

Don't forget to check with providers to see whether people with disabilities can participate in activities listed.

WELCOME TO KILKENNY LIFE!

Kilkenny Life! is packed with information to help people get the most out of life in Kilkenny City and County. For anyone who is looking for ways to enhance their quality of life by becoming involved in new activities that are locally based and by trying to feel more a part of the place in which they live – this is the booklet for you!

A big thank you to all those involved in producing *Kilkenny Life!* - to our sponsors for their generosity which made this production possible, to the staff and volunteers at Kilkenny Citizens Information Centre who assisted with the research, and to all who helped in any way. A special thanks to Kendall Butler who gave her time to manage the overall project; without her research skills, careful editing and efficiency readers might not be getting this chance to enjoy their *Kilkenny Life!*

We welcome any new information for the next edition.

Kilkenny Life! is now available online on www.kilkennycoco.ie



Kilkenny Citizens Information Centre
4 The Parade
Kilkenny
056 7762755
e-mail: kilkenny@citinfo.ie

Information correct at time of going to print (June, 2010)

Disclaimer

Every effort has been made to ensure the accuracy of all information contained in this booklet. However, Kilkenny Citizens Information Centre accepts no responsibility for any loss, injury or inconvenience sustained by any reader as a result of the information or advice contained herein.

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ADULT EDUCATION

A to Z of Adult Education Courses

The following lists some of the adult education options for people living in Kilkenny and includes full-time courses, part-time courses and evening classes. This section covers courses in subjects from Addiction Studies to Writing and everything in-between. Good Luck!

ADDICTION STUDIES

Kilkenny Campus NUI Maynooth

NUI Certificate in Addiction Studies

The course is designed to provide mature students with adequate knowledge and skills to respond positively to addiction related issues as they arise at work or in the community. 100 hours part-time (one evening per week) over one year.

Location: Kilkenny Campus (NUI Maynooth),
College Rd, Kilkenny

Website: <http://kilkenny.nuim.ie>

Telephone: 056 7775910

Telephone: 056 7775919

Email: kilkenny.campus@nuim.ie

AGRICULTURE

Kildalton College

Kildalton College offers a wide range of further and higher level courses in agriculture, horticulture and equine studies. Courses range from Certificate to Degree level (in conjunction with Waterford Institute of Technology) and include Agriculture, Machinery and Crops Management, Dairy Herd Management, Drystock Management, Agricultural Science, Business Management (Agriculture, Horticulture and Forestry), Horticulture, Forestry, Horse Breeding and Training, Horsemanship, Stud Management. Kildalton also offers a wide range of adult training programmes and short courses in association with the local Teagasc Advisory Services.

Location: Piltown, Co Kilkenny

Website: www.teagasc.ie/kildalton

Telephone: 051 644407

Email: teresa.connolly@teagasc.ie

ANIMAL CARE

Ormonde College of Further Education

This is a one year full time course that prepares students to work in a range of settings that provide direct care to animals.

Location: Ormonde College of Further Education,
Ormonde Rd, Kilkenny.

Telephone: 056 7763321

Website: www.ormondecollege.ie

Email: ormondec@eircom.net

ARTS, CRAFTS & DESIGN

Art Classes

Sonja, a qualified artist, teaches classes for beginners and more advanced. She specialised in classical techniques including oil on canvas, watercolour and pastel. Classes run in Graiguenamanagh and Kilkenny City, as well as individual classes in her home.

Contact: Sonja

Telephone: 056 7108155 / 083 3941220

Email: sonjavrsajkov@gmail.com

ArtLinks

A free Professional Development service for artists based in the South East who are involved in dance, film, literature, music, theatre and the visual arts. There is a small charge for the one-day or evening workshops which are held in various locations around the South East and have included How to Engage in the Public Art Commissioning Process, Applying for Funding, Introduction to Self Employment for Artists, Approaching Galleries and Proposal Writing for Visual Artists.

Contact: Mary Butler, Kilkenny Arts Officer

Telephone: 056 7794137

Website: www.artlinks.ie

Email: info@artlinks.ie

Butler Gallery

Butler Gallery, the leading contemporary art gallery in the South East of Ireland, runs extensive education, community and outreach programmes including: Solas for children, Artist in residence in Schools programmes, as well as a wide range of debates, gallery talks and lectures. Butler Gallery is located in the historic Kilkenny Castle and is open throughout the year offering an exciting range of national and international high profile exhibitions. Entry is free.

Location: Kilkenny Castle, Kilkenny

Telephone: 056 7761106

Website: www.butlergallery.com

Email: info@butlergallery.com

Duiske College

FETAC Level 5 one/two year course in Arts, Crafts and Design. Modules include pottery, batik, drawing, design, painting, photography and hill-walking.

Contact: William Watson

Telephone: 059 9724177

Location: Duiske College, Graiguenamanagh, Co Kilkenny

Grennan Mill Craft School

Two year full-time FETAC Level 5 course in Art, Craft and Design (Craft Studies). Areas covered are batik, ceramics, cultural studies, design, drawing, metal craft, printing, textile weaving, communications and work experience. The course includes a series of visiting lecturers, visits to exhibitions and field trips. Evening classes are held twice a year, in a variety of craft and art related subjects. The End of Year exhibition is held on the June bank holiday week-end.

Contact: Alexandra Meldrum, Course Director **Telephone:** 056 7724557

Location: Grennan Mill Craft School, Thomastown, Co Kilkenny

Website: www.grennanmill.net **Email:** info@grennanmill.net

KCAT Art and Study Centre

KCAT offer a variety of full-time or part-time courses to people with and without disabilities. Visual Art and Theatre courses include the opportunity to pursue FETAC Level 5 accreditation. Bus service available from Kilkenny and Clonmel railway station. The Centre is wheelchair accessible.

Contact: Noortje van Deursen **Tel/fax:** 056 7755115

Location: KCAT Art & Study Centre, Mill Lane, Callan, Co Kilkenny

Website: www.kcat.ie **Email:** info@kcat.ie

Kilkenny Arts Office

No. 76 John Street houses the offices of Kilkenny County Council Arts Office with exhibition space and residencies. Services include: arts information, advice, funding, courses, exhibitions, residencies, publications.

Contact: Mary Butler / Niamh Finn **Telephone:** 056 7794138

Location: 76 John St, Kilkenny

Website: www.kilkennycoco.ie/eng/Services/Arts

Email: mary.butler@kilkennycoco.ie / niamh.finn@kilkennycoco.ie

Ormonde College of Further Education

FETAC Level 5 Certificate in Art. This is a one-year, full time course that aims to develop skills in the use of materials and techniques and affords students opportunities for creative expression through a variety of media.

Location: Ormonde College of Further Education, Ormonde Rd, Kilkenny. **Telephone:** 056 7763321

Website: www.ormondecollege.ie **Email:** ormondec@eircom.net

Ormonde College of Further Education

FETAC Level 5 Certificate in Art & Business is a one-year, full time course that aims to advance students creativity in the visual arts. Students further develop technical skills and artistic identity through studio work and exhibition organisation.

Location: Ormonde College of Further Education,
Ormonde Rd, Kilkenny.

Telephone: 056 7763321

Website: www.ormondecollege.ie

Email: ormondec@eircom.net

BACK TO EDUCATION

Back to Education Initiative (BTEI)

BTEI provides *free* FETAC accredited part-time learning opportunities for young people and adults who meet the BTEI eligibility criteria. Priority is given to those with no formal education (less than Leaving Certificate standard of education). Unwaged participants with *Leaving Certificate* standard of education who are in receipt of a *Social Welfare Payment* and/or *Medical Card* and/or *signing for credits* are also eligible to take part free of charge.

Programmes are offered in partnership with a number of agencies throughout the city and county, and are offered throughout the year on a flexible part-time basis in the mornings, afternoons, evenings or at weekends. Courses will run during 2010/2011 (subject to demand) in: Kilkenny City, Castlecomer, Graiguenamanagh, Goresbridge and Piltown. Additional courses will be offered elsewhere, subject to demand.

Modules/programmes on offer include: Computers for Beginners, Art and Crafts, Communications, Gardening, Personal Development, Family Health, Introduction to Childcare, Introduction to Healthcare Support, Introduction to Business, Administration and Information and Communications Studies, Computers for Improvers, Stone Craft, Horticulture, Childcare including Special Needs, Healthcare Support.

NB: Due to the high demand for places only applicants who meet the BTEI eligibility criteria will be offered places during the 2010/2011 funding year.

Contact: Mary Butler, BTEI Coordinator

Telephone: 056 7795916

Location: Lower New St, Kilkenny

Email: mary.btei@kkvec.ie

BASKETMAKING

Baurnafea Willow Works

One-day creative willow workshops. Learn the basic basketry techniques of this traditional skill. All classes are small groups. Suitable for beginners and improvers.

Contact: Heike Kahle, Basketmaker

Telephone: 059 9726947

Location: Baurnafea, Castlewarren, Co Kilkenny

BEAUTY THERAPY

Ormonde College of Further Education

Diploma in Beauty Therapy is a two-year, full-time course leading to internationally recognized Diplomas in Beauty therapy. Accredited by ITEC and CIBTAC. We are working towards CIDESCO accreditation which entitles us to offer students the opportunity of sitting the CIDESCO International examination.

Location: Ormonde College of Further Education,
Ormonde Rd, Kilkenny.

Telephone: 056 7763321

Website: www.ormondecollege.ie

Email: ormonddec@eircom.net

BRIDGE

Kilkenny Bridge Centre

Bridge classes for beginners in Kilkenny Bridge Centre, September until March.

Contact: Annette Kennedy
Tuesday and Wednesday Class
Margaret Walsh
Thursday Class

Telephone: 056 4441091

Telephone: 087 6601564

Telephone: 056 7765319

Telephone: 087 9466407

Location: Kilkenny Bridge Centre, Loughboy, Kilkenny

Website: www.cbai.ie

BUSINESS

Coláiste Cois Siúire

One year FETAC Level 5 Certificate in Computer Applications/Office Administration.

Contact: Winifred Manning

Telephone: 051 895112

Location: Coláiste Cois Siúire, Mooncoin, Co Kilkenny

Coláiste Mhuire

One year FETAC Level 5 course in Business Studies/Secretarial.

Contact: Mary Sheehan

Telephone: 056 8831135

Location: Coláiste Mhuire, Johnstown, Co Kilkenny

Duiske College

One/two year FETAC Level 5 course in Computer Applications and Business Studies.

Contact: Brigid Keoghán, Marie Hayles
or Kevin Cheasty

Telephone: 059 9724177

Location: Duiske College, Graiguenamanagh, Co Kilkenny

Genesis Business College

ACCA Certified Accounting Technician (CAT), FETAC Level 5 and 6 qualifications in Payroll, Employment Law, HR, Marketing, Business Studies, Computerised Accounts, Pitman Training Diplomas and Certificates in Book-Keeping, Secretarial, Legal Secretarial, Medical Secretarial, Executive PA, Business IT with HR or PR, ECDL, Web Design, Microsoft Office, IT Technical.

Location: Unit 7, The Arches, Barrack St, Kilkenny

Telephone: 056 7770425

Website: www.genesisbusinesscollege.net

Email: kilkenny@genesisbusinesscollege.net

Grennan College

Reception Course – Popular with students who wish to gain computing and organisational skills before attending university and with those wishing to work in areas such as reception, secretarial, administration, technology and travel and tourism industry. It's also suitable to someone who may wish to change their career or update their qualifications. A one year, full-time course leading to the following qualifications: FETAC Level 5 Certificate in Business & Secretarial Studies, OCR Diploma in Text Processing (Business Professional).

The course provides students with work experience and the qualifications mean they have a high standard in computer applications. PLC grant or Back to Education funding available.

Contact: Anne Teague, Course Co-ordinator

Telephone: 056 7724112

Location: Grennan College, Thomastown,
Co Kilkenny

Telephone: 056 7754208

Email: info@grennancollege.ie

Ormonde College of Further Education

FETAC Level 5 Certificate in Business Studies (Financial) one-year, full-time course that prepares students to work in a range of environments in the financial sector. Go online for more information.

Location: Ormonde College of Further Education,
Ormonde Rd, Kilkenny.

Telephone: 056 7763321

Website: www.ormondecollege.ie

Email: ormondec@eircom.net

Ormonde College of Further Education

FETAC Level 5 Certificate in Business Studies (Secretarial) one-year, full-time course that prepares students to work in a range of business office environments.

Location: Ormonde College of Further Education,
Ormonde Rd, Kilkenny.

Telephone: 056 7763321

Website: www.ormondecollege.ie

Email: ormondec@eircom.net

CAREERS

Kilkenny Job Club

The Kilkenny Job Club is a free training programme for anyone looking for a job. The programmes run every month of the year with a course lasting for four weeks from 10am to 1pm Monday to Friday. The Job Club offers help with job hunting, CV preparation, career advice, interview techniques, job applications and more.

Location: Unit 4 & 5 Abbey Business Centre,
Abbey St, Kilkenny

Telephone: 056 7756043

County Kilkenny Adult Guidance Service

This service provides individuals and groups with an opportunity to identify, explore and review educational and career options. Individuals and groups wishing to return to education are provided with information and guidance to assist them in making the choices which suit them best. While based in Kilkenny City an outreach guidance service is provided throughout the county.

Free and confidential service that is friendly, relaxed, impartial and supportive. Through the guidance process adults have an opportunity to explore their interests, aptitudes and preferences for education and employment. Provides assistance with CV preparation, application forms, interview techniques and supports.

Contact: Bernadette O'Rourke,
Adult Guidance Co-ordinator

Telephone: 056 7764448

Location: Lower New St, Kilkenny

Email: adultguidance@kkvec.ie

CHESS

Chess School Polimac Kilkenny

Weekly group chess lessons for adults at the Club House Hotel. 10 week courses in chess arranged for any group of up to 12 adults anywhere in Co Kilkenny. Chess is very good for all generations. The benefits are huge – better concentration, self esteem, planning and so on. Great fun for all!

Contact: Darko Polimac

Telephone: 086 1629415

Location: Club House Hotel, Patrick St, Kilkenny

Website: www.chessschoolpolimac.com

CHILDCARE

College of Further Education, Castlecomer

FETAC Level 5 in Childcare, with special needs. One year course (4 days a week).

FETAC Level 5 in Business with Computers. One year course (3½ days per week).

Location: Castlecomer Community School,
Castlecomer, Co Kilkenny

Telephone: 056 4441447
Email: commoffi@iol.ie

Coláiste Mhuire

One year FETAC Level 5 course in Childcare (including Special Needs module). Mature students welcome.

Contact: Martin Fahey

Telephone: 056 8831135

Location: Coláiste Mhuire, Johnstown, Co Kilkenny

College of Progressive Education

Part-time course in Special Needs Assistant Training. FETAC Level 5 and 6.

Distance learning/online FETAC Level 5 and 6 Major Awards in Childcare, Montessori, Special Needs Assistant and Healthcare including FETAC Level 6 Creche Management.

Location: Kilkenny City venue

Telephone: 01 4884300

Website: www.progressivecollege.com

Email: info@progressivecollege.com

Kilkenny Homemakers – The School of Childcare with Home Management

FETAC Level 5 full-time Course providing training and certification in Childcare with Home Management to learners aged 16 to 21 yrs. Modules include ECDL, First Aid, Irish Pre-School Playgroup Association “Play and the Developing Child”, certified Home Management subjects and Manual Handling. 26 weeks duration, FAS sponsored, intakes in April and October each year.

Contact: Carmel O’Shea or Sheila Kelly, Course Directors

Location: Kilkenny Homemakers Ltd, 4 Clarnwood, Kilkenny

Telephone: 056 7762838 (or Kilkenny FAS Office on 056 7765514)

Website: www.kilkennyhomemakers.org

Email: homemakers@eircom.net

Ormonde College of Further Education

FETAC Level 5 Certificate in Childcare is a one-year, full-time course that prepares students to work with children in a variety of childcare settings.

Location: Ormonde College of Further Education,
Ormonde Rd, Kilkenny.

