9129705	7 <sup>th</sup> May 2022	11am-1pm	Free		A great opportunity for anyone of any age to meet professional Uilleann Pipe Players and try out the pipes yourself!

<b>Men's Taster Session – Dragon Boat</b>	Venue: The River Barrow, Carlow Town Queries please email <a href="mailto:carlowdragonboats@gmail.com">carlowdragonboats@gmail.com</a> or call Emma at 087 9601135	8 <sup>th</sup> May 2022	Meeting at 10.30am	€5		Taster opportunity to participate in and experience a Men's Taster Session on the Dragon Boat. Bookings on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>
<b>Train the Trainer</b>	Venue: <b>Online</b> Contact: KCETB Training Services Helena Comerford (056) 7813014 or email <a href="mailto:tsu.recruit@kilkennycarlowebt.ie">tsu.recruit@kilkennycarlowebt.ie</a>	9 <sup>th</sup> May 2022	16 weeks – Monday and Tuesday evenings	This course is 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.	QQI Level 6 Minor Awards in (1) Training Delivery & Evaluation and (2) Training Needs Identification & Design	The successful completion of the QQI L6 Special Purpose Award in Training and Development will enable applicants to acquire a teacher training qualification without subject specialisation. Successful applicants will be able to source employment in the training and education sector identifying training and development needs and delivering and evaluating a training intervention within a range of training and development contexts.
<b>Driver Theory Test Preparation for Bus and Truck</b>	Venue: Carlow Town Contact: KCETB Training Services Any Hogan (056) 7813014 (Ext. 202) or email <a href="mailto:tsu.recruit@kilkennycarlowebt.ie">tsu.recruit@kilkennycarlowebt.ie</a>	9 <sup>th</sup> May 2022	3 weeks – two days per week, dates to be confirmed	Free to eligible applicants		This course aims to support the learner in preparing for the Driver C & D Theory Tests. It will allow the learner to become familiar with the format of the test and to practice taking the test. Course information and application at – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>
<b>Forklift, Safe Pass &amp; Manual Handling</b>	Venue: Carlow Town Contact: KCETB Training Services Andy Hogan (056) 7813014 (ext. 202) or email <a href="mailto:tsu.recruit@kilkennycarlowebt.ie">tsu.recruit@kilkennycarlowebt.ie</a>	9 <sup>th</sup> May 2022	3 weeks full time	Free to eligible applicants		This short programme will be offered through Skills to Compete funding and is aimed at those whose working lives have been impacted by Covid-19 and who would now like to take the opportunity to upskill/reskill. As this course is only 3 weeks, trainees in receipt of a Social Welfare payment (including PUP payment) will remain registered with their local DSP office

						for payments. Course information and application at – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>
<b>Prepare to Work in Hospitality</b>	Venue: Carlow Town Contact: KCETB Training Services Bernie Eccles (056) 7813014 or email <a href="mailto:tsu.recruit@kilkennycarloweb.ie">tsu.recruit@kilkennycarloweb.ie</a>	9 <sup>th</sup> May 2022	3 weeks full time	Free to eligible applicants		This short training programme is aimed at those who would like to explore working in the hospitality/customer service industry. Course content will include: First Aid Responder (PHECC); Barista Skills; Manual Handling; HACCP; Basic Computers; Customer Service; Career Guidance. Course information and application at – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>
<b>Marketing, PR &amp; Communication</b>	Venue: Woodford Dolmen Hotel Organiser - 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>	12 <sup>th</sup> May 2022	1 day (9.30am-4.30pm)	€30		This course focuses on the basics of marketing, PR & communication. As the means of communication between the company and the customer, marketing is an integral part of any business and requires planning. The course will include - the 6 Ps, Market Messaging, Online Tools and Offline Tools, Branding and Messaging, Media Selection, and online marketing.
<b>Writing Fiction</b>	Venue: Carlow College (St. Patrick's), College Street, Carlow Tel: 059 9153200 Web: <a href="http://www.carlowcollege.ie">www.carlowcollege.ie</a> Email: <a href="mailto:info@carlowcollege.ie">info@carlowcollege.ie</a> Registration - <a href="https://carlowcollege.ie/courses/evening-courses/">https://carlowcollege.ie/courses/evening-courses/</a>	12 <sup>th</sup> May 2022	6 Thursdays (7-9pm)	€125		This course will explore the art of writing fiction. Whether you want to write for publication or for personal enjoyment, these classes will introduce you to essential elements of fiction such as story, plot, character, setting, narration, viewpoint and more. Through a series of guided, interactive workshops you will also read some of the best and most useful examples of fiction to help you understand and hone your own writing process. This creative writing course is suitable for all aspiring fiction writers.
<b>Professional Office</b>	Venue: Carlow Town	16 <sup>th</sup> May 2022	41 weeks	Free to eligible participants	QQI Level 5 Major Award	The successful completion of the QQI Level 5 award in Office Administration

