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| **Course** | **Who For?** | **Time & Date** | **Contact Details** |
| **Options – Apprenticeships** | **Young Jobseekers/NEETS** | **31st August 2021** | **Helen McGinty/ Edel Beirne**  **helenmcginty@ridc.ie/**  [**ebeirne@ridc.ie**](mailto:ebeirne@ridc.ie) |
| **Garden Course** | **SICAP criteria** | **Tuesday 7th - Tuesday 28th September 11.00 am - 1.00pm** | **patricia@ridc.ie/ 094 9862565** |
| **GDPR Training** | **Community Groups & Social Enterprises** | **13th September 2021**  **11am to 1pm** | **Linda Sice**  [**linda@ridc.ie/**](mailto:linda@ridc.ie/) **087 638 8589** |
| **Introduction to computers** | **SICAP criteria** | **1. Monday 13th September - 18th October 2021 X 6 Weeks**  **2. Monday 1st November -29th November 2021 X 5 weeks** | **patricia@ridc.ie/ 0949862565 crcreception17@gmail.com** |
| **Introduction to computers** | **SICAP criteria** | **1. Tuesday 14th September - 19th October 2021 X 6 Weeks**  **2. Tuesday 2nd November – 30th November 2021 X 5 weeks** | **patricia@ridc.ie frenchparkcornerstone@outlook.com**  **086 075 6736** |

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| **Course** | **Who For?** | **Time & Date** | **Contact Details** |
| **Ayurvedic Health** | **Everyone welcome** | **Tuesday September 14th X 3 Tuesdays**  **10.30am to 12pm** | **Teresa O’Brien**  **086 029 1215** |
| **Soccer Training Initiative** | **Syrian Men** | **15th September 2021** | **Ciaran Mullooly**  **ciaranmullooly@ridc.ie** |
| **Guide to Financial Returns** | **Self Employed BTWEA/STEA** | **20th September 2021**  **2.00 p.m. – 5.00 p.m.** | **Sandra Quigley - sandra@ridc.ie** |
| **Social Media Marketing** | **Business Start ups** | **28th September 2021**  **Time TBC** | **Sandra Quigley - sandra@ridc.ie** |
| **Wellness/Stress Management for Parents** | **Parents** | **Wednesday September 29th X 5 Wednesdays**  **10.30 to 11.30** | **Teresa O’Brien**  **086 029 1215** |
| **Gym Instructor Training** | **Everyone Welcome** | **September 2021**  **10-week Programme**  **2 Days per week** | **Elaine Doran**  **086 143 8566** |

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| **Course** | **Who For?** | **Time & Date** | **Contact Details** |
| **Foundations Programme** | **(NEETS) Young adults (18-24) not in education, employment or training** | **September to December 2021 (Wednesdays, Thursdays and Fridays 10am- 2pm)** | **Conor Higgins**  **conorhiggins@ridc.ie /**  **086 170 2912** |
| **Health & Safety L3** | **Jobseeker’s** | **September 2021** | **Helen McGinty**  **helenmcginty@ridc.ie** |
| **Beauty Course** | **Female Traveller** | **September 2021** | **Helen McGinty**  **helenmcginty@ridc.ie** |
| **Business Planning** | **Business Start ups** | **4th October 2021**  **2.00 p.m. - 4.30 p.m.** | **Sandra Quigley - sandra@ridc.ie** |
| **Book Keeping & Taxation** | **Business Start ups** | **4th October 2021**  **9.30 a.m. - 12.30 p.m.** | **Sandra Quigley - sandra@ridc.ie** |
| **Hair & Beauty** | **SICAP criteria** | **October TBC**  **Wednesday 6th -27th?** | **patricia@ridc.ie/ 0949862565** |

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| **Course** | **Who For?** | **Time & Date** | **Contact Details** |
| **Business Branding** | **Self Employed BTWEA/STEA** | **October 12th**  **Time TBC** | **Sandra Quigley - sandra@ridc.ie** |
| **Arts & Crafts** | **SICAP criteria** | **October 2021 TBC** | **patricia@ridc.ie/ 0949862565** |
| **Cookery Course** | **SICAP criteria** | **To be confirmed**  **Late October/November** | **patricia@ridc.ie or frenchparkcornerstone@outlook.com**  **086 075 6736** |
| **Welfare Rights & Entitlements** | **Travellers/ New Communities** | **October 2021** | **Helen McGinty**  **helenmcginty@ridc.ie** |
| **Experience Counts** | **Jobseeker’s** | **October 2021** | **Helen McGinty/ Edel Beirne**  [**helenmcginty@ridc.ie**](mailto:helenmcginty@ridc.ie)  [**ebeirne@ridc.ie**](mailto:ebeirne@ridc.ie) |
| **Health information & Training Event** | **Syrian Men** | **November 18th** | **Ciaran Mullooly**  **ciaranmullooly@ridc.ie** |

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| **Course** | **Who For?** | **Time & Date** | **Contact Details** |
| **Jobs Seekers Clinic**  **One to one  (Compiling of CV’s, interview skills)** | **Job Seekers** | **Ongoing** | **Teresa O’Brien**  **086 029 1215** |
| **Driving Theory** | **SICAP criteria** | **To be arranged** | **patricia@ridc.ie / 094 9862565 crcreception17@gmail.com frenchparkcornerstone@outlook.com 086 075 6736** |
| **Stress Management in the new work environment** | **Tus and work experience participants** | **Ongoing** | **John Tonra/Helen McGinty jtonra@ridc.ie helenmcginty@ridc.ie** |
| **Customer Experience** | **Tus and work experience participants** | **Ongoing** | **John Tonra/Helen McGinty jtonra@ridc.ie helenmcginty@ridc.ie** |
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