Telephone: 056 7763321

Website: www.ormondecollege.ie

Email: ormonddec@eircom.net

St Brigid’s College

FETAC Level 5 Childcare Course (Special Needs and Classroom Assistant). Grants available to eligible applicants. No tuition fees. Mature students and school leavers welcome. Course runs from September to May.

Contact: Deirdre Kane
Location: St Brigid's College, Callan, Co Kilkenny

Telephone: 056 7725189

VEC Community Education Service

The VEC Community Education Service offers FETAC accredited modules leading to the full Childcare Award at FETAC Level 5. Courses available on a part-time basis with classes on offer during the evening time.

Contact: Martha Bolger
Community Education Facilitator

Telephone: 056 7786896

Location: VTOS, Bishop Birch Training Centre, Kilkenny

COMMUNITY CENTRES

Community centres offer courses and support services for people living in the surrounding community.

Droichead Family Resource Centre

Beginner and improver computer classes. Other facilities offered include childcare provision, men's breakfast morning and Callan Community Garden project.

Location: The Friary Complex,
Mill St, Callan, Co Kilkenny

Telephone: 056 7755519
Email: droicheadcc@eircom.net

Father McGrath Centre

Parenting Support and Information services to local men's and women's support groups. The Multimedia Centre (see Information Technology in this section) offers low cost, accessible IT and ECDL training. Smoke alarms supplied for older people.

Contact: Stephen Murphy

Telephone: 056 7751988

Location: Father McGrath Centre, St Joseph's Rd, Kilkenny

Loughboy Area Resource Centre Community Development Project

Activities on offer include Young Women's Group, Parent & Toddler Group, Dance Classes, Book Club, Easy Stretch Yoga Class, Budget Meals Evenings, Weaving Group, Crochet Group and Sewing Group.

Contact: Connie Delaney McGee

Telephone: 056 7764700

Location: Bishop Birch Training Institute, Nuncio Rd, Kilkenny

Newpark Close Family Resource Centre

The Multimedia/Test Centre offers low cost and accessible I.T. and ECDL training. Confidential Counselling, Accredited Courses for Women's Education Programme, Community Savings Bank, Social Groups for men and women including a over 50s Ladies club and Parenting courses.

Contact: Sheila Donnelly, Project Manager **Telephone:** 056 7723309
Location: Newpark Close Family Resource Centre, Newpark Close, Kilkenny

COMMUNITY EDUCATION

This service facilitates and supports community based learning in locations throughout the city and county. Its aim is to encourage adults to return to learning in their own local communities. Subjects include personal development, art, sign language, crafts, computer skills and are organised in association with a wide variety of groups/organisations. Classes generally run for 6 to 10 weeks. A minimum of 10 participants is required to begin a class.

Contact: Martha Bolger,
Community Education Facilitator **Telephone:** 056 7786896
Email: comedkk@eircom.net

COMMUNITY STUDIES

Kilkenny Campus NUI Maynooth

The Kilkenny Campus, NUI Maynooth, offers a part-time BA Community Studies degree course. Modules include Social Theory and Social Analysis, Community Development, Youth Work, Adult Education, Community Arts, Counseling and Psychology. Five year course delivered through evening lectures and tutorials, field courses and short summer schools. Programme is open to mature students (aged 23 years or over by 1st January in the year of admission). Applications from adults who may not have completed second level education are welcome, and Accredited Prior Learning is considered for exemption from specific programme modules.

Location: Kilkenny Campus (NUI Maynooth),
College Rd, Kilkenny **Telephone:** 056 7775910
Website: <http://kilkenny.nuim.ie> **Telephone:** 056 7775919
Email: kilkenny.campus@nuim.ie

COOKERY

Healthy Cooking Classes

Cookery classes with emphasis on using health-giving foods such as fresh fruit and vegetables, wholegrains, nuts, seeds, pulses (chickpeas, beans and lentils) and fish. Recipes are tasty and simple.

Contact: Linda Harris **Telephone:** 087 6439981

Ryeland House Cookery

Practical cookery demonstrations including Christmas cooking, BBQ's and salads, casseroles, one pot wonders, fish and family meals. Watch Anne Neary at work and then you eat the results! Courses run from September to June on Saturdays or week day evenings. Private parties catered for.

Contact: Anne Neary

Location: Ryeland House, Cuffesgrange, Co Kilkenny

Website: www.ryelandhousecookery.com

Telephone: 056 7729073

Telephone: 086 2767656

Email: ryelandhouse@gmail.com

COUNSELLING

National Counselling Institute of Ireland

Part-time degree courses in Counselling Studies and Psychometric Testing. These are three year courses held one evening a week and one Saturday a month. Other courses available are Degrees in Counselling Skills and Addiction Studies, Adult Guidance Counselling Studies and Youth and Counselling Studies, Certificate in Counselling skills & Practices and Masters in Counseling and Psychotherapy.

Location: Kilkenny City

Website: www.ncii.ie

Telephone: 1890 276000

Email: info@ncii.ie

Kilkenny Campus NUI Maynooth

Kilkenny Campus NUI Maynooth offers an NUI Certificate in Counselling Skills. The course is for mature students and seeks to meet the growing need that people are experiencing in their personal and professional lives for a course concerned with introducing them to the communication skills central to human relationships. The course does not aim to train people in the field of therapeutic counselling. 100 hours part-time (one evening per week, and 3 to 4 Saturdays) over one year.

Location: Kilkenny Campus (NUI Maynooth),
College Rd, Kilkenny

Website: <http://kilkenny.nuim.ie>

Telephone: 056 7775910

Telephone: 056 7775919

Email: kilkenny.campus@nuim.ie

DRAMA

Barnstorm Theatre Company

Weekly theatre workshops dedicated to giving local people the opportunity to debate and create theatre, increase their theatre skills and meet new faces. Training focuses on acting skills, but there are also specialised theatre workshops in scriptwriting, devising, directing and theatre design. Annual December production will take place at the Watergate Theatre. September enrolment – membership limited so book early. No experience necessary.

Contact: Ronan Mac Raois,

Outreach and Education Officer
Location: Barnstorm Theatre, Church Lane, Kilkenny
Website: www.barnstorm.ie

Telephone: 056 7751266
Email: outreach@barnstorm.ie

ENGLISH

Adult Learning Scheme (Word Aid)

Beginner, intermediate and advanced English language classes. Classes offered from September to June, on a part-time basis, mornings and evenings. Register on-line or contact Helen. Classes are subject to availability and fees may apply.

Contact: Helen Walsh
Website: www.kilkennyvec.ie

Telephone: 056 7763149 / 086 8400344
Email: hwalsh.wordaid@kkvec.ie

English Classes

English Classes available.

Contact: Tom Dowling
Location: Presbyterian Church, New Road, Kilkenny

Telephone: 086 4063149

Kilkenny School of English

English language lessons open to all non-native speakers including au-pairs, short-term visitors, immigrants and those wishing to improve their English.

Contact: Mary Steed
Location: Croan, Dunamaggin, Co Kilkenny
Website: www.kilkennyschoolofenglish.com

Telephone/Fax: 056 7766888

Email: info@kilkennyschoolofenglish.com

English Language & Social Integration Programme

Open to those in possession of a valid Green Card with a Stamp 4. Free, part-time course to improve English language skills. Up to 20 tuition hours per week.

Contact: Helen Walsh
Website: www.kilkennyvec.ie

Telephone: 056 7763149 / 086 8400344
Email: hwalsh.wordaid@kkvec.ie

EQUESTRIAN

Grennan College

The Grennan College Equestrian Centre offers one or two year practical and academic courses for those seeking careers in the horse industry. The Centre has an all weather outdoor menage and an indoor school. Courses available in Equestrian Studies and Horsemanship. Qualifications include FETAC Level 5 Certificate, British Horse Society Stages 1, 2 and 3 and Preliminary Teacher Training (PTT) – Assistant Instructor.

Contact: Bridgette McCarthy, Course Director
Grennan College Equestrian Centre,
Thomastown, Co Kilkenny

Telephone: 056 7724511 **Location:**
Telephone: 056 7724112

Kildalton College

Kildalton College offers a FETAC Level 5 Certificate course in Horse Breeding and Training, a FETAC Level 6 Advanced Certificate in Horsemanship and a FETAC Level 6 Advanced Certificate in Stud Management.

Location: Piltown, Co Kilkenny

Telephone: 051 644400

Website: www.teagasc.ie/kildalton

Email: reception@kildalton.teagasc.ie

EVENING CLASSES

Kilkenny VEC

County Kilkenny VEC run a variety of evening classes in locations around the County. Courses range from short hobby and leisure subjects to longer work orientated programmes which can lead to certification. Evening classes provide the opportunity to learn a new skill or brush up on an existing one in a friendly relaxed environment.

Enrolment takes place in September and January of each year. Details of classes and enrolment nights are available from each school/centre directly and are advertised through the VEC website, on local radio and the local newspapers.

Schools/Centres include:

Location	Telephone
Ballyhale, Scoil Aireagail	056 7768632
Ferrybank, Abbey Community College	051 832 930
Graigenamanagh, Duiske College	059 9724177
Kilkenny City Vocational School, New Street.	056 7765103 Adult Education Service
Johnstown, Coláiste Mhuire	056 8831135
Mooncoin, Coláiste Cois Siúire	051 895112
Thomastown, Grennan College	056 7724112
Thomastown, Grennan Mill Craft School	056 7724557

For general enquiries:

County Kilkenny Adult Guidance Service

Telephone: 056 7764448

Lower New Street, Kilkenny

County Kilkenny Adult Education Service

Telephone: 056 7765103

43 Upper Patrick Street, Kilkenny

Kilkenny LEADER Partnership

Kilkenny LEADER Partnership (KLP) is the non-profit integrated company driving community development and rural enterprise in Kilkenny City and County. The aim of KLP is to empower local communities to increase their quality of life by providing information,

assistance, support and training. A diverse range of adult courses are offered from KLP outreach offices in Graiguenamanagh, Castlecomer and across the county and city. Contact our offices to locate your nearest KLP office and find out what we can do to help you.

Location: 42 Parliament St, Kilkenny

Telephone: 056 7752111

Telephone: 056 7752811

FIRST AID

First Aid & Safety Courses for Adults

First Aid Courses

Basic First Aid, Emergency First Aid Course (1 and 2 day duration), Occupational First Aid at work course (FETAC 5 accredited and recognized by Health and Safety Authority), Occupational First Aid Refresher, Pediatric First Aid Courses. Training in the use of Defibrillators (AED). Irish Heart Foundation HeartSaver CPR and HeartSaver AED Courses.

Safety Training Courses

Fire Safety Awareness. Fire Extinguisher Training and Fire Warden Courses. Manual Handling Courses.

Contact: Michael Kinsella

Telephone: 087 2729794

Location: Courses at your location,
Or an arranged venue

Email: lifesavertraining@hotmail.com

Kilkenny Chamber

Three day Occupational First Aid courses and refresher courses for re-certification are run all year round and are open to members of the Kilkenny Chamber and non-members. Courses are subsidised.

Contact: Alison McGrath

Telephone: 056 7752767

Location: The Maltings, Tilbury Place,
James St, Kilkenny

Telephone: 056 7752261

Email: billy.oneill@kilkennychamber.ie

Order of Malta Ambulance Corps

Courses offered to public/group organisations. Basic occupational First Aid & Cardiac First Response/AED.

Contact: Heather Woods

Telephone: 087 2395685

Email: Kilkenny@orderofmalta.ie

Inquiries for Ambulance cover at events:

Concerts / Festivals / Sports / Equestrian / Community Service.

Contact: Olga Brennan, Ambulance Duty Manager

Telephone: 087 9865277

Premier First Aid

Two day courses in Basic First Aid (paediatric based), three day courses in Health and Safety (occupational first aid) and half day courses in defibrillation available.

Contact: Maurice

Telephone: 087 9664150

Email: mauricewadding@eircom.net

FRENCH

Alliance Francaise

French conversation and written French evening classes run by qualified teachers for adults of all abilities from beginners to advanced conversation. There are social and cultural evenings consisting of talks, films and meals out once a month. Enrolment early September and early January.

Contact: Kevin Walsh

Telephone: 056 7761800

Location: Club House Hotel, Patrick St, Kilkenny

GENERAL

Lavistown House

Lavistown brings people together to learn and to have fun doing it. The weekend courses run from Saturday morning to Sunday afternoon. Day courses last from 10am to 5pm and are usually on Saturday. They cater for about 15 people and are always informal and enjoyable. The price of each course covers your accommodation, food and tuition. Courses that ran in 2010 were Winter Botany, Bread Making, Natural Dyeing, Keeping Chickens, Nature Photography, Cooking for College, Foraging, Mushrooms & Toadstools, Basket Making and Festive Natural Decorations. Check the website for 2011 programme.

Contact: Roger and Oliva Goodwillie

Telephone: 056 7765145

Location: Lavistown House, Kilkenny

Website: www.lavistownhouse.com

Email: lavistown@eircom.net

HAIRDRESSING

Scoil Aireagail

Department of Education and Science Senior and Junior Trade City and Guilds of London Diploma and FETAC Level 5 Certificate in Hairdressing. Two year course.

Contact: Suzanne Maher

Telephone: 056 7768632

Location: Scoil Aireagail, Ballyhale, Co Kilkenny

HEALTH AND WELLBEING

The Blue Room Wellness Centre (estd. 1998)

We offer a range of stress reducing therapies including: Yoga, Massage, Counselling, Spiritual Healing and Meditation. We offer specially tailored treatments for survivors of sexual abuse. It really is a blue haven of peace and tranquility!

Location: Bennettsbridge, Co Kilkenny

Telephone: 087 6976395

Castlevew Holistic Centre

Leading the field as an energy medicine provider. Treatments include: (IET) Integrated Energy Therapy, Crystal Light Session, 24 Strand DNA Activations, CranioSacral Therapy, Transference & Magnified Healing. Certification Courses Available: Integrated Energy Therapy (IET) Healing with Angels. Magnified Healing – 1st & 3rd Phase. Meditation Evening.

Contact: Mary Moore ATP MI, Energy Therapist

Telephone: 056 7708799

Location: Ballybur, Cuffesgrange, Co Kilkenny

Telephone: 086 1991223

Email: mary@marymoore.ie

Ormonde College of Further Education

Diploma in Complementary and Holistic Therapies is a one-year, full-time course leading to internationally recognised diplomas in Complementary and Holistic Therapies. Accredited by ITEC and CIBTAC. See website for more details.

Location: Ormonde College of Further Education,
Ormonde Rd, Kilkenny.

Telephone: 056 7763321

Website: www.ormondecollge.ie

Email: ormondec@eircom.net

Homeopathic First Aid / Positive Living Workshops

The Homeopathic first aid course introduces people to homeopathy and its benefits. By the end of the course, participants will be able to self-prescribe for a wide range of common ailments like colds, headaches and sore throats. Courses run over six evenings, from 7.30pm to 9.30pm. Next course starts in Kilkenny in October 2010 and in Waterford in March 2011. Courses on Diagnostic Muscle Testing are also available for people who have attended the first aid course or who are health practitioners.

The popular monthly Positive Living Workshops cover a range of topics which help you to have a more optimistic outlook on life and to heal yourself. Workshops take place on Saturdays in Kilkenny or Waterford. Call or see website for latest information.

Contact: Breda Gardner

Telephone: 056 7724429 / 051 858584

Website: www.bredagardner.com

Email: breda@bredagardner.com

Infant Massage

Suitable for newborn to pre-crawling. Parents learn how to massage their babies.

Contact: Rosemary Duffy

Telephone: 086 8402412

Hypnosis Academy

Foundation and Diploma Course in Hypnotherapy run by the Hypnosis Academy. Courses are held one week-end per month.

Contact: Susan Wallace, Hypnotherapist

Telephone: 086 3432992

Location: Kilkenny City

Ormonde College of further Education

FETAC Level 5 Certificate in Nursing Studies is a one year, full-time course that provides an introduction to the career of nursing and health-related fields.

Location: Ormonde College of Further Education,
Ormonde Rd, Kilkenny.