<b>Administration Traineeship (Medical/ Finance/ Legal)</b>	Contact: KCETB Training Services Helena Comerford (056) 7813014 or email <a href="mailto:tsu.recruit@kilkennycarlowetb.ie">tsu.recruit@kilkennycarlowetb.ie</a>					will enable applicants to work independently and under supervision providing administration services and support in a range of office administration contexts in a modern office environment. Course information and application at – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>
<b>Sales Planning and Lead Generation</b>	Venue: Woodford Dolmen Hotel Organiser - 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>	31 <sup>st</sup> May 2022	1 day (9.30am-4.30pm)	€30		Participants will learn the necessary skills to help them explore new avenues for generating sales leads, effectively network both on and offline, build alliances and develop opportunities with existing clients. They will also learn the key steps to create slick, results driven, targeted and cost-effective sales campaigns (direct mail, email and telephone) to develop relations and win sales.
<b>Digital Marketing – What, Why &amp; How?</b>	Venue: Woodford Dolmen Hotel Organiser - 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>	7 <sup>th</sup> June 2022	1 day (9.30am-4.30pm)	€30		The course should give participants an introduction to digital marketing and provide a practical guide on how to develop a digital marketing strategy. Key topics should include: Using digital marketing to drive sales, website development, SEO, Marketing on Facebook, Twitter, Linked In, Snapchat, Instagram and Pinterest.
<b>First Aid Responder Course</b>	Venue: TBC Contact Barrow Training for more information 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>	8 <sup>th</sup> June 2022	3 days – 8 <sup>th</sup> , 15 <sup>th</sup> & 22 <sup>nd</sup> June	Contact course provider for fees		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.
<b>Let's Get Visual – Photography &amp;</b>	Venue: Woodford Dolmen Hotel	28 <sup>th</sup> June 2022	1 day (9.30am-4.30pm)	€30		This course is to teach business owners how to create impactful photos and videos for business using a mobile



<b>Videography for Business</b>	Organiser - 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>					phone and camera, to develop reusable image templates and design as well as learning how to resize and optimize images for different digital platforms, learn how to add logos and captions for social media and to “bank” content for digital platforms. Participants will be advised on how to cost effectively edit and produce photos and videos and how to use “user generated content” and incorporate it into their visual storytelling. <b>Next course date: 4<sup>th</sup> October</b>
<b>How to advertise on Facebook and Instagram Level 1</b>	Venue: <b>Online</b> Organiser - 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>	26 <sup>th</sup> July 2022	1 afternoon (1.30pm-4.30pm)	€20		This course will explain how Facebook works and how you could use it as a low cost highly targeted tool to promote your new or existing business. This course is not suitable for people who are unsure how Facebook works e.g. Beginners.
<b>Instagram for Business - Beginners</b>	Venue: <b>Online</b> Organiser - 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>	7 <sup>th</sup> September 2022	1 morning (9.30am-12.30pm)	€20		This live online training course will explain what Instagram is and how to use it to market your business. It will explain how to set up your profile correctly and some key settings for business. It will show you how to search and people to follow. How the newsfeed works and how to post. It will give you an overview of Instagram Stories and how you can post a story. It will also explain how to use Instagram as a free marketing tool and will give you an introduction to Instagram Reels.

