



Information On Upcoming Training Programmes

Some programmes already have dates and locations allocated, others are awaiting confirmation of same. These courses are FREE of charge to individuals living in the municipal districts of Castlebar or Claremorris who are Unemployed, including those not on live register or not in receipt of benefit / Belong to the Traveller or Roma community / One-parent family / Living with a disability / Migrant, refugee or asylum seeker / Living on low income/underemployed / Young person looking for a job or training. Further detailed information on the above training is attached. Should there be anything you are interested in availing of please call to speak with one of our SICAP team on (094) 93 66692 or (098) 41950.

- **HACCP and Food Hygiene (29th & 30th March, Ballyhaunis/April 12th & 13th)** - The word HACCP (Hazard Analysis & Critical Control Point) confuses many people but it refers to procedures you must put in place to ensure the food you produce is safe. Food Safety and Hygiene training provides learners with an in-dept knowledge of food safety and hygiene required to operate a HACCP Food Safety Management System. This course is relevant to all those involved in any aspect of food handling, through the supply chain, retail, and food preparation. It is ideal also for those working in professional kitchens, canteens, nursing homes, hospitals, delicatessens as well as food producers.
- **Occupational First Aid** - This is a 3 day FETAC level 5 course which covers all the essential aspects of occupational first aid. The course includes Cardiac First Responder defibrillator training and the administration of aspirin for heart attack patients. It is designed to provide participants with the knowledge and skills necessary to provide emergency first aid both in the home and in the workplace.
- **Barista Training** – A really good barista will know as much about coffee as a sommelier does about wine. Where its grown, how it is picked, how it is washed, how it is dried and how it is roasted are the kind of things barista professionals learn about. It is becoming a career choice for many people and not just a fill- in job while in college. It is also a career which will allow you to work in any corner of the world.
- **Safe Pass (11th April, Castlebar, May 3rd)** - Safe Pass is a one day safety awareness programme aimed at construction workers. The aims of the programme are to raise the standard of safety awareness in the construction industry and that all construction workers after completing the one day awareness programme can make a positive contribution to the prevention of accidents and ill health while working on the site.
- **Deli Skills Training** - Making sandwiches and dishing up salads are the main duties of deli workers, but it's a more complex job than that. Handling multiple orders, keeping customers happy, and taking care of myriad details behind the scenes all at once isn't easy, but mastering the job can prepare you well for more responsible positions.

• **Child Protection Training – 21st June, Castlebar** - Always Children First Foundation Training will take place on the 21st June, Castlebar. This training provides an overview of key elements of Children First and organisational roles and responsibilities for safeguarding the children in their care. It is recommended training for anyone wanting to work with children or young people.

• **Life Skills & Job Activation Programme 25th April – 21st June** - This programme aims to engage young people aged between 18-25 who are Not Engaged in Employment, Education or Training. The programme aim's to prepare young people to become more job ready by participating in a two day per week course over a 12 week period. Course participants will benefit by; Individual Career Guidance Counselling, Life Coaching; Update your CV, Improve your Interview Skills, Improve your Communication Skills, Meet new people, Become more employable, Experience outdoor activities, Develop a clear focus on your next steps in life! You will also receive Additional Training and Certification including; Provisional Driving Licence, Manual Handling Certificate, Customer Service Training & Certificate, Mindfulness Training and SAOR Alcohol Brief Intervention Training.

• **Airline Customer Service Ground Operations – (Commencing Soon Booked out)** Anyone interested will be put on a cancellation list. Airline Customer Service Course is an excellent way to commence a new and exciting career in the aviation business. On successful completion of our course, students will receive the ATRS airline industry recognised Certificate. The modules incorporated in our Airline Customer Service Course are;

- Passenger Services - Check-in / Boarding / Arrivals
- Aviation Security
- Aviation Health and Safety Procedures
- Airline Customer Care and Communication Skills
- Ground Operations Procedures
- Personal Presentation and Interview Techniques

• **Manual Handling** - Manual handling training programs are aimed at providing all persons at work with proper techniques when lifting, carrying, loading, pushing and supporting. The manual handling course is aimed at all levels of employees who may undertake manual handling operations, including the transporting of a load of items by lifting, putting down, pushing, pulling, carrying or moving thereof by hand or by bodily force. This includes, but is not limited to, professions such as; warehouse and factory staff, heavy manual labourers, unloading and loading of vehicles, construction and building site workers, office workers, delivery drivers and farmhands.

• **Goal to Work Programme** - Sports Coach Training Programme 3 days per week for 10 weeks and one weekend. The training includes accredited Occupational First Aid, Child Protection in Sport, Irish Sports Council Active Leadership, Little Athletics and Disability Awareness. Provides information through specialist guest speakers on how to set up and manage your own business, enterprise opportunities, job readiness skills, personal development, building self-esteem and self-confidence, identification of personal progression options in employment, further education and training.

- **Driving Theory Prep & Test Driving Theory Preparation** – SWMDC work in partnership with Noel Gibbons, Road Safety Officer with Mayo County Council to deliver a Road Safety course for young people in preparation for their driver theory test. On completion of the Road Safety Awareness course young people are given one driving lesson and the most up to date official Driver Theory Interactive CD. They can study this at home and they will be invited back and given the opportunity to sit their driver theory test for free.
- **Personal Development (Mindfulness)** - Through Mindfulness we learn how to replace the 'worry' habit that we may have spent a life-time practising with the new habit of 'letting go' and 'coming back' to present moment awareness. Simple mindfulness practices, relaxation, visualization techniques, and more.
- **Health & Fitness Training** – This programme aims to educate learners about all round Health, Fitness, Wellbeing and Nutrition. During this course you would learn the tools to get you living a healthy lifestyle whilst taking part in an exercise programme over number of weeks to improve your fitness.
- **Health and Nutrition for Families – This is ran in conjunction with the CFI** - Community Food Initiative Programme which aims to positively influence the eating habits of families in low income communities by making food skills more mainstream and healthy food more accessible. As well as increasing awareness and knowledge around healthy eating, these projects will promote healthy shopping, improved meal-planning and budgeting as well as enhanced cooking skills. All of these are tangible, transferable skills that can benefit to all ages.

Outreach clinics - One-to-one confidential support available in the following locations on drop-in basis

Operations Office	Monday to Friday (FT)	SWMDC, Main Street ,Balla
Charlestown	Monday	Charlestown Community Centre
Claremorris	Monday	Claremorris Family Resource Centre
Ballinrobe	Tuesday	An TACU Family Resource Centre
Kiltimagh	Tuesday	Kiltimagh IRD
Ballyhaunis	Thursday	Ballyhaunis Family Resource Centre
Castlebar	Friday	Le Chéile Family Resource

Source: South West Mayo Development Company