Telephone: 056 7763321

Website: www.ormondecollge.ie

Email: ormonddec@eircom.net

Patricia Fox

Acupuncture without the needles. Treatments, talks and workshops. Twenty years experience. Shiatsu therapist. The "Artists Way"- a 12-week course in discovering and recovering your creative self, based on book by Julia Cameron.

Contact: Patricia Fox

Location: Kilkenny City venue

Telephone: 085 7112976

Stress & Anxiety

Communication skills, anger management, confidence building, relaxation techniques. Personal and Corporate development. Stress management, self esteem and confidence building, Positive mind and communication, Anger Management, Conflict Resolution, creating harmonious relationships. Personal consultations and group presentations.

Contact: Maureen Ryan, Facilitator and Mentor

Telephone: 086 3620576

Email: maureenryan1@hotmail.com

HORTICULTURE

Grennan College

One year full-time FETAC Level 5 Certificate course in Horticulture. The course is a partnership with Kilkenny Co Council and Woodstock Gardens in Inistioge. Part of each week is spent in the classroom on theory, research and design with emphasis on traditional gardening methods used in heritage gardens. Remaining time is spent in Woodstock Gardens where practical subjects will be taught.

Contact: Edel Cleary
Location: Grennan College, Thomastown,
Co Kilkenny

Telephone: 056 7724112
Email: grennancollege@eircom.net

Kildalton College

Kildalton College offer FETAC Level 5 Vocational Certificate in Horticulture, FETAC Level 6 Advanced Certificate in Horticulture and FETAC Level 7 Bachelor of Science in Horticulture (in partnership with Waterford Institute of Technology).

Location: Piltown, Co Kilkenny
Website: www.teagasc.ie/kildalton

Telephone: 051 644400
Email: reception@kildalton.teagasc.ie

INFORMATION TECHNOLOGY

Castlecomer College of Further Education

FETAC Level 5 in Business with Computers. One year course. Evening classes in Basic ECDL and ECDL AutoCAD. Classes start in September.

Contact: Conor Gleeson (for evening classes)
Location: Castlecomer Community School,
Castlecomer, Co Kilkenny

Telephone: 056 4441447
Telephone: 086 8230888
Email: commoffi@id.ie

Coláiste Cois Siúire

One year FETAC Level 5 course in Computer Applications and Office Administration.

Contact: Winifred Manning
Location: Coláiste Cois Siúire, Mooncoin, Co Kilkenny

Telephone: 051 895112

Community Centres

Community Centres offer daytime and evening courses in a variety of IT courses. Beginner and intermediate level. See Community Centres earlier in this section.

Computers

Computerised accounts training (Big Red Book). Beginners and Intermediate.

Contact: Margaret Meaney
Location: Teach Mhuire, Gowran, Co Kilkenny

Telephone: 086 0889563

Duiske College

One or two year FETAC Level 5 course in Computer Applications and Business Studies.

Contact: Brigid Keogh/Marie Hayles
Location: Duiske College, Graiguenamanagh, Co Kilkenny

Kilkenny LEADER Partnership

Kilkenny LEADER Partnership offers computer training in Kilkenny City, Castlecomer, Graiguenamanagh and Piltown.

Contact: Madeleine

Telephone: 056 7752811

Location: 42 Parliament St, Kilkenny

Kilkenny Multimedia Centre

A drop-in centre providing the opportunity for low cost computer access to the whole community, from typing a letter to taking the ECDL. A fully qualified tutor is on hand at all times. Open Monday to Thursday, 9.30am to 2pm.

Contact: Liz Hogan

Telephone: 056 7752144

Location: Father McGrath Centre,
St Joseph's Rd, Kilkenny

Email: info@kilkennymc.com

Libraries

Internet access is free to library members - booking is advisable. There is a €3 charge for non-members per ½ hour session.

Mullinavat Computer Training

Computer training for groups or one-to-one tuition in all ECDL modules. Learn at your own pace with no exams or tests.

Contact: Mary Byrne

Telephone: 051 898869/ 086 1228511

Noreside Education Centre

Courses offered to groups and individuals include Computers for the Terrified, Introduction to Computers, Basic Word Processing, Desk Top Publishing, pre-ECDL, ECDL and advanced ECDL. Open Monday to Thursday, 9am to 5pm and Friday, 9am to 4pm.

Location: Noreside Education Centre,
5 John's Quay, Kilkenny

Telephone: 056 7770790

Email: noresideeducation@gmail.com

Scoil Aireagail

One year FETAC Level 5 Certificate course in Computer Applications. Modules include word processing, database methods, spreadsheets, desktop publishing, internet, information and communications systems, business maths and communications. Progress from this course to programmes at higher-level institutes and direct entry to a range of office environments in administration, accounts, local government, legal organisations and financial institutions.

Contact: Gillian Cunningham

Telephone: 056 7768632

Location: Scoil Aireagail, Ballyhale, Co Kilkenny

IRISH

Gaelscoil Osraí

Irish language classes provided for adult beginners, improvers and advanced. Courses start in autumn subject to demand. Ring mid September for information.

Location: Gaelscoil Osraí, Loughboy, Kilkenny

Telephone: 056 7765697

Kilkenny Campus, NUI Maynooth

An Dioplóma sa Ghaeilge. Is é is aidhm leis an gcúrsa seo, oiliúint sa Ghaeilge a chur ar fáil le go mbeidh siad siúd a ghlacann páirt ann in ann a ngnó pearsanta agus gairmiúil a dhéanamh go cruinn agus go héifeachtach trí mheán na Gaeilge.

The aim of this course is to enable participants to use Irish accurately and effectively in their professional and personal life.

Applicants should satisfy Matriculation requirements and, normally, have achieved an Honours grade in Irish in the Leaving Cert. Applicants who matriculate on the basis of mature years, and who have an appropriate previous knowledge of Irish, will also be accepted.

Location: Kilkenny Campus (NUI Maynooth),
College Rd, Kilkenny

Telephone: 056 7775910

Telephone: 056 7775919

Website: www.kilkenny.nuim.ie

Email: kilkenny.campus@nuim.ie

Italian

Italian Classes

Going to Italy? Or just back? Interested in Italian language and cooking culture? During the 5 classes you will discover the beauty and variety of Italian food. 1: pasta and Pane (bread), 2: formaggio and salumi (cheese and salami), 3: frutta and verdure (fruit and vegetables), 4: dolci (desserts) and 5: vino (wine). Everything will be supported by 'un po di Italiano' (a little Italian grammar) to allow you to read, and understand, an Italian restaurant menu and enjoy better your trip to Italy! Buon appetite!

Contact: Claudio Lazzarotto

Telephone: 087 6690598

Email: info@gannetschool.ie

LITERACY

Adult Learning Scheme (Word Aid)

Word Aid, the County Kilkenny Adult Literacy Scheme, is a free, confidential service that supports adults with reading, writing, spelling or maths difficulties.

Word Aid holds a tutor-training course for volunteers annually. They require volunteers to give 2 hours of their time each week, have a sympathetic and understanding nature, to be good listeners and have the ability to work with others on a confidential basis.

Contact: Mary Buckley
Location: Word Aid, 43 Upr Patrick St, Kilkenny

Telephone: 056 7763149
Fax: 056 7751094
Email: wordaid@kkvec.ie

LOCAL STUDIES (see also Libraries)

Kilkenny Campus, NUI Maynooth

Kilkenny Campus, NUI Maynooth offers a BA Local Studies. This is a part-time degree course including modules on local and national history, archaeology, art & architecture, maps, landscapes and the physical environment, Latin, Irish language, folklore and place-names, etc. Delivered over five years through evening lectures and tutorials, field courses and short summer schools. Open to mature students (aged 23 yrs or over by 1st January in the year of admission). Applications from adults who have not completed second level education are welcome, and Accredited Prior Learning is considered for exemption from specific programme modules.

Location: Kilkenny Campus (NUI Maynooth),
College Rd, Kilkenny
Website: www.kilkenny.nuim.ie

Telephone: 056 7775910
Telephone: 056 7775919
Email: kilkenny.campus@nuim.ie

Marketing

Digital Marketing Diploma – Empower Colleges

Digital Marketing Diploma course takes place over five Thursdays. Starts the 2nd September 2010. Places limited to 25 people so book early.

Location: Kilkenny

Telephone: 056 7756736

Media Studies

Ormonde College of Further Education

FETAC Level 5 Certificate in Media Studies is a one-year, full-time course that affords students to become familiar with various aspects of the field of print and broadcast journalism, advertising, photography and image processing.

Location: Ormonde College of Further Education,
Ormonde Rd, Kilkenny
Website: www.ormondecollege.ie

Telephone: 056 7763321
Email: ormonddec@eircom.net

MOSAICS

Castlerin Studios and Workshops

Practical mosaic workshops for adults by professional mosaic artists.

Contact: Jen Castle

Telephone: 087 9836342

Location: The Studio, Bennettsbridge, Co Kilkenny

Hillside Art Gallery

With the help of a professional mosaic artist, participants are taken through all stages of the direct mosaic method from design, to cutting, shaping and finally grouting. A variety of materials are used including specially imported glass and ceramic "tesserae". Participants make their own piece to take home. Weekend workshops, suitable for all abilities, are limited to eight participants.

Pen and ink, water colour and calligraphy classes also available, taught by John Walsh.

Contact: Colette O'Brien

Telephone: 056 8833625

Location: Hillside Art Gallery, Donoughmore,
Ballyragget, Co Kilkenny

Fax: 087 0539504

Website: www.hillsideartgallery.com

Email: info@hillsideartgallery.com / obriencolette@hotmail.com

MUSIC

Comhaltas Ceoltoiri Eireann

Traditional Irish music lessons in a variety of instruments for adults and children. Take your pick!

Whistle, Flute, Button Accordion, Banjo, Fiddle and Bodhrán (September – June)

Location: St John's National School, Ballybough St, Kilkenny – Thursdays

Button accordion, piano accordion, keyboard and tin whistle (September - June)

Location: Mullinavat, Co Kilkenny - Thursdays

Contact: Noreen O'Neill

Telephone: 086 8249618

Contact: Bernie Kelly

Telephone: 051 898436

Email: comhaltaskk@eircom.net

Keyboard School

Group lessons available for all abilities, Wednesday and Thursday evenings. One hour lessons start at 5pm and 7pm. Ten week course. Takes place at The Mill Studio, Ballycallan Rd, Kilkenny. Drum and guitar lessons can also be arranged.

Location: Essaness Music, Kieran St,
Kilkenny to register

Telephone: 056 7765693
Email: shop@essaness.com

Kilkenny Academy of Guitar

Qualified professional teachers. Group and private tuition available.

Contact: Alec O'Leary

Telephone: 087 2346256

Location: Circular Rd, Kilkenny

Kilkenny Academy of Music

Tuition available for adults and children, beginners to advanced, in singing, piano, keyboard, violin and cello. Occasional master classes from professional musicians. Professionally qualified teachers.

Contact: Patrick Rafter, Director

Telephone: 086 3199374

Contact: Maura Rafter, Director

Telephone: 086 8962865

Location: Mountdarragh House, Threecastles,
Kilkenny

Telephone: 056 7767101
Email: rafter56@eircom.net

Rhythm Riot Music

Samba drumming and Brazilian music workshops for Community, School and Social groups. From once off "Samba taster workshop" to parades and performances. Programmes are tailor-made for your group. One to one lessons in hand-drumming and percussion also available.

Contact: Tom Duffy

Telephone: 087 2335684

Location: Wherever you are!

Email: tom@rhythmriotmusic.com

Voice Workshop

Informal, uplifting, fun, emphasising group vocals. No experience necessary. All songs taught by ear. Melody, harmony, rhythm, stretch and release your singing voice. Teacher, Sian Croose has worked for almost 20 years with singers and musicians from Europe, Africa and America. Workshop will be held over a weekend in mid July.

Contact: Lulu Sinnott

Telephone: 087 7476955

Location: Castalia Hall, Camphill, Ballytobin,
Co Kilkenny

Email: lulusinnott@gmail.com

PAINTING

Alice Bennett

Drawing and painting classes for adults. Classes for four to five people are held in artist's studio in Kilkenny City. All abilities welcome.

Contact: Alice Bennett
Location: Kilkenny City

Telephone: 056 7726877
Telephone: 086 1961012

Mary Gaine

Painting classes taught by experienced local artist in watercolour, oil and acrylic. Suitable for all abilities, including beginners. Courses run for eight weeks, with one two-hour class each week.

Contact: Mary Gaine
Location: Social Services Centre, Waterford Rd, Kilkenny

Telephone: 056 7762582

PAPERMAKING

KOZO Studio and Gallery (Paper and Fibre Art, Papermaking)

Tunde Toth is a visual artist specializing in hand papermaking, experimental paper art and print making. Workshops available on papermaking techniques, fibre art and batik at professional studio venues in Co Kilkenny and Dublin. Also offers workshops and courses for artists groups, schools, museums, arts festivals and arts venues in Ireland.

Contact: Tunde Toth
Website: www.kozogallery.com
Blog: www.tundetothpaperart.blogspot.com

Telephone: 056 7754418
Email: tundetune@gmail.com

Paperworks

Occasional tailor made workshops for groups in papermaking using plant fibres and recycled rags.

Contact: Polly Minett, Fibre Artist
Location: Paperworks, Design Yard, Castlecomer Discovery Park, Castlecomer

Telephone: 087 2235946

PARENTING

Kilkenny Parent Support Programme

Provide group parenting programmes for age groups 0 to 6, 4 to 11, teens and a Triple P (Positive Parenting Programme). Also delivers monthly Home Visiting Lifestart Programme. Lifestart is a developmental programme designed for you and your child from birth to 5 yrs. The aim is to support parents with practical guidelines on how to encourage your child's development. This is a free programme, available to all.

Contact: Mairead Julian
Contact: Deirdre Butler
Location: James Green, Kilkenny

Telephone: 056 7751671
Telephone: 056 7784677

PATCHWORK & QUILTING

Minerva Patchwork and Needlework

Group meets at St Brigid's Secondary School, Callan every second Monday night starting in September.

Contact: Kathleen Delaney

Telephone: 056 7725298

Contact: Margaret McEvoy

Telephone: 056 7765691

Location: St Brigid's Secondary School, Callan, Co Kilkenny

South Midlands Branch of Irish Patchwork Society

Group (30-35) meets first Thursday of every month.

Contact: Margaret McEvoy

Telephone: 056 7762691

Location: Social Services Centre, Waterford Rd, Kilkenny

PERSONAL DEVELOPMENT

Colour Me Beautiful

Group/individual consultations in colour analysis, style, fashion updates, personal shopping trips, wardrobe/wedding planning. Bridal Services.

Contact: Aileen Kennedy, Image Consultant

Telephone: 086 9786542

Kilkenny Toastmasters

A public speaking club for enjoyment - no pressure! Meetings include speeches and table topics. Qualifications may be obtained (Competent Toast Master and Advanced Toast Master). Meet 2nd and 4th Tuesday of the month, September to May, 8pm.

Contact: Richie Hogan

Email: kilkennytoastmasters@gmail.com

Location: Club House Hotel, Patrick St, Kilkenny

Website: www.kilkennytoastmasters.com

Life Designs Personal and Business Life Coaching

Coaching is about change in your personal or work life. People come to coaching to make changes in their lives. Coaching can make changes happen, it will help self awareness, self esteem, self development, positive thinking, self discovery, time and money management, effective self management and self direction.

Telephone: 056 7755884 (after 7pm) / 086 8402756 / 086 4015776

Email: grainne.redmond@gmail.com

PHILOSOPHY

School of Philosophy and Economic Science

Course on Practical Philosophy, exploring the meaning of wisdom, truth, consciousness, the real nature of man and what inhibits his development. Offered three times a year, commencing in September, January and April. Run over 12 weeks, one evening a week.

Location: Butler House, Kilkenny

Website: www.practicalphilosophy.ie

Telephone: 1800 324556

Email: info@practicalphilosophy.ie

PROFESSIONAL DEVELOPMENT

Empower Colleges

Empower Colleges offers an array of undergraduate and graduate certificate, diploma, degree and master programmes. Empower also offers online distance learning options, accelerated studies, as well as flexible class schedules which enables students to work while attending courses.