<b>Healthcare Support Traineeship</b>	Venue: Carlow Town Contact: KCETB Training Services Helena Comerford (056) 7813014 (Ext 208) or email <a href="mailto:tsu.recruit@kilkennycarlowebt.ie">tsu.recruit@kilkennycarlowebt.ie</a>	26 <sup>th</sup> September 2022	46 weeks (Class based learning: 2 days per week Workplace learning: 2.5 days per week)	Free to eligible participants	QQI Level 5 Major Award	On completion of this Programme, learners may pursue roles within the Health, Family and Social Care sector which may include working as Health Care Support Workers, Carers, Youth Workers or in a broad range of roles in this industry in the public, community and private sectors. Course information and application at – <a href="http://www.fetchcourses.ie">www.fetchcourses.ie</a>
<b>Video Production – Tools, Techniques &amp; Tactics</b>	Venue: Seven Oaks Hotel Organiser - 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>	25 <sup>th</sup> October 2022	1 day (9.30am-4.30pm)	€30		This course is aimed to support participants by demonstrating how to create and edit videos for use on websites and social media channels. This course includes a 60-day editing software licence and also includes signposting and access to dedicated resources including worksheets, checklists, online tutorials and post workshop support and guidance.
<b>Finance for Non-Financial Managers</b>	Venue: Seven Oaks Hotel Organiser - 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>	15 <sup>th</sup> November 2022	1 day (9.30am-4.30pm)	€30		The aim of the course is to increase the knowledge, skills and competencies of participants in the areas of finance within their organisation – specifically to give them an understanding of financial terminology as well as how to read and understand a P&L and Balance Sheet. It will also give participants an understanding of the issues they need to be aware of to enable them to set up an effective and efficient cashflow management system in their business to help nurture, sustain and grow.
<b>Beginners Guide to Social Media</b>	Venue: Seven Oaks Hotel Organiser - Carlow Local Enterprise Board Tel: 059-9129783	6 <sup>th</sup> December 2022	1 day (9.30am-4.30pm)	€30		This course is a guide for beginners to learn the basics of social media. Platforms covered are Facebook, Instagram, YouTube, WhatsApp and

	<a href="mailto:enterprise@carlowcoco.ie">enterprise@carlowcoco.ie</a> Web: <a href="http://www.localenterprise.ie/Carlow/">www.localenterprise.ie/Carlow/</a>					LinkedIn, teaching participants how they can use these platforms for business.
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### BAGENALSTOWN/ LEIGHLINBRIDGE

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
<b>Women's Fitness/ Circuit Classes</b>	Venue: Leighlinbridge Parish Centre	Tuesdays @ 7.30pm & Thursdays @ 7pm				Classes are suitable for all levels. Contact Aisling on 087-2460352 to book your place
<b>Pilates</b>	Venue: Leighlinbridge Parish Centre	25 <sup>th</sup> April 2022	6 weeks			Mondays @ 7.45pm & Thursdays @ 10.15am. Please contact (087) 7731106 to book or <a href="mailto:pilates@tmpilates.com">pilates@tmpilates.com</a>
<b>Yoga for All</b>	Venue: Leighlinbridge Parish Centre For more information please see <a href="http://www.yogaforall.ie">www.yogaforall.ie</a> or call 086 3082450	27 <sup>th</sup> April 2022	8 week course 5.45pm-7pm	€120		This course is beginner friendly as we ease our way back into our bodies. Eight weeks to discover and explore, where we are starting from and moving kindly from there.
<b>Kayak Level 1 Course</b>	Venue: River Barrow in Bagenalstown Meeting point – Bagenalstown Swimming Pool Queries can be emailed to Majella via <a href="mailto:mfennelly@carlowcoco.ie">mfennelly@carlowcoco.ie</a>	30 <sup>th</sup> April 2022	10am-3pm	€25	Canoeing Ireland's Kayak Level 1 Skills Award	No kayak experience necessary. Participants will be expected to be comfortable in the water. Participants that wish to enrol in this training will be expected to join the Bagenalstown Kayak & SUPB Club and become members of Canoeing Ireland. Booking at <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>
<b>Adult Learn to Cycle</b>	Venue: McGrath Memorial Park, Bagenalstown. For information email <a href="mailto:carlowsports@carlowcoco.ie">carlowsports@carlowcoco.ie</a>	18 <sup>th</sup> May 2022	18 <sup>th</sup> , 25 <sup>th</sup> May & 1 <sup>st</sup> & 8 <sup>th</sup> June (5.30pm-7pm)	Free		Bicycle and helmet provided. Learn to balance and cycle and build confidence. Bookings at <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>