Location: Newtown Manor, New Orchard Rd,
Kilkenny

Website: www.empowercolleges.ie

Telephone: 056 7756395

Email: marketing@empowercolleges.ie

Kilkenny County Enterprise Board

Offer a range of short courses to suit small businesses and those thinking of starting a new business. A wide variety of programmes are available such as Start your own Business, Financial Training, Sales & Marketing, ICT Skills, Awareness of Business Compliance Issues and Management Training. Courses are held during the day or in the evenings.

Location: Parliament St, Kilkenny

Website: www.kceb.ie

Telephone: 056 7752662

Email: enquiries@kceb.ie

Leadership Management Ireland

Leadership Management Ireland (LMI) offers a range of development programmes. Aimed at all levels of managers, the programme covers organisation skills, productivity, communications, sales techniques, team development, personal leadership and goal setting.

Contact: Martin Byrne

Website: www.lmi.ie

Telephone: 086 8132457

Email: martinbyrne@lmi.ie

Team Dynamics Kilkenny

Team Dynamics Kilkenny organise and facilitate a range of outdoor and indoor physical and non-physical challenges designed to encourage self-development and team building amongst participants. Social and fun activity programmes available. Arrive as a group and leave as a team. Pre-booking is essential.

Contact: Kevin / Joan Mahon

Telephone: 056 7763635 / 086 8286863

Location: Archersgrove, Bennettsbridge Rd, Kilkenny

Website: www.tdk.ie

Email: info@tdk.ie

PSYCHOLOGY

Kilkenny Campus, NUI Maynooth

Kilkenny Campus, NUI Maynooth offers an NUI Certificate in Psychology. This course is designed to provide mature students with the opportunity to develop an understanding of psychology and to explore its relevance to the individual, family, community and society. 100 hours part-time (one evening per week) over one year.

Location: Kilkenny Campus (NUI Maynooth),
College Rd, Kilkenny

Telephone: 056 7775910

Telephone: 056 7775919

Website: www.kilkenny.nuim.ie

Email: kilkenny.campus@nuim.ie

SECURITY

FETAC Level 5 Certificate in Security Studies (CSSXX)

A one-year, FETAC certified, full-time course that prepares students for entry into the Security Industry in positions such as static guarding, mobile security patrols, retail security and security for special events. In addition, it may offer successful graduates the opportunity to progress further to An Garda Síochána, Defense Forces and the Prison Service. *PSA, Safe Pass and manual handling certification* will be made available to students.

Location: Ormonde College of Further Education,
Ormonde Rd, Kilkenny

Telephone: 056 7763321

Email: ormonddec@eircom.net

Website: www.ormondcollege.ie

SPANISH

Kilkenny Campus NUI Maynooth

Kilkenny Campus, NUI Maynooth, offers an NUI Certificate in Spanish language and culture. Previous knowledge of Spanish is not required. 100 hours part-time (one evening per week, and occasional Saturdays) over one year.

Location: Kilkenny Campus (NUI Maynooth),
College Rd, Kilkenny

Telephone: 056 7775910

Telephone: 056 7775919

Website: www.kilkenny.nuim.ie

Email: kilkenny.campus@nuim.ie

SPORTS

**FETAC Level 5 Certificate in Sports & Recreation (DSRXX)
Level 1 Certificate in Exercise & Health Fitness (University of Limerick)**

A one-year, full-time course. Aims to develop skills and knowledge necessary for a career in the leisure industry. Students pursue Level 5 in Sport & Recreation from FETAC and the Exercise and Fitness Level 1 award offered by the National Council for Exercise and Fitness (NCEF), accredited by University of Limerick.

Location: Ormonde College of Further Education,
Ormonde Rd, Kilkenny

Website: www.ormondecollege.ie

Telephone: 056 7763321
Email: ormonddec@eircom.net

Football Association of Ireland

Kick Start 1 coaching course for coaches and managers and anyone involved with children aged 6 to 9 yrs. Kick Start 2 for coaches of children aged 9 to 12 yrs. Youth Cert for coaches of children aged 12 to 16 yrs.

Contact: Darren Murray
FAI Regional Development Officer

Location: Co Kilkenny venue

Telephone: 087 6378742
Email: darren.murray@fai.ie

Irish Soccer Referees Society

Kilkenny Branch of the Irish Soccer Referees Society offers courses for referees. The two-day courses are run in September. On completion, participants can register as a referee with the Football Association of Ireland. Two-day course run by the FAI in conjunction with the above. One week-end date, with possibility of more than one course depending on numbers.

Contact: Pat Shortall

Telephone: 056 7722932

Recreation & Sports Partnership

Kilkenny Recreation & Sports Partnership (KRSP) is committed to promoting healthy living and personal development through recreational and sporting activity within all age groups, and throughout the whole community of Kilkenny.

KRSP organises both generic and sports specific courses in Kilkenny e.g. Basic First Aid, Inclusive Games Training, The Code of Ethics & Good Practice for Children's Sport and sports specific coaching courses. KRSP works with local agencies and community groups to provide sport and recreational activities.

Contact the KRSP office to receive a calendar of events or to seek assistance in organising courses for your own local area.

Contact: Michelle Grennan-McWilliams

Telephone: 056 7720870

Location: Desart Hall, New St, Kilkenny

Email: info@krsp.ie

SWIMMING

The Watershed

25m six lane swimming pool. 5m learner pool. Kiddies fun pool. Open year round to members and non members. "Off-peak" and "special" price times available.

Location: The Watershed, Scanlon Park, Kilkenny

Website: www.thewatershed.ie

Telephone: 056 7734620

Email: info@thewatershed.ie

Kilkenny Water Safety

Kilkenny Water Safety teaches and promotes water safety skills in Kilkenny City and County. They offer lessons in swimming, life-saving and they train lifeguards for the pool and beach. During winter months sessions take place on Monday nights in The Watershed Swimming Pool, 8pm to 11pm. During summer months sessions in life support, life saving and swimming are held on the river in Thomastown and Graiguenamanagh for one week. One week courses also held in The Watershed Swimming Pool. The annual Nore swim is open to those who wish to swim. Monies raised go to Kilkenny Water Safety and local charities.

Contact: Michael Gaul, Chairperson

Website: www.kilkennywatersafety.4t.com

Telephone: 086 1632103

Email: info@kilkennywatersafety.4t.com

THIRD LEVEL

Although Kilkenny does not have its own third level institution, the Kilkenny Campus of National University of Ireland (NUI) Maynooth offers a wide range of third level courses from Certificate to Degree level. Details of courses on offer are listed in this A to Z section. The surrounding counties of Carlow, Tipperary and Waterford have third level institutions, so if you have the time and means to travel, then there are endless choices of Third Level courses.

IT Carlow

IT Carlow's Lifelong Learning Programme offers accredited courses in Business, Computing, Science, Engineering and Humanities.

Location: Kilkenny Rd, Carlow

Website: www.itcarlow.ie

Telephone: 059 9175286 / 059 9175282

Email: LLLCentre@itcarlow.ie

Kilkenny Campus, National University of Ireland (NUI) Maynooth

Wide variety of courses available from Certificate to Degree level including Addiction Studies, Community Studies, Counselling Skills, Psychology, Ghaeilge, Local Studies,

Creative Writing for Publication and Spanish. Further information and a full course listing available.

Location: Kilkenny Campus (NUI Maynooth),
College Rd, Kilkenny

Website: www.kilkenny.nuim.ie

Telephone: 056 7775910

Telephone: 056 7775919

Email: kilkenny.campus@nuim.ie

Tipperary Institute

With campuses in Thurles and Clonmel, Tipperary Institute offers full-time courses to Honours Degree level in a wide range of disciplines from Business, Marketing and Accounting and Finance to Creative Multimedia, IT Support, Games Design and Software Development. The rapidly evolving social and environmental sectors are also well provided for with Honours Degrees in Environmental and Natural Resource Management, Smart Sustainable Energy and Social and Community Studies.

The delivery of part-time and evening courses is another important feature of the Institute's academic programme, specifically catering for people in full-time employment and a variety of part-time and evening study options are offered in Accounting Technician Studies, Marketing, Management, Languages, Renewable Energy, Life Coaching, Adlerian Psychology and Counselling Skills, and Cisco Academy Professional courses.

Contact: Office of Development and
Academic Services

Website: www.tippinst.ie

Telephone: 0504 28000

Email: das@tippinst.ie

Waterford Institute of Technology (WIT)

Invest in your future, WIT Third Level Part-time programmes. Text 'WIT' followed by your details to **53600** for a copy of the prospectus. Apply online from June 15th – July 31st.

Contact: Department of Adult and Continuing
Education Office

Location: Cork Rd, Waterford, Co Waterford

Website: www.wit.ie/parttime

Telephone: 051 302487

Email: ace@wit.ie

VOCATIONAL TRAINING

Vocational Training Opportunities Scheme (VTOS)

VTOS provides people who are unemployed with a range of learning options from the practical to the academic. Programmes on offer are Certificate in Information Processing (FETAC Level 5), Certificate in Information Technology / E-Business (FETAC Level 5), City and Guilds Awards, Leaving Certificate, Junior Certificate Options ECDL and Woodcarving.

Contact: Geraldine Moran, VTOS Co-Coordinator

Telephone: 056 7764719

Location: VTOS, Bishop Birch Training Institute, Waterford Rd, Kilkenny
Website: www.vtoskk.ie **Email:** info@vtoskk.ie

WINE

The Wine Academy Ireland

Evening courses, September to May, including WSET Intermediate and Advanced Certificate courses and Wine Appreciation courses.

Contact: Mary Gaynor, MBA Wine **Telephone:** 056 7724894
Location: The Quay, Thomastown, Co Kilkenny **Telephone:** 087 2448321
Website: www.wineacademy.ie **Email:** mary@wineacademy.ie

WOODTURNING

George Wills

Lessons in wood turning available for beginners and improvers. Courses are run at weekends or on weekdays.

Contact: George Wills **Telephone:** 056 7758515
Location: Inistioge, Co Kilkenny

WRITING

Creative Writing Course

Creative writing course - poetry, short stories and writing for radio. Gerry Moran, writes regularly for the *Kilkenny People* and RTE Radio One's *Sunday Miscellany*. Courses run for eight weeks and begin mid September and late January.

Contact: Gerry Moran **Telephone:** 056 7721671
Location: Club House Hotel, Patrick St, Kilkenny **Telephone:** 087 2821605

Kilkenny Campus, National University of Ireland (NUI) Maynooth

NUI Certificate in creative writing for publication. This course is designed to provide mature students with the opportunity to develop creative writing skills, create a disciplined approach to writing and to provide an understanding of the economics and structure of the publishing industry. 100 hours part-time over one year. Ten week-ends, Saturday and Sunday, September to May.

Location: Kilkenny Campus (NUI Maynooth),
College Rd, Kilkenny **Telephone:** 056 7775910
Website: www.kilkenny.nuim.ie **Telephone:** 056 7775919
Email: kilkenny.campus@nuim.ie

GENERAL ACTIVITIES

A to Z

The following lists just some of the activities available for people living in Kilkenny. There's something to suit every pocket. Enjoy!

ARTS & CRAFTS

ART GALLERIES

Butler Gallery

Located in the basement of Kilkenny Castle this contemporary art gallery has its own permanent collection and frequent visiting exhibitions. Admission is free.

Open 7 days a week, all year.

October to March: 10.30am to 12.45pm and 2pm to 5pm.

April: 10.30am to 5pm (open during lunch).

May to September: 10am to 5.30pm.

Contact: Pauline Swaine, Gallery Facilitator

Location: Butler Gallery, Kilkenny Castle

Telephone: 056 7761106

e-mail: pauline@butlergallery.com

Abbey Centre

Features a display of Christian Art and local historical objects. Open all year, Monday to Friday, 9am to 1pm.

Location: Convent Lane, Graiguenamanagh,
Co Kilkenny

Telephone: 059 9724238

Email: graiyac@eircom.net

Little Ghost Gallery and Studio

An independent space for independent artists. The Gallery acts as a non-commercial unit that facilitates artists endeavours by providing them with a compatible studio and exhibition space.

Location: Coach Rd, Dean St, Kilkenny

Website: www.littleghostgallery.com

Email: littleghostgallery@gmail.com

Loughboy Library

Loughboy Library provides free exhibition space for local groups, organisations and individuals as part of its outreach activities. For opening times, see Libraries in this book.

Location: Loughboy Shopping Centre,
Waterford Rd

Telephone: 056 7794176

Email: loughboy@kilkennylibrary.ie

National Craft Gallery

This gallery is the show-case for the best of contemporary, innovative craft work in Ireland. Admission is free.

Open Tuesday to Saturday, 10am to 5.30pm (Closed Mondays except Public Holidays).
Open Sundays, 11am to 5.30pm, April to December.

Location: Castle Yard, The Parade, Kilkenny

Telephone: 056 7761804

Website: www.ccoi.ie/exhibitions

Email: info@ccoi.ie

CRAFTS

MADE in Kilkenny Craft Trail

'MADE in Kilkenny' formed to foster excellence in crafts in Co Kilkenny, to encourage the growth of the professional craft industry and to promote the County as a shopping destination for authentic, handmade craft in Ireland. All the craftspeople make their own work using both traditional and modern techniques, from the white-hot furnace of the glass-blower to the throwing wheel of the potter. From the practiced hammering and manipulation of precious metals, the careful sawing, turning and chiseling of wood and stone, to the tasteful stitching of textiles and leather, all these craftspeople are contributing to Ireland's heritage. They are preserving and developing ancient techniques, and presenting you with beautiful pieces to drink and to eat from, to carry and to store things in, to sit on, to admire, and to adorn the body with!

It is intended that the 'MADE in Kilkenny' brochure is used as a shopping guide, for a day out visiting various craft shops in Kilkenny's scenic countryside and historical city. Check out the MADE in Kilkenny website for more information.

Location: 42 Parliament St, Kilkenny

Telephone: 056 7752111

Website: www.madeinkilkenny.ie

Email: trails@trailkilkenny.ie

PATCHWORK

South Midlands Branch of the Irish Patchwork Society

This group meets monthly, has a speaker and occasional trips, shop selling equipment and fabrics. Week-end workshops for members. New members welcome. Meet first Thursday of the month, 7.30pm, September to June.

Contact: Alison Baxter

Location: Social Welfare Hall, St Joseph's,
Waterford Rd, Kilkenny

Telephone: 051 648924

Telephone: 087 2506999

BEE-KEEPING

South Kilkenny Beekeepers Association

The South Kilkenny Beekeepers Association meets on occasional Monday nights during the Winter months. Beginners course available.

Contact: Richard Moran

Location: Kildalton College, Piltown,
Co Kilkenny

Telephone: 056 7727457

Email: rmoran45@hotmail.com

BOOK CLUBS

Graiguenamanagh Library Book Club

Meets first Tuesday of the month, 7pm to 8pm.

Location: The Library, Graiguenamanagh,
Co Kilkenny

Telephone: 056 7794178

Email: graiguenmanagh@kilkeenylibrary.ie

New Daytime Book Club

All welcome to join in New Daytime Book Club on Wednesdays.

Location: The Library, Castlecomer, Co Kilkenny

Telephone: 056 4440561

Riveting Reads

Meets first Thursday of the month, 11am in Loughboy library.

Location: The Library, Loughboy, Kilkenny

Telephone: 056 7794176

BRIDGE

Clara

Monday nights, 8pm. September to May.

Contact: Frances Foley

Telephone: 086 8032409

Location: Fox & Goose

Graigenamanagh

Thursdays, 7.30pm. Members only, September to May. Open to all June to August.

Contact: Maura Gaynor

Telephone: 059 9724262

Location: Duiske Inn, Graigenamanagh

Kilkenny Bridge Centre

Exercise your brain at the Bridge Centre, home to eight Bridge Clubs. Open Monday to Thursday evenings. Games start at 7.30pm sharp! During the summer (beginning of June to first week in September) on Wednesday and Thursday evenings the Centre is open to visitors with a partner. Bar and disabled facilities. Lessons available, September to March, Tuesday and Wednesday nights.

Contact: Marion Kilbride

Telephone: 087 6544737

Location: The Bridge Centre, Loughboy, Kilkenny.

CHESS

Kilkenny Chess Club

Teams from the club represent Kilkenny in the Leinster League's first and second divisions. Meet Monday nights, 8pm, September to April.

Contact: Jack Lowry, President

Telephone: 056 7767774

Location: The Club House Hotel, Patrick St, Kilkenny

DANCE

Castle Towers Set Dancers

Meet Wednesdays, 8pm to 9.30pm, September to May. Beginners or advanced. Cost €5 per person. For Seniors.

Contact: Margaret Sheppard

Telephone: 056 7769427

Location: Archer's Street Community Centre, Loughboy, Kilkenny

Dance Box Studio

Performing Arts School. Fun Hip Hop classes, Wednesday nights. Set Dancing, Monday nights. Ballroom Dancing and Private Wedding Dance lessons available.

Contact: April Coady

Telephone: 087 7999166

Location: Dance Box Studios, Hebron Industrial Est.

Dance Land

Learn to dance for weddings and social occasions. Tuition in waltzing, tango, foxtrot, quick step, Latin and old time. Professional teacher. Classes for absolute beginners to advanced. Classes Wednesdays, 8pm to 10pm.

Contact: Mary Kelly

Telephone: 086 8153033

Location: Clara Hall, Clara, Co Kilkenny

Kilkenny Salsa Club

Salsa classes on Tuesdays for beginners and intermediates from 7.30pm to 9.30pm. No partner required. Advanced class begins at 8.45pm.

Location: Pegasus, O'Faolain's, John St, Kilkenny **Telephone:** 087 9799671

Website: www.salsanation.net

Rodeo Cats Line Dancing Club

Dust off your hats and boots and get ready! Classes for beginners, intermediate and advanced level.

Contact: Ray Cahill

Telephone: 056 7768939

Email: rodeocats@gmail.com

Telephone: 085 7190205

Stepping Out

A variety of courses are offered which may include Salsa Dance, Salsa Slims and Come Dancing Strictly Beginners. Courses are designed to provide a workout while participants are learning to dance.

Location: Newpark Hotel, Castlecomer Rd, Kilkenny **Telephone:** 01 6205030

Website: www.steppingout.ie

Email: info@steppingout.ie

DAY CARE CENTRES

Alzheimer Society of Ireland

Rings, cards, bingo, exercise to music, dinner, sports and services such as manicure and chiropody.

Contact: Mary Cahill

Telephone: 056 7771230

Location: Caredoc, Waterford Rd, Kilkenny

Castlecomer District Hospital Day Care Centre

Dinner, outings, bingo, cards, sonas, physical activities, skittles, singing, talks, Christmas Party, Personal Care, physiotherapy, clinic for leg ulcers, chiropody, laundry and hairdressing. Transport available. Monday to Friday, 9.30am to 3.30pm.

Location: Castlecomer, Co Kilkenny

Telephone: 056 4441679

Dalton House Day Care Centre



Monday to Saturday (inclusive), 9am to 5pm. Day Care Centre offering lunch, meals on wheels, laundry and assisted baths. Computer classes, art classes, book club. Social Night Wednesdays, 7.30pm to 10pm - bingo, cards, music and refreshments. Respite care Monday, Wednesday and Saturday 10am to 4pm.

Contact: Nellie Brett

Telephone: 056 7726718

Location: St Mary's Court, Main St, Gowran, Co Kilkenny

St Columba's Hospital Day Care Centre



Personal care, nursing care, chiropody, physiotherapy, various diversional and recreational therapies, lunch and tea. Transport provided within 10km. Monday to Friday, 9am to 5pm.

Contact: Edwina Muldowney

Telephone: 056 7754825

Location: Thomastown, Co Kilkenny

St Mary's Day Care Centre



Provides a range of activities including meals, personal care, recreational activities and health promotion. There is a nominal charge for dinner. Open Wednesday and Thursday.

Contact: Eileen Hodge Cullen

Telephone: 056 7770789

Location: Gaol Rd, Haughney Green, Kilkenny

Troy's Court Day Care Centre



Lunch, exercise, personal care, chiropody and bingo. Monday to Thursday 11am to 3.30pm.

Contact: Sr Katherine

Telephone: 056 7763117

Location: Troy's Court, Kilkenny

DRAMA

Barnstorm Theatre Company Drama and Community

The Adult Drama Club is a programme which offers weekly theatre workshops to give local people the opportunity to learn more about creating theatre, to increase their theatre skills and meet up with new people. Initially training focuses on acting skills, but then participants are encouraged to begin to explore other areas of theatre including devising,

directing and production. There are several chances to perform in-house and publicly. September enrolment – membership limited so book early. No experience necessary.

Outreach Development Programme

The Outreach Development Programme is a flexible strand that welcomes individuals, organisations and communities to get in touch and discuss possibilities of working with Outreach@Barnstorm on realising theatre, arts and drama projects. Activities in the past have included programmes for schools, community theatre, partnerships with local artists and agencies and providing advice, support and resources to those that wish to use drama in their own work.

Contact: Anna Galligan, Outreach Officer **Telephone:** 056 7751266
Location: Barnstorm Theatre, Church Lane, Kilkenny
Website: www.barnstorm.ie **Email:** anna@barnstorm.ie

Callan Variety Club

This club provides an annual week of entertainment in the week after Easter in St Brigid's College Concert Hall. Members rehearse for four months prior to the performances. Anyone who enjoys singing and dancing is welcome to join (non-exam tied students please!).

Contact: Barry Henriques **Telephone:** 056 7725834
Location: St Brigid's College Concert Hall, Callan, Co Kilkenny

Deenside Players

This enthusiastic group stages an annual pantomime in February. New members welcome. Auditions in October. Regular rehearsals, October to February.

Contact: Annette O'Connor **Telephone:** 056 4440117
Contact: Michael Brennan **Telephone:** 087 9113319
Location: Community Hall, Castlecomer, Co Kilkenny

Devious Theatre

This company, formed in 2006, produces multiple shows per year in Kilkenny. Their focus is on performing new and rarely seen works. Devious Theatre's goal is to make theatre a more viable social alternative for a new generation of theatre goers. Check out our website.

Website: www.devioustheatre.com **Email:** info@devioustheatre.com

Gowran Pantomime Society

Meetings held every two weeks, September to March. The Society puts on an annual show in the Gowran Parish Hall. New members always welcome.

Contact: Eileen Byrne **Telephone:** 056 7726117
Location: Gowran Parish Hall, Gowran, Co Kilkenny

Watergate Productions

Watergate Productions, Kilkenny's oldest theatrical institution and compromise of a group of actors and directors who have represented theatre here for over 30 years. This Christmas see them perform 'Scrooge' at the Watergate Theatre.

Contact: Ger Cody (Watergate Theatre)

Telephone: 056 7761674

What's On Tom? Productions

What's On Tom? Productions is a Thomastown-based theatre company which aims to promote and produce new plays. Its new short play programmes provide a range of opportunities for playwrights, directors and actors to get involved in bringing theatre to local audiences

Email: whatsontom@gmail.com

ELDERLY

Active Retirement Association



Active Retirement Associations aim to help retired men and women, usually over the age of 55, to lead full, happy and healthy retirements by offering organised opportunities for a wide range of activities including holidays, outings and socials, creative and learning programmes; indoor and outdoor sports and community work. There is an annual insurance and affiliation fee and a nominal charge for meetings.

Telephone: 01 8733836

Website: www.activeirl.ie

Email: info@activeirl.ie

Active Retirement Associations	Time
Ballycallan Community Hall	First Monday of the month, 2.30pm to 5pm (except Bank Holidays when meetings are held on the second Monday)
Ballyfoyle and District Community Hall	First Tuesday of the month. 7pm during Summer months, 8pm during Winter months
Ballyragget Canon Malone Hall	Every second Monday, 2.30pm except July and August
Callan and District Friary House	Every second Wednesday, 2.30pm to 4.30pm
Castlecomer Community Hall	First Tuesday of the month
Ferrybank and District 58 Ardoire	Second Wednesday of the month, 2pm

Freshford Community Hall	Last Tuesday of the month, 4pm
Gowran Dalton House	First Monday of the month, 2.30pm
Graigenamanagh Duiske Inn	Wednesdays, 3pm
Johnstown and District St Kieran's hall	Thursdays, 2.30pm
Johnswell and District Community Hall	First Wednesday of the month, 7.30pm
Kilkenny Club House Hotel	Second Monday of the month, except August and December, 2.30pm
PAL Club Kilmanagh Community Hall	Second Tuesday of the month, 3pm to 5pm
Slieverue Slieverue Hall	First Wednesday of the month, 2pm
Stoneyford Community Hall	First Wednesday of the month, 10.30am
Thomastown & District Salmon Pool	First Tuesday of the month, 2.30pm
Tullaroan Community Centre	Every second Wednesday, 2pm to 4pm



Age Action Ireland

Age Action Ireland is the network on ageing and older people. Age Action promotes better policies and services for all older people and an ageing society. Its main aim is to improve the quality of life of all older people especially those who are most disadvantaged and vulnerable, by enabling them to live full, independent and satisfying lives for as long as they wish in their own homes or in appropriate accommodation. Computer classes for older people on basic internet and e-mail skills are run throughout the county.

Contact: Kiera Sherlock

Telephone: 01 475699

Website: www.ageaction.ie



Ballykeefe PAL Club

Social Club with bingo, quizzes, fitness courses, talks and outings. Socially monitored alarms supplied. Visits to older people's homes. Every second Tuesday, 3pm to 5pm.

Contact: Ella O'Brien

Telephone: 056 7769193

Location: Old School, Kilmanagh, Co Kilkenny



Glenmore Golden Club

Bingo, talks, lunch and daytrips. Every second Tuesday, 10.30am to 1.30pm.

Contact: Maria Jones

Telephone: 051 880494

Location: Glenmore Community Hall, Glenmore, Co Kilkenny

Kilkenny Contact



Befriending organization for older people living alone (funded by Services for Older People HSE). Volunteers visit elderly people in their own homes. If you would like a visit make contact with this friendly and helpful group. Can contact Co-ordinator confidentially and directly.

Contact: Eleanor Doyle, Co-ordinator

Telephone: 086 8530994

Location: c/o Fr McGrath Centre,
St Joseph's Rd, Kilkenny

Telephone: 056 7751988

Kilkenny Meals-on-Wheels



Meals-on-Wheels, Monday to Friday. Donations welcome.

Contact: Kitty Hunt

Telephone: 056 7721685

Location: Kilkenny Social Services, Waterford Rd, Kilkenny

Senior Group



Meet Mondays, 10.30am to 12pm in Costa Coffee, MacDonagh Junction for coffee, chats, and speakers. Every third Monday we go bowling.

Contact: Mary

Telephone: 056 7765014

Contact: Niamh in Costa Coffee Café

Telephone: 056 7751988

Location: Costa Coffee MacDonagh Junction, Kilkenny

Side by Side Club



Thursdays, 2.30pm to 5pm. Social Club with exercise to music, pongo and tea. Regular outings and Christmas dinner for John's Parish.

Contact: Mary Parle

Telephone: 056 7763324

Location: St John's Parish Hall, Dublin Rd, Kilkenny

Third Age Foundation / Senior Help Line



Third Age Foundation is a community organisation dedicated to empowering older people through a number of local and national projects and services, life long learning and volunteering. Local projects include an Internet Café, health and information programmes,

drama, choir, arts, social outings and holidays. Services include advocacy, laundry and an outreach service.

Senior Help Line is a national confidential listening service for older people by trained older volunteers for the price of a local call anywhere in Ireland, **LoCall 1850 440 444**. Senior Help Line is open each Monday, Tuesday and Thursday, 10am to 10pm, and each Sunday, Wednesday, Friday and Saturday, 10am to 4pm and 7pm to 10pm. Senior Help Line received over 13,000 calls in 2009.

Location: Summerhill, Co Meath **Telephone:** 046-9557766
Website: www.thirdagefoundation.ie / www.seniorhelpline.ie

Thursday Active Retirement Group



Arts and Crafts from pottery to painting, outings and socials, dancing and music rings and cards or whatever takes your fancy on the day.

Contact: Louise **Telephone:** 056 8838562
Location: Elderly Centre, St Kieran's Community Centre, Assumption Place, Urlingford, Co Kilkenny

Urlingford Club for the Elderly



Cards, bingo, talks, outings, concert trips, exercise, Christmas party, chiropody and hairdresser. Tuesdays, 2pm to 5pm.

Contact: Hayacinth Roche **Telephone:** 056 8831266
Location: Urlingford Arms, Urlingford, Co Kilkenny

Young of Heart



Meets Wednesdays, 2.30pm to 4.30pm. We do every activity imaginable. Daytrips, music days, talks, bingo, kickboxing. Ring-a-Link will collect. Open to ages 50 to 86 yrs. Open to all parishes. €3 for afternoon

Contact: Maura Huntley **Telephone:** 056 7761803

ENVIRONMENT

An Taisce

The Kilkenny Association of An Taisce (National Trust for Ireland) are concerned with heritage and the environment. They have regular meetings which consist of talks by invited speakers on topics such as architecture, the Tree Council and the Eco Village in CloghJordan, Co Tipperary. These are public meetings and everyone is welcome. Occasional outings are organised.

Contact: Coilin O'Drisceoil, Honorary Secretary **Telephone:** 086 8392148

FESTIVALS

The following is a list of some of the many annual events and festivals that take place across Kilkenny City and County. Don't be stuck for something to do!

Castlecomer Wellington Race (January 1st)

Join in the largest rubber boot race in the world over a 6.4km circuit, with hundreds of wellie-booted runners, in all sorts of attire, taking part. A great way to start the year!

Saint Patrick's Day (March 17th)

Entertainment on the Streets of Kilkenny. Parades at various locations.

Rhythm and Roots Weekend (May Bank Holiday)

Featuring a world class lineup of international and Irish Roots / Americana Acts.

Website www.kilkennyroots.com

Telephone: 056 7763669

Kilkenny Fleadh Ceoil (Mid May)

A weekend of traditional music, set dancing, song and open air activities organised by Comhaltas Ceoltoiri Eireann.

Contact: Noreen O'Neill

Telephone: 086 8249618

Email: comhaltaskk@eircom.net

Carlsberg Cat Laughs Comedy Festival (June Bank Holiday)

International comedy festival of great renown. Don't stay at home – have a laugh!

Website: www.carlsbergcatslaughs.com

Kilkenny River Festival (early July)

Water-based activities including competitions and displays on the River Nore.

Website: www.kilkennycanoe.com

Graigenamanagh/Tinnahinch Regatta and Boat Rally Festival (August Bank Holiday)

The festival includes musical events, sporting activities and comedy acts. The regatta includes over 20 events from an Iron Man contest to cot (fishing boat) races, swimming and diving competitions.

Thomastown Traditional Irish Music Weekend (August Bank Holiday)

This annual event offers a weekend of live music in the pubs and on the streets of Thomastown, Co Kilkenny.

Ballykeeffe Mini Fest (August Bank Holiday)

Family Fun Day 20th June. Chapter House Theatre Group are performing 'Mid Summers Night Dream' on the 8th July. 31st July Tir Na Nóg perform. August Bank Holiday events to be confirmed.

Website: www.ballykeeffe.com

Kilkenny Arts Festival (August 6th to 15th 2010)

This exciting festival offers a spectacular variety of events in Kilkenny City and County to suit all ages and tastes including art, crafts, classical, jazz, world and traditional music, poetry and book readings, street performances, outdoor plays and workshops... Just be there!! Programme available from the booking office from early July. Book early to avoid disappointment.

Website: www.kilkennyarts.ie

Heritage Week (end August)

Organised by Dúchas there is something for everyone in Heritage Week such as guided tours of Kilkenny Castle, exhibitions, nature walks, bird watching and guided tours of Dúchas sites. Many events are free of charge during this week.