**BALLON/ RATHOE**

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
<b>Payroll - Manual &amp; Computerised</b>	Venue: Ballon Business & Training Centre Tel: 059 9159447 Web: <a href="http://www.bbts.ie">www.bbts.ie</a> <a href="mailto:ballonbts@gmail.com">ballonbts@gmail.com</a>	7 <sup>th</sup> April 2022	10 Thursdays (7-10pm)	€300 (includes tuition, exam & certification)/ funding may be available if you are receiving certain social welfare payments	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
<b>Sewing Classes</b>	Venue: Ballon Business & Training Centre Tel: 059 9159447 Email <a href="mailto:ballonbts@gmail.com">ballonbts@gmail.com</a>	25 <sup>th</sup> April 2022	4 Mondays (9.30am-12.30pm)	€50		Course suitable for beginners upwards. Choose what you would like to make! Bring your own sewing machine and materials. You can register online - <a href="http://www.ballonbts.com">www.ballonbts.com</a>
<b>Art with Breda</b>	Venue: Ballon Business & Training Centre Tel: 059 9159447 Email <a href="mailto:ballonbts@gmail.com">ballonbts@gmail.com</a>	25 <sup>th</sup> April 2022	6 Mondays (2pm-4pm)	€50		Bring your own paints, brushes and canvas. Easel provided if needed. Come along, relax and chat. Tea & Coffee provided. You can register online - <a href="http://www.ballonbts.com">www.ballonbts.com</a>
<b>Watercolours for Beginners</b>	Venue: Ballon Business & Training Centre Tel: 059 9159447 Email <a href="mailto:ballonbts@gmail.com">ballonbts@gmail.com</a>	27 <sup>th</sup> April 2022	2 Wednesdays (2pm-4pm)	€25		Limited spaces available - Booking essential. Bring your own watercolours, brushes and supplies. We'll provide the tutor, tea & coffee Come and join Breda, relax, paint and chat! You can register online - <a href="http://www.ballonbts.com">www.ballonbts.com</a>
<b>Parental Online Safety Course</b>	Venue: Ballon Business & Training Centre Tel: 059 9159447 Web: <a href="http://www.bbts.ie">www.bbts.ie</a> <a href="mailto:ballonbts@gmail.com">ballonbts@gmail.com</a>	29 <sup>th</sup> April 2022	6 Fridays (10am-12pm)	€50		Are you aware of the online challenges and the various levels of risk when your child is online? Would you like to know more about keeping your child safe in their online world? Then come and join our 6 weeks Parental Online Safety Course!

<b>Summer Cooking with Majella</b>	Venue: Ballon Business & Training Centre Tel: 059 9159447 Email <a href="mailto:ballonbts@gmail.com">ballonbts@gmail.com</a>	4 <sup>th</sup> May 2022	6 Wednesdays (10am-12pm)	€75		Get fresh ideas for your summer picnics, get togethers, BBQs and to liven up your everyday dinners!. You can register online - <a href="http://www.ballonbts.com">www.ballonbts.com</a>
<b>Acrylics for Beginners</b>	Venue: Ballon Business & Training Centre Tel: 059 9159447 Email <a href="mailto:ballonbts@gmail.com">ballonbts@gmail.com</a>	11 <sup>th</sup> May 2022	2 Wednesdays (2pm-4pm)	€25		Would you like to learn something new or refresh and old skill and make new friends? Limited spaces available - Booking essential Bring your own acrylics, brushes and supplies We'll provide the tutor, tea & coffee. You can register online - <a href="http://www.ballonbts.com">www.ballonbts.com</a>
<b>Drawing for Beginners</b>	Venue: Ballon Business & Training Centre Tel: 059 9159447 Email <a href="mailto:ballonbts@gmail.com">ballonbts@gmail.com</a>	25 <sup>th</sup> May 2022	2 Wednesdays (2pm-4pm)	€25		Limited spaces available - Booking essential. Bring your own pencils, paper and supplies We'll provide the tutor, tea & coffee Come and join Breda, relax, paint and chat! You can register online - <a href="http://www.ballonbts.com">www.ballonbts.com</a>