Website: www.heritageireland.ie

Iverk Agricultural Show (28th August 2010)

This agricultural show dates back to 1826 and is one of the largest in the country. Held annually in Piltown, Co Kilkenny.

Website: www.iverkshow.com

Graigenamanagh Town of Books Festival (September 17th to 19th 2010)

Antiquarian, general second-hand and bargain book dealers descend on the village of Graigenamanagh offering thousands of books to suit all tastes and budgets. Readings, book valuations and entertainment are on offer.

Website: www.booktownireland.com

Celtic Festival (September 30th to October 3rd 2010)

The Kilkenny Celtic Festival is dedicated to encouraging a wider and deeper appreciation of all things Celtic, expressed in the Irish Language, song, music, dance and food. Each year the festival focuses on one of the Celtic Nations.

Website: www.celticfestival.ie

Savour Kilkenny Food Festival (late October)

Savour Kilkenny is now in its fourth year. It's a festival with a true community heart run by a voluntary committee of Kilkenny people who are passionate about food. Growing it, making it, cooking it, sharing it and eating it – all are celebrated each year in a rainbow programme.

If you're reading this, the chances are you agree that food is one of life's simplest yet richest pleasures. In a world that's changed so much and so quickly, it connects us to nature and to each other. We're lucky to have an exceptionally vibrant and creative food culture here and Savour Kilkenny is a chance to throw open our doors and invite you (and the rest of the world!) to join the party and enjoy it with us.

Contact: Edward Hayden, Secretary

Telephone: 059 9724359

Website: www.savourkilkenny.com

Email: info@savourkilkenny.com

Éigse Shiabh Rua Co Kilkenny (November)

This traditional festival is based in Slieverue village and includes a seminar on local music and national history, children's historical tour, poetry readings and tours to historical locations.

Contact: Katherine Grant

Telephone: 051 832482

Location: Rhu Glenn Hotel, Slieverue Village

Dancing for Pleasure (November 15th to 19th 2010)

A social dancing festival with tuition every morning and dancing to live bands in the evenings. Gala dinner on Thursday night.

Contact: Bob Ormsby

Telephone: 053 9133214

Location: Springhill Court Hotel, Waterford Rd, Kilkenny

Kilkenny Chess Festival (Last weekend in November)

With games played at five different grades including Grand Masters and International Masters and attracting players from as far a field as Russia, this international festival welcomes all chess enthusiasts. Free to spectators. Venues will be Butler House and the Club House Hotel.

Contact: Jack Lowry

Telephone: 087 7840626

Email: chess@iol.ie

FILM

Kilkenny Omniplex

Programmes change weekly on Friday. Details in *Kilkenny People*. Four screens.

Location: Fair Green, Kilkenny

Telephone: 0818 221122

Website: www.omniplex.ie

Kilkenny Film Club

The Kilkenny Film Club aims to bring international, independent and World Cinema to the attention of enthusiasts and film buffs living and working in the South East. Screenings are only open to members.

Yearly Membership €5, Single Film Membership €2, Film Admission €8.

Season runs September to April. Membership only available to over 18's.

Contact: Steve Cullen **Telephone:** 086 1217211
Location: The Set Theatre, John St, Kilkenny
Website: www.kilkennyfilmclub.com **Email:** kilkenneyfilmclub@mac.com

FLYING

Irish Aero Sports Flying Club

Specialising in flight training for the sport and recreation pilot including air experience flights, ground school, flight training and preparation for a flight test for PPL (m). Flight training available 7 days per week. Air experience and trial lessons available. A great aviation-based social atmosphere is encouraged with fly-ins, BBQs, breakfast gatherings and trips to sport aviation events throughout the year. Introductory flying lesson gift certificates available.

Contact: Vincent Vaughan **Telephone:** 086 8497878
Website: www.irishaerosports.com **Email:** vincentvaughan@eircom.net

Kilkenny Flying and Gliding Club

Training in all aspects of pilot preparation, air experience and ground school, which eventually culminates in a Private Pilots Licence. Introductory flying lessons available. Almost 500 pilots have been trained at this school. Annual fly-in 1st August 2010. Date changes from year to year. Special offer for introductory flight and annual membership.

Contact: Pat Nolan **Telephone:** 087 2411955
Contact: George Roche, Chief Flying Instructor **Telephone:** 087 9535892
(Introductory flying lessons)
Location: Conor Airpark, Kilkenny
Website: www.kilkennyflying-glidingclub.com

FOOD

Market

Held every Thursday from early morning to early afternoon, this is the place to go to find locally produced cheeses, organic vegetables, home-baking, and a host of other goodies to tempt your palate!

Location: The Parade, Kilkenny City

TASTE of Kilkenny

TASTE of Kilkenny promotes awareness of local food producers and the food outlets, cafés and restaurants that support such businesses. The aim is to encourage a broader consciousness of the processes involved before our food reaches our plate. Whether it be artisan cheese-makers, farmers, small-holders or fine restaurants, all of the members are committed to delivering a high quality product using mainly traditional methods and

remaining as organic as possible whilst highlighting the potential of the county as a leader in high quality produce. TASTE of Kilkenny invites you to use this trail to discover the countryside farms and city restaurants where you can sample their goods.

Location: 42 Parliament St, Kilkenny
Website: www.trailkilkenny.ie/food-trail/

Telephone: 056 7752111
Email: trails@trailkilkenny.ie

GARDENING

County Kilkenny Horticultural Society

A club for anyone interested in gardening and horticulture. Regular meetings take place from February to November for talks and demonstrations. During the summer months garden visits to various parts of the country are arranged. New members very welcome. Membership costs €20 per year.

Contact: Claire Bourke, Secretary
Location: Club House Hotel, Patrick St, Kilkenny

Telephone: 056 7762826

GARDENS, PARKS, WALKS & WOODS (see: Walking)

Ballykeeffe Woods

Oak woods and nature reserve with various walks.

Location: Ballykeeffe, Kilmanagh, Co Kilkenny (Look for signs for Ballykeeffe Quarry)

Bishops Demesne Neighbourhood Park

Five acre parkland including soccer pitch, multi-use games area and footpaths.

Contact: Parks Department, Kilkenny
Borough Council

Telephone: 056 7794500

Location: City Hall, Kilkenny

e-mail: info@kilkennycity.ie

Castlecomer Discovery Park

Themed woodland walking trails with sculptures and picnic tables. Themed events throughout the year, including Easter activities, May Sculpture Picnic, August Sculpture Festival, Halloween Ghosts and Ghouls and Christmas surprises! Open daily all year round.

Contact: Castlecomer Discovery Park
Location: Castlecomer, Co Kilkenny

Telephone: 056 4440707
Website: www.discoverypark.ie

Church Avenue

Pocket park including a hopscotch area, multi sports wall, multi-use game area, and footpaths. Wildlife area.

Contact: Parks Department,
Kilkenny County Council

Telephone: 056 7794393

Location: Church Ave, Kilkenny Rd, Castlecomer, Co Kilkenny

Coill an Fhaltaigh

This millennium wood covering 230 acres and containing 12 native species is a haven for flora and fauna. Marked walks, picnic tables. Wheelchair friendly. Track down your millennium tree!

Location: Off the Callan Road. Turn right at Castleinch (signposted).

Gairdín an Ghorta (Famine Garden)

This garden was designed in memory of the Great Famine. An attractive garden and a place to stop and reflect.

Location: Newmarket, Co Kilkenny

Telephone: 086 8394349

Website: www.faminegarden.com

Email: info@faminegarden.com

Garringreen Neighbourhood Park

Five acre parkland including soccer pitch, multi-use games area, playground, cycle lane and footpaths.

Contact: Parks Department,
Kilkenny County Council

Telephone: 056 7794393

Location: Garringreen, Johnswell Road, Co Kilkenny

Kells Priory

These Augustinian Priory ruins in the heart of Kilkenny countryside provide a hide and seek paradise.

Location: Kells Village, Co Kilkenny

Kilkenny Castle Park

A beautiful park whatever the season. Plenty of open lawns. Children's play area. Nature walks available by arrangement. No charge. At the far end of the park away from the castle is a wildlife sanctuary and pond – a great incentive to walk just that little bit further! Guided tours available. Opening times vary with the seasons (see sign on main entrance gate).

Location: At Kilkenny Castle

Telephone: 056 7721450

Newpark Marsh Neighbourhood Park

Twenty-five acre parkland including soccer pitch, multi-use games area, wildlife area and footpaths. Haven for birds and wildlife, hidden away from bustle of city life, very pleasant circular walk.

Contact: Parks Department,
Kilkenny County Council
Location: Lovers Lane, Kilkenny

Telephone: 056 7794393

The Nore Linear Park

The Nore Linear Park, which is currently under development, is located on the banks of the River Nore running through Kilkenny City. To date a network of approximately 10km of footpaths and cycle lanes have been developed running from Fennessys Mill to the south of the city to the weir at the Bleach Road in the north. It is proposed to provide an additional ten kilometres of footpath and cycle lanes in the coming years. The park provides an idyllic location to stroll, walk, run or cycle in a rural environment minutes from the heart of the city.

Contact: Parks Department,
Kilkenny County Council
Location: Banks of the River Nore, Kilkenny

Telephone: 056 7794393

Thomastown Water Garden

Attractive small ornamental garden, with unusual water features, tucked away in the middle of Thomastown. Complete with a garden centre, craft workshop and café. Run by Camphill Community, caring for people with special needs. Café and garden centre wheelchair accessible.

Gardens and Garden Centre: Summer only. Monday 10am-3pm, Tuesday to Friday 10am-4.30pm. Sunday closed.

Cost: Free. Donations appreciated.

Café: Open all year. Monday 10am-3pm. Tuesday to Friday 10am-4.30pm. Lunches 12.30pm-2.30pm. Closed Saturday and Sunday.

Contact: Yasunori Harashi

Telephone: 056 7724690

Location: In Thomastown, on the Kilkenny to Thomastown Rd
almost opposite Grennan College (VEC).

Walking Trails Kilkenny

Trail Kilkenny Ltd leads and facilitates the development, management and promotion of a range of high quality walking, cycling and other leisure trails for the benefit of visitors and residents of Co Kilkenny.

Trail Kilkenny's Walking Trails are a series of scenic walks developed and designed to allow you to explore more of the great outdoors; bringing Kilkenny's wonderful countryside to walkers. The walks are essentially 'mini hikes' and the character of each walk varies. Choose a walk to suit your fitness level and the nature of your walking party. Some walks may not suit children under 10 years. For more information on each of the walks check the Trail Kilkenny website.

Contact: Trail Kilkenny, 42 Parliament St, Kilkenny **Telephone:** 056 7752111
Website: www.trailkilkenny.ie

Name and Location	Description
Brandon Hill near Graiguenamanagh, Co Kilkenny	For more Information check the Trail Kilkenny website.
Callan Abbey Meadow Walk Mill Street, Callan, Co Kilkenny	This trail is the first in a series of wheelchair accessible walkways that link architectural, archaeological and cultural sites in and around the town of Callan.
Castlemorris Wood Walk Castlemorris, beside Newmarket, Co Kilkenny	Two looped walks that start and finish at the Grand Gates which lies west of the villages of Newmarket and Hugginstown and east of the village of Kilmaganny in south Kilkenny.
The Islands Walk Urlingford, Co Kilkenny	A short walk through the hinterland of Urlingford. Park opposite the library/courthouse on the Dublin side of town.
Jeninstown Wood Turn left four miles along the Castlecomer Rd from Kilkenny (look out for a small sign on the right-hand side for Jeninstown Castle and Gardens). Continue for ½ mile, turn right and immediately left.	Walk as much (or as little!) as you like in these pretty woods. Don't forget to say hello to the deer!
Kilmacoliver Walk Tullahought, Co Kilkenny	This loop walk starts and finishes at the Watering Place - wildlife lakes fed by fresh water springs 1km from the village of Tullahought on the Kilkenny/Tipperary border.
Mountain Grove Walk Mountain Grove Woods, Piltown, Co	The Picturesque village of Piltown is situated between undulating hills and forests of South Kilkenny and the

Kilkenny	foothills of the Comeraghs in Waterford. The area has many tourist attractions including High Crosses of Ahenny and Kilkieran, portal tombs, Leac am Scail, Ormonde House and Kilkenny castle. This looped walk explores the beautiful mixed woodlands at Mountain Grove.
Troy Hill Near Mullinavat, Co Kilkenny	Sliabh Greine Loop.

Woodstock

Woodstock gardens are located on a hilltop overlooking the picturesque village of Inistioge. Kilkenny County Council is currently restoring the gardens. Over 50 acres of formal gardens, arboretum (collection of trees) and woodland are being brought back to their original condition when the gardens were owned by the Tighe Family in the 1800's. The restoration project is well underway with a series of walks through formal avenues and gardens and secret woodland. The garden includes a terraced flower garden, a yew walk, a rose garden and a walled garden. Limited wheelchair access to the garden. Mobility buggy available. Guided tours by prior arrangement. Children's Explorer Pack available.

Cost: €4 per vehicle, which includes admission to the gardens. Large groups and buses by appointment only. Season tickets available for unlimited number of visits per year €35.

Contact: Parks Department, Kilkenny County Council
John Delaney at Woodstock

Telephone: 056 7794393
Telephone: 087 8549785

Location: Coming from Kilkenny direction, in Inistioge village, take the first right just past the Church, up a steep winding street. Enter main gateway at top of hill. Continue along this access road for approx ½km to car park.

HISTORY (see: VISITOR ATTRACTIONS)

Gowran and District Vintage Club

A club for anyone interested in collecting, preserving and showing artifacts from the past, including steam engines, cars, tractors, motorbikes and farm machinery. Members hold an annual rally in Dunbell, Co Kilkenny on the weekend following the August Bank Holiday. Everyone is welcome to join.

Contact: Aoife Brady **Telephone:** 056 7726171 / 085 1469503

Graiguenamanagh Historical Society

This society holds regular meetings throughout the year, with guest lecturers and outings during the summer months. The society has erected several memorial plaques and stones to people of local historical interest.

Contact: David Flynn, Chairman **Telephone:** 059 9724181 / 059 9724457

Location: Graiguenamanagh Library

Kilkenny Archaeological Society

This society aims to promote and renew interest in the history and antiquities of Kilkenny City and County. A varied programme of lectures is organised during the winter months and there are outings during the summer. Non-members are welcome.

The Society's headquarters are in Rothe House (see Visitor Attractions), which houses a library and a museum. Rothe House offers a genealogy research service for Kilkenny City and County. Family history research is available for a small fee.

Location: Rothe House, Parliament St, Kilkenny **Telephone:** 056 7722893

Website: www.rothehouse.com **Email:** info@rothehouse.com

Mullinavat Classic and Vintage Club

We are interested in all things vintage and our show takes place in Mullinavat on the 20th June 2010. We plan to get bigger and better every year to become the best vintage show around. *Kilkenny's* are playing 20th June 2010.

Contact: Paddy Dungan (Chairperson)

Telephone: 087 7991152

South Kilkenny Historical Society

The aim of the South Kilkenny Historical Society is to promote and renew interest in the history, heritage and folklore of South Kilkenny. They have planned a number of events for Heritage Week. Meetings are held once a month on the last Thursday of the month, everyone is welcome to attend.

Contact: Eddie Synott

Telephone: 086 8124349

Location: Credit Union Building, Mullinavat, Co Kilkenny

Labels and Name Tags

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walking stick, books, mobile phone, etc. Ensure that your stuff remains your stuff by labelling with MyStuff labels.

MyStuff is proud to be Irish owned with all our products produced to order from Kilkenny. This means that delivery times are short (3 – 5 business days) and better still MyStuff does not charge for delivery.

Contact: Deborah Brownrigg-Shields

Telephone: 056 7793231

Location: Newhouse, Thomastown,
Co Kilkenny

Telephone: 085 1488291

Website: www.mystuff.ie

Email: info@mystuff.ie

LIBERAL STUDIES

Kilkenny Liberal Studies Group

This group offers a programme of lectures and cultural activities covering literature, history, music, poetry and art history. Classes run September to April on Monday and Tuesday mornings. Lecturers are experienced in their field and include a published poet, museum curator and a member of Opera Ireland.

Contact: Breda McSweeney

Telephone: 085 1082842

Location: NUI Maynooth, Kilkenny Campus, College Rd, Kilkenny

LIBRARIES

Annual membership is free for children under 14 yrs, €6 for children and students over 14 yrs, €15 for adults and €25 for families. Internet access is free to library members - booking is advisable. There is a €3 charge for non-members per ½ hour session. Information for local studies is available at Library Headquarters, John's Green House, Kilkenny.

Telephone: 056 7794160

Website and on-line catalogue: www.kilkennylibrary.ie

Mobile Library:

The mobile library makes over 60 stops throughout the County. Contact Library Headquarters on 056 7794160 for details.

Library Opening Times:

(Libraries close on Saturdays before a Public Holiday)

LIBRARY Telephone No:	Mon	Tues	Wed	Thur	Fri	Sat
Callan 056 7794183		4-8	3-5	10-8	10-1.30	10-1.30

Castlecomer 056 4440561		10-8	10-5	10-8	10-5	10-1.30
Graiguenamanagh 056 7794178		10-8	10-5	10-8	10-5	10-1.30
Kilkenny City 056 7794174		10-8	10-8	10-5	10-5	10-1.30
Loughboy 056 7794176		10.30-1 2-5	10.30-1 2-5	10.30-1 2-5	10.30-1 2-5 7-9	
Thomastown 056 7794331		2-6	10-8	2-6	10-1.30	10-1.30
Urlingford 056 7794182	3-8	10-3	3-8	10-3	3-8	10-3

MUSIC

Duiske Concert Series

Traditional and classical music concerts. Wednesday nights in November.

Location: Duiske Abbey, Graiguenamanagh,
Co Kilkenny

Telephone: 059 9725893

Folk Club

Folk Club held on the last Friday of every month from 9.30pm until late. Singers, musicians and everyone else welcome!

Location: Ouncel House, Dungarvan, Co Kilkenny

Kilkenny Chamber Orchestra

Amateur Orchestra performing two to three concerts a year in Kilkenny and further afield (Rome in 2007). Welcomes players with some orchestral experience. Rehearsals held on Monday evenings.

Contact: Beatrice Kelly

Telephone: 087 2358801

Location: Presentation Secondary School, Loughboy, Kilkenny

Kilkenny Choir

The choir puts on two concerts a year and occasional concerts abroad, performing full works with orchestra and soloists, ranging from Monteverdi to Britten. New members welcome. Anyone interested in singing can join (sight reading not essential). Meet Thursdays from 8pm to 10pm, September to May.

Contact: Philip Edmondson, Musical Director

Telephone: 056 7769524

Location: Presentation Primary School,
Parnell St, Kilkenny

Telephone: 056 7762969

Kilkenny Gospel Choir

This sought after and well-travelled choir sings in churches around the County and all over Ireland. Everyone welcome, no experience required. Auditions held. Open to men and women. Practice Wednesdays, 8pm.

Contact: Mary Kealy

Telephone: 087 2927958

Location: St Fiacre's Church, Loughboy, Kilkenny

Website: www.kilkennygospelchoir.com

Email: kilkennygospelchoir@eircom.net

Kilkenny Musical Society

This adult group puts on an annual full stage musical in spring at the Watergate Theatre. Season runs September to May. Singers and dancers welcome!

Contact: Watergate Theatre

Telephone: 056 7761674

Jacare` - Kilkenny Samba Group

Learn and play the street rhythms from Carnival in Brazil on a variety of Latin percussion instruments. Jacare` performs nationally and internationally at festivals and parades, as well as stage and club performances.

Courses run at regular intervals to feed into the group, for anyone over the age of 18 with a sense of rhythm and a willingness to come out and play!

Contact: Tom

Telephone: 087 2335684

Website: www.rhythmriotmusic.com

Email: tom@rhythmriotmusic.com

Marble City Pipe Band

The Marble City Pipe Band takes part in parades and national and international competitions. Lessons for adults and children from age 12 yrs in Scottish bag pipes, tenor drums and the snare drums. Practice held on Thursday evenings from 8pm to 10pm and Saturdays from 3pm to 6pm. New members welcome.

Contact: Lorraine Artini

Telephone: 056 7729857

Location: Cuffesgrange, Co Kilkenny

Telephone: 086 3842201

Music in Kilkenny

Presents approx twenty concerts a year. Mainly classical music, with performers of the highest national and international standard. Various venues around Kilkenny City and County. Supported by the Camphill Community, Ballytobin, the Arts Council of Ireland, Music Network and Kilkenny County Council.

Contact: Susan Proud

Telephone: 056 7761497

Email: proudmus@eircom.net

Ryan's Music Club

An informal club where aspiring singer/songwriters can just turn up, take to the stage and perform to an appreciative audience. Wednesday nights.

Location: Andrew Ryan's Pub, Friary St, Kilkenny

Thukolo Gospel and Spiritual Choir

Thukolo Gospel and Spiritual Choir performs heart wrenching gospel, soul and spiritual music for every occasion that never fails to move audiences. Thukolo's primary aim is fundraising for designated local charities. They have performed at weddings, old folk's homes, Christmas events, funerals and concerts. Meet Tuesday nights for rehearsals at 8pm and new members are always welcome.

Contact: Trish

Telephone: 086 8474896

Location: St John's Community Centre,
to the rear of St John's Church, Kilkenny

Email: Thukolo@gmail.com

Traditional Irish Music

Sunday to Friday, 7.30pm to 10pm.

Location: Langton House Hotel,
John St, Kilkenny

Telephone: 056 7765133

The Unity Singers

Established in 1967 the Unity Singers are a four-part choir who give regular performances around the County and an annual concert. New members of all ages welcome. Practice on Thursdays, 8pm, September to May.

Contact: Sean O'Neill, Conductor

Telephone: 087 2797804

Location: St Kieran's College, College Rd, Kilkenny

PHOTOGRAPHY

Kilkenny Photographic Society

The primary aim of the Society, through its many activities, is to improve the photographic skills and techniques of its members. It provides a showcase for amateur photographers through exhibitions, talks and competitions. It also acts as a social focus where those with a shared interest in photography can meet. Meetings held fortnightly on Thursdays, 8pm. Membership is open at any time to anyone with an interest in any type or aspect of photography.

Contact: Amanda Burke

Telephone: 086 067 7875

Location: Loughboy Parish Centre, Loughboy, Kilkenny

Website: www.kilkennyphoto.net

Email: info@kilkennyphoto.net

PROFESSIONAL GROUPS

Kilkenny Chamber

In business for business. Kilkenny Chamber is the largest business representative organisation in Kilkenny City and County, with over 280 member companies employing 6,000 people. Kilkenny Chamber's mission is to make Kilkenny a better place to do business. Chamber is a membership-driven organisation. Chamber provides networking opportunities, training, information and lobbying on business issues. New members welcome.

Location: The Maltings, Tilbury Place, Kilkenny

Telephone: 056 7752767

Website: www.kilkennychamber.ie

Email: info@kilkennychamber.ie

Kilkenny Business Womens Network

Kilkenny Business Womens Network is the organisation for Kilkenny businesswomen. Members encompass all areas of business, the professions, the arts, and politics. The Network provides support for members, is included on decision-making bodies at local level, provides training for members, organises an annual charity event, encourages entrepreneurship and provides a social outlet. Meet the second Tuesday of every month.

Contact: Dee Gibrey

Telephone: 087 6884723

Location: Kilkenny City venue

PLATO

Plato Ireland is the business support forum for owner managers of small and medium enterprises (SMEs). Through a unique partnership with large "parent" companies, Plato provides SMEs with facilitated group learning, specialist expertise and advice, networking opportunities, business development training and cross border activities.

Contact: JJ O'Connell

Telephone: 021 4320466

Website: www.plato.ie

Email: info@platacork.ie

SOCIAL GROUPS

ICA (Irish Country Women's Association)

The Bantracht na Tuaithe, the Kilkenny and County federation of ICA has several hundred members in 21 guilds. Activities range from golf and drama to writing and lobbying government on women's issues. Arts and crafts are very important to members. Kilkenny members have an annual week-long trip to An Grianán in Co Louth, ICA's Adult Education

College. There is a hand craft week in March every year. Members go on weekend trips and there is an annual international trip. Members do classes in computers, mobile phones, digital cameras, gardening, and flower arranging, swimming and physical fitness. Meetings are held once or twice a month, depending on the guild.

Contact: Mary McGuinness, President
Jean Murphy, Secretary

Telephone: 056 7765014
Telephone: 056 7721537
Telephone: 086 0610902
Email: tmacy@eircom.net

ICA Guild	Time	Contact person	Phone Number
Ballyousskill Social Centre	Second Tuesday, 8pm	Mary Kennedy	057 873653
Ballyragget Canon Malone Hall	Second Monday, 8pm	Mary Butler	056 8833127
Clara Community Hall	Second Tuesday, 8pm	Nellie Hoyne	056 7726312
Clough Parish Centre	First Sunday of the month in members home. Art and exercise held in Parish Centre.	Christina Egan	056 4442291
Coon Parochial Hall	First Tuesday, 8pm	Kitty Carroll	056 4443251
Freshford Community Hall	Second Wednesday, 8pm	Mary Walsh	056 7767579
Glenmore Community Hall	Second Tuesday, 8pm	Mary Lynch	051 880176
Graiguenamanagh Vocational School	Second Tuesday, 8pm	Emily O'Brien	059 9724579
Graine Community Hall	First Thursday, 8pm	Hannah Hogan	056 8831544
Hugginstown GAA Hall	Second Tuesday, 8pm	Eileen Aylward	056 7768820
Inistioge Old Library	First Tuesday, 8pm	Mai Meaney	056 7758594
Kilkenny - Crannagh St Canice's Hall	Meetings second Monday of the month, 8pm. Craft Classes Tuesday, 8pm	Breda Slattery	056 7762579

Kilkenny City Club House Hotel	Meetings first Thursday, 8pm.	Catherine Duff	056 7764838
Methodist Church Hall, William St, Kilkenny	Crafts Group Monday, 8pm		
Kilmacow Parochial Hall	First Thursday, 8pm	Carmel McDonald	051 885230
Mullinavat Project Centre	Second Thursday, 8pm	Ann Butler	051 885346
Owning Marion Hall	First Tuesday, 8pm	Margaret Dunne	051 643558
Sevenhouses Sevenhouses Hall	First Tuesday, 8pm	Dympna Forristal	056 7727304
Templeorum Templeorum Hall	Second Tuesday, 8pm	Eileen Durney	051 643360
Thomastown Convent School Meeting Room	Second Monday, 7.30pm	Pim Dunphy	056 7724378
Urlingford Church Hall	Second Monday, 8pm	Katherine Coady	056 8831567
Windgap Windgap Hall	Third Tuesday, 7.30pm during summer, 8pm during winter	Mary Landy	051 648279

Irish Wheelchair Association

A wide variety of activities available for adults with physical disabilities.

The day resource centre is open 11am to 4pm five days per week and courses offered include: pottery, art, reflexology, music and theatre. There are day trips and table quizzes with other groups. Sporting activities, jamborees and boccia tournaments are organised. Computer courses are held Tuesdays and Thursdays. Holiday centre also available for people with physical and sensory disabilities. Wild cats group for young people.

Location: Cladagh Court, College Rd, Kilkenny **Telephone:** 056 7762775

K Klub

Young Ladies Club for anyone in their 20's, 30's, and 40's. Regular talks and outings. New members welcome. Meet second Monday of the month, Newpark Hotel, 8.30pm.

Contact: Una **Telephone:** 086 8122019
Location: Newpark Hotel, Castlecomer Rd, Kilkenny

Kilkenny Ladies' Friendship Club

Weekly meetings include various activities such as crafts and dancing lessons. The club organises theatre trips, day trips and weekends away. Meets Wednesdays at 8.30pm from September to June.

Contact: Eileen Murphy

Telephone: 056 7729931

Location: Social Services Centre,
Waterford Rd, Kilkenny

Telephone: 087 9127853

Kilkenny Lions Club

The Lions Club organises several annual fund-raising events for local charities including a concert, a race night, a Christmas hamper appeal, a golf classic etc. Meetings held all year round on the first Tuesday of each month at 8.30pm.

Contact: Pdraig Keegan, Secretary

Telephone: 087 2203060

Location: Newpark Hotel, Castlecomer Rd, Kilkenny

Kilkenny Women's Group

Meetings consist of either an invited speaker or an outing. Meet during school term time, Thursdays, 11am at the Pembroke Hotel. New members always welcome. Look in the *Kilkenny People* for details of meetings.

Contact: Catherine Duff, Chairlady

Telephone: 056 7764838

La Leche League

Breastfeeding help and support group for pregnant women and new mothers, offering a telephone service, home visits and a monthly support group which meets on the second Monday of each month at 8pm.

Contact: Kay Brown

Telephone: 056 7761867

Joy Harper

Telephone: 056 7765734

Kay Morrissey

Telephone: 056 7725325

Sadhbh O'Neill

Telephone: 056 7703976

Location: St Luke's Hospital, Kilkenny

MACRA Na Feirme

A voluntary organisation for people aged 17 to 35. Macra na Feirme is committed to the personal development of members and emphasises social interaction and participation. Activities are determined by members, are many and varied and include soccer, volleyball, basketball, drama competitions, public speaking, training programmes and travel. There are six clubs in Co Kilkenny, two in the City – Kilkenny City and CuChulann - and four in the County – Freshford, Callan, Paulstown and Mullinavat - 150 members. Clubs usually meet every two weeks.

Contact: Deirdre Brennan

Website: www.kilkennymacra.com

Email: pro@kilkennymacra.com

National Association of Widows in Ireland

Support meeting second Tuesday of the month, 2.30pm.

Location: Club House Hotel, Patrick Street,
Kilkenny

Telephone: 01 8728814

Telephone: 01 8733622

Website: www.nawi.ie

Email: info@nawi.ie

THEATRE

Ballykeeffe Amphitheatre

Located 11km from Kilkenny City, Ballykeeffe Amphitheatre is a deep, worked-out quarry. The Amphitheatre holds a variety of events over the summer months from puppet theatre to Mozart, treasure trails to traditional music, the massed ranks of the Garda Band to solo performers. A stunning setting, coupled with near-perfect natural acoustics, make a performance at Ballykeeffe a must-see event for locals and visitors alike.

Location: Ballykeeffe, Kilmanagh, Co Kilkenny

Website: www.ballykeeffe.com

Cleere's Theatre

An intimate theatre seating up to 100 people. Bands and plays performed by local and touring groups. Details in *Kilkenny People*. Also available for functions.

Contact: John Holden

Telephone: 056 7762573

Location: Cleere's Pub, 28 Parliament St, Kilkenny

The Set Theatre

Part of Langton House Hotel, designed by the David Collins Studio in London, this state of the art venue, constructed in 2009, can hold 270 people seated and 350 standing/seated. Caters for music acts, comedy, film and conferencing. Events advertised in *Kilkenny People* or just call into Langtons to see what's on!

Contact: Langton House Hotel

Telephone: 056 7721728

Location: 69 John St, Kilkenny

Email: set@langtons.ie

Website: www.set.ie

Watergate Theatre

A very popular modern theatre presenting something to suit everyone from pantomime, drama and musicals, to ballet and opera. Local groups as well as Ireland's best known theatre companies, dance companies, musicians and opera companies put on performances.

Why not support your local theatre by joining the Watergate patrons and friends scheme? Members of the scheme are kept informed about all shows, exhibitions and other events taking place at the theatre and receive invitations to the opening night of five shows each year.

Contact: Ger Cody

Telephone: 056 7761674

Location: Parliament St, Kilkenny

Email: watergategc@eircom.net

Website: www.watergatetheatre.com

WILDLIFE

Birdwatch Ireland, Kilkenny Branch

The Kilkenny branch of Birdwatch Ireland organises regular outings to places such as the Wexford Slobs and local woods, as well as slideshows, talks and quizzes.