## TULLOW

Course name	Contact Information	Start date	Duration	Cost/ fees	Qualification	Miscellaneous Information
<b>Line Dancing, Waltz, Jive, Quick Step and Foxtrot</b>	Venue: Murphy Memorial Hall	Ongoing on Tuesdays	8.15 pm - 9.30 pm			
<b>Tullow Active Retirement Activities</b>	Further information from Ettie on 086 8608611	Ongoing				<ul style="list-style-type: none"> <li>• Bowls on Mondays and Fridays at 2 pm in Murphy Memorial Hall</li> <li>• Chair Yoga on Thursdays at 2pm in The Convent</li> </ul>

						<ul style="list-style-type: none"> <li>• Yoga on Fridays at 10 am in The Convent</li> </ul>
<b>Pilates</b>	Venue: Murphy Memorial Hall	Ongoing				Monday and Thursday evenings at 7.30 p.m. And Wednesday and Friday mornings at 10 a.m. Suitable for all levels. Contact John on 087 7956977
<b>Women's Yoga</b>	Venue: Forward Steps Family Resource Centre	12 <sup>th</sup> April 2022	Tuesdays 11am-12pm	€5 per class		Please register your interest with Pamela on 0832052462 or email <a href="mailto:pamelaforwardsteps@gmail.com">pamelaforwardsteps@gmail.com</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>Online Self-Directed 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 Workshops</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	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



	E: <a href="mailto:info@getirelandwalking.ie">info@getirelandwalking.ie</a> <a href="http://www.getirelandwalking.ie">www.getirelandwalking.ie</a>					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> – 'Runzone' section	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> For information on upcoming courses please keep an eye on their website <a href="http://www.recoverycollegesoutheast.com/">www.recoverycollegesoutheast.com/</a>	Ongoing	Varies depending on the workshop/ programme	Free		The Recovery College provides educational workshops for people who are experiencing mental health and addiction challenges and are for everyone. Upcoming online education programmes <b>April 2022</b> <ul style="list-style-type: none"> <li>• 12<sup>th</sup> – Personal Development Programme</li> <li>• 15<sup>th</sup> – Understanding and Living with Bipolar</li> <li>• 25<sup>th</sup> – Support Group for people who live with Anxiety</li> <li>• 27<sup>th</sup> – Lunchtime Wellbeing</li> </ul> <b>May 2022</b> <ul style="list-style-type: none"> <li>• 5<sup>th</sup> – Understanding and Managing Anxiety</li> <li>• 6<sup>th</sup> – Loneliness and Isolation</li> <li>• 9<sup>th</sup> – Communication Skills</li> <li>• 11<sup>th</sup> - Loss and Bereavement</li> <li>• 25<sup>th</sup> – Lunchtime Wellbeing</li> <li>• 30<sup>th</sup> – Support Group for people who live with Anxiety</li> </ul>
<b>Living Well Programme</b>	Venue: <b>Online</b> Provided by the HSE Keep an eye on their website for details of the next course - <a href="http://www.hse.ie/LivingWell">www.hse.ie/LivingWell</a>	Ongoing	6-week programme (2½ hours per week)	Free		Living Well is a free Self-Management programme for adults living with long-term health conditions. For bookings or enquiries email: <a href="mailto:selfmanagementsupports@hse.ie">selfmanagementsupports@hse.ie</a> or call Catriona on 087 2939881

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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.*