Meet on the first Sunday of the month from September to May, except December and January. The main event of the year is the annual dawn chorus in Jenkinstown woods on the middle Sunday in May. Meet at 4.30am for guided walk through the woods. Outings are also organised for Heritage Week during the last week in August. Look out for details of all outings in the local press or on local radio. Environmental advice also available.

Contact: Pat or Mary Durkin

Telephone: 056 7762130

Website: www.birdwatchireland.ie

ZOO

Reptile Village

Reptile Village is a government licensed reptile exhibit, providing an educational and entertaining view of various reptiles, amphibians and invertebrates. Displays range of alligators to pythons, geckos to giant spiders, and everything in between. This is an indoor facility with a small souvenir shop. Open 7 days a week, 10am-6pm.

Contact: James Hennessy

Telephone: 056 7726757

Location: The Demesne, Gowran, Co Kilkenny

Website: www.reptilevillage.net

e-mail: info@reptilevillage.net

Sport

A to Z of Sport

Sport plays a very important part of life in Kilkenny. Check out this A-Z, you'll be amazed at the variety available!

ANGLING

The River Nore is well known for its trout and salmon. The season runs from March 17th to the end of September.

Angling permits and government licences

- **Kilkenny** Sports Shop on the Butterslip **Telephone:** 056 7721517
- **Thomastown** Simon Treacy, Hardware Shop, Market St **Telephone:** 056 7724291

Castlecomer Discovery Park

Two stocked rainbow trout fishing lakes, one for fly fishing and one for bait fishing. Fishing by daily permit. Fishing lessons available – pre-booking required. Equipment hire and tackle available. Children must be accompanied by an adult. Fun for all the family!

Contact: Castlecomer Discovery Park

Telephone: 056 4440707

Location: Castlecomer, Co Kilkenny

Website: www.discoverypark.ie

Kilkenny Anglers Association

Club members have fishing rights over an extensive stretch of the Nore. Visitors welcome. Trout and salmon day permits are available from Club House Hotel.

Contact: John Mc Cormack

Telephone: 056 7721994

Location: Club House Hotel, Patrick St, Kilkenny

ARCHERY

Country Leisure Activity Centre

Try your hand at long bow archery. Instructions, video and all equipment provided. Indoor target shooting and clay pigeon shooting. Groups catered for. Prior booking is advisable.

Contact: Mary Walshe

Tel/fax: 056 7761791

Location: Bonnettsrath (2 km from Kilkenny City), Castlecomer Rd, Kilkenny

Kilkenny Archery Club

Occasional four week courses for beginners are held. All equipment provided. Contact secretary for information. Club meets Thursdays, 8.30pm to 10.30pm. Members enter national and international competitions.

Contact: Brendan Rice

Telephone: 086 8221838

Location: St Patrick's School, Kells Rd

Mount Juliet

Archery tuition available in the beautiful grounds of Mount Juliet. Outdoors. Pre-booking required.

Location: Mount Juliet, Thomastown

Telephone: 056 7773000

ATHLETICS

Kilkenny City Harriers Juvenile and Senior Athletic Club

The club offers training and competition in track, field events, road and cross country. Training on Saturdays 11am to 1pm, Tuesdays 5.30pm to 8.30pm and Thursdays, 6.30pm to 8.30pm. New members always welcome.

Contact: Sean Lynch

Telephone: 056 7765737

Location: Scanlon Park, Loughboy, Kilkenny

Kilkenny Road Runners

Organised Road races on marshalled routes take place each year:

- **Short races** - These take place over a 5 week period (usually starting in mid April) with a race every Wednesday night, starting with a 2 mile race and going up to a 6 mile race with a party on the final night and prizes for all participants. Anyone is welcome to take part from casual joggers to marathon runners! Look out for details in the Loughboy notes section of the *Kilkenny People* or listen to the Community Diary on KCLR96FM.
- **Kilkenny Carers Association Charity 10km Fun Run** - takes place on the bank Holiday Monday in May, in excess of 600 runners take part, and is growing year by year. Great training for the Ladies Dublin City Mini Marathon in early June.
- **10km Rusty Scanlon Memorial Race** - in Kilkenny City, late August.

Contact: Paddy Neary

Telephone: 056 7761436

St Senan's Athletic Club

Training and competition in track and field events and cross-country. Facilities include 400m-floodlit running track. Monday and Wednesday, 7pm to 8pm.

Contact: Bill

Telephone: 051 885684 / 086 8100299

Location: Kilmacow Sports Complex, Kilmacow, Co Kilkenny

Website: www.stsenansac.com

Email: info@stsenansac.com

The Watershed / Scanlon Park

400 metre outdoor running track, Astroturf pitches, full size soccer pitch, 13,000 sq ft multi sports arena.

Location: Scanlon Park, Loughboy, Kilkenny

Telephone: 056 7734620

Website: www.thewatershed.ie

e-mail: info@thewatershed.ie

BADMINTON

Badminton Clubs

There are 10 mixed badminton clubs in Kilkenny City and County. Season runs September to April. Check out the details of your local club.

Contact: Shirley Parr

Telephone: 056 7764540

BASKETBALL

Basketball Teams

There are seven ladies basketball teams and four men's teams across the County. Contact for details of your local club.

Contact: Teresa Walshe

Telephone: 056 7728480 / 086 6697065

(Kilkenny County Basketball Board Secretary)

BOXING

Callan Boxing Club

Training Tuesdays and Thursdays, 6.30pm to 9pm, September to April. Tuesdays 6.30pm to 9pm during summer months. New members welcome. Ladies also active in club and have won Leinster and Irish ladies boxing titles.

Contact: Jimmy Walsh

Telephone: 056 7725528

Location: Old Scouts Den, Clonmel Rd, Callan, Co Kilkenny

Marble City Boxing Club

Training Monday, Wednesday and Friday, 7.30pm to 9pm, September to April.

Contact: Noel Kehoe

Telephone: 056 7726158

Location: Good Shepherd Centre,
Church Lane, Kilkenny

Telephone: 086 8536978

Paulstown Boxing Club

Training Monday, Tuesday and Thursday, 7pm to 8.30pm, September to April.

Contact: Ollie O'Neill, County Coach

Telephone: 059 9726268

Location: Paulstown Community Centre,
Paulstown, Co Kilkenny

Telephone: 087 6153081

CAMOGIE

Camogie Clubs

For details of your local camogie club activities:

Contact: Pearl McDonald, Secretary

Website: www.kilkennygaa.ie

Telephone: 087 6923811

Email: pearlmcd26@yahoo.ie

CANOEING

Go with the Flow River Adventures

Exciting river adventures in Canadian canoes on the Rivers Barrow, Nore and Suir for all ages. Caters for large groups and families. All equipment supplied and instruction provided. Advance booking required. Available May to October.

Contact: Charlie Horan

Website: www.gowiththeflow.ie

Telephone: 087 252 9700

Email: info@gowiththeflow.ie

Kilkenny Aqua Canoe Club

A canoe club with something to suit everyone from beginners to experts. Members must be able to swim. Courses run for beginners and improvers. Activities include canoe polo, wild water, rodeo, surfing and marathon canoeing.

Contact: Daryl or Maria

Location: Greens Bridge, Kilkenny
or Kells, Co Kilkenny

Telephone: 087 2650835

Telephone: 087 2827909

Thomastown Paddlers

Thomastown Paddlers are a competitive club. Training and racing play a major part in the club's activities. They enter most of the races organised by the Irish Canoe Union. The Club operates all year round. Members must be able to swim. Beginners are welcome Tuesday nights, April to September. Those under 16 should have parental support. This club is a non-profit making organisation with charges kept to a minimum.

Contact: Donnacha Brennan

Website: www.thomastownpaddlers.com

Email: thomastownpaddlers@gmail.com

Telephone: 056 7754721

CLAY PIGEON SHOOTING

Country Leisure Activity Centre

Tuition and all equipment provided. Outdoors. Pre-booking required.

Contact: Mary Walshe

Location: Bonnettsrath (2 km from Kilkenny City), Castlecomer Rd, Kilkenny

Tel/fax: 056 7761791

Mount Juliet

Tuition and all equipment provided. Pre-booking required. Outdoors.

Location: Thomastown, Co Kilkenny

Telephone: 056 7773000

CRICKET

Bagenalstown Cricket Club

Open from April to September. Practice on Thursday nights at 6.30pm. Childrens cricket on Saturday mornings. League matches weekly.

Contact: Ray Stapleton

Telephone: 086 8054050

Location: McGrath Park, Bagenalstown, Co Carlow

Website: bagenalstowncricketclub.com

Email: stapletonray@eircom.net

Mount Juliet Cricket Club

Matches at Mount Juliet, Sundays, 1pm.

Contact: Vincent McDonnell

Telephone: 087 9272372

Location: Mount Juliet, Thomastown, Co Kilkenny

Email: mcdvincent@eircom.net

Cycling

Cycling Trails

Three cycle trails are being developed by Trail Kilkenny.

- The **North Kilkenny Cycle Route** (83km) begins in Ballycallan and passes through Tullaroan, Freshford, Ballyragget, Castlecomer and finishes at Ballycallan. The route is mainly along quiet country roads.
- The **East Kilkenny Cycle Route** (65km approx) begins at Bennettsbridge and takes in Graignamanagh, The Rower, Inistioge, Thomastown and ends back at Bennettsbridge.

Signs are up along both routes but the mapboards and route guides have not yet been completed.

- The **South Kilkenny Cycle Route** (110km) route starts at Thomastown and passes through Inistioge, New Ross, Kilmacow, Piltown, Knocktopher and ends in Thomastown. This route is still in the planning phase.

Location: 42 Parliament St, Kilkenny

Telephone: 056 7752111

Website: www.trailkilkenny.ie/cycling-trails/

Email: trails@trailkilkenny.ie

EQUESTRIAN

Belline Equestrian Centre

Tuition for beginners to competition level in groups or private sessions. Indoor and outdoor arena and cross country course. Livery available on request.

Location: Piltown, Co Kilkenny

Telephone: 087 2276669

Kilkenny Top Flight Equestrian Centre

Facilities include an all weather outdoor arena, an indoor arena, café and well-stocked shop. Home of the Warrington Riding Club. Full cross-country course. Group or individual lessons available. Livery available.

Contact: Ann and Tom Moloney

Telephone: 056 7722682

Location: Warrington, Kilkenny (off the Bennettsbridge Rd)

Mount Juliet

Over 10 miles of trail rides within this beautiful mature country estate, an outdoor arena and cross country jumping. Group or individual lessons available.

Contact: Jennifer Reid

Telephone: 086 3833037

Location: Thomastown, Co Kilkenny

Email: info@mountjuliet.ie

Nuenna Farm Equestrian Centre

Offers an indoor and outdoor arena and an extensive cross-country course. Open all year round. Private and group tuition. Home to the North Kilkenny Pony Club and the Nuenna Farm Riding Club.

Contact: Gillian Maher

Telephone: 056 8832614

Location: Kilkenny Rd, Freshford, Co Kilkenny

Telephone: 087 2786684

GAELIC FOOTBALL

Kilkenny Ladies Gaelic Football

There are currently 11 adult Ladies Gaelic Football clubs in Co Kilkenny, and a number of these clubs have juvenile sections for under 12's and under 14's. The Club season within the county is from March until September.

Contact: Noelle Curran, Ladies Football PRO

Telephone: 087 6405403

Website: www.ladiesgaelic.ie

Email: kilkennywomenfootball@yahoo.co.uk

Kilkenny Men's Gaelic Football

Club season runs September to March and County season April to August.

Location: St James Park, Freshford Rd, Kilkenny

Telephone: 056 7721214

Telephone: 056 7721219

Website: www.igb.ie

Email: admin@igb.ie

GYMS, FITNESS & LEISURE CENTRES

The following are private clubs, some offer facilities and classes to non-members.

Curves

Ladies only gym – 30 minute workout. Opening hours Monday to Thursday 8am to 8pm, Friday 8am to 7pm and Saturday 10am to 1pm.

Location: Newman House, New St,
Kilkenny (Behind the Club House Hotel)

Telephone: 056 7795300

Hotel Kilkenny Active Club

Swimming pool, sauna, steam room, jacuzzi and gym. Various classes are available and morning and evening classes are available to non-members (pre-booking required). This club also has social events throughout the year.

Location: College Rd, Kilkenny

Telephone: 056 7762300

Email: kilkennyactive@griffingroup.ie

Mount Juliet Health and Beauty Spa

Set in an idyllic location in the heart of the Co Kilkenny countryside, Mount Juliet offers a swimming pool, sauna, steam room and gym, also contains Health Spa.

Location: Thomastown, Co Kilkenny

Telephone: 056 7773000

Newpark Hotel Leisure Club

Swimming pool and separate children's pool, plunge pool, Jacuzzi, sauna, steam room and gym. Outdoor infinity pool and relaxation room. Various classes available and most are open to non-members.

Location: Castlecomer Rd, Kilkenny

Telephone: 056 7722122

Ormonde Hotel Leisure Club

Swimming pool and separate children's pool, sauna, steam room, Jacuzzi and gym. Fitness classes available which are open to non-members. Social events are organised for members during the year.

Location: Ormonde St, Kilkenny

Telephone: 056 7723927

HANDBALL

Handball Clubs

Handball is played year round. Irish courts are used during the summer (May to September) and the American courts during the winter (October to April).

There are 2 City clubs:

O'Loughlin Gaels

Contact: Con Moore

Telephone: 086 6055905

Location: Hebron Rd, Kilkenny

Talbot's Inch

Contact: Seamus Reid

Telephone: 056 7722516

Location: Talbot's Inch, Kilkenny

HOCKEY

Kilkenny Ladies Hockey Club

Season runs from late August to April. Training Tuesday and Thursday, 7.30pm.

Contact: Jenny Wallace

Telephone: 086 8533104

Location: Kilkenny College, Castlecomer Rd, Kilkenny

Kilkenny Men's Hockey Club

Season runs from late August to April. Training on Fridays. Matches played on Saturdays. Sunday mornings for children.

Contact: Donal Cadogan

Telephone: 056 7765690

Location: Kilkenny College, Castlecomer Rd, Kilkenny

HORSE RACING

Gowran Park Racecourse

This is the ideal venue for those in search of National Hunt and steeplechases of top calibre. Gowran Park offers four stands, bars, restaurant, tote betting and Corporate dining facilities. The Gowran Park Racing Club has its own member's bar and a balcony on the first floor of the grandstand.

Location: Mill Rd, Gowran, Co Kilkenny

Telephone: 056 7726225

Website: www.gowranpark.ie

Email: reception@gowranpark.ie

HURLING

Hurling Clubs

For details of your local club and general enquiries check the website below or contact the PRO. Contact details and application forms for the Supporters Club are also available on the website.

Website: www.kilkennygaa.ie

Email: pro.kilkenny@gaa.ie

INLINE SKATING

Kilkenny Bandits Inline Hockey Club

Inline skating is like ice hockey (but without the ice!), with high-speed action and skill. This is a fast growing sport. Anyone from age 8 upwards is welcome. Training provided. Meet Sundays and Wednesdays, 7pm.

Contact: Steve Barcoe

Telephone: 087 6602992

Location: Skatemanía, Bagenalstown, Co Carlow

Website: kilkennybandits@gmail.com

KARTING

Kiltorcan Raceway

1000 metre outdoor karting circuit and 270cc karts. Full training and safety equipment supplied. Events can be arranged for groups of 10 or more. Minimum age 10 yrs. Advisable to telephone to check availability. Open six days. Closed Monday, except public holidays.

Location: Kiltorcan, Ballyhale, Co Kilkenny

Telephone: 087 2464872

Off the N9 half way between Kilkenny

e-mail: info@kiltorcan.com

and Waterford

Website: www.kiltorcan.com

MARTIAL ARTS

Budo Jka Karate Club

Traditional Shotokan Karate lessons for beginners and advanced level by qualified black belt instructor. Tuesday and Friday, 7.30pm to 9pm.

Contact: Sensei Kevin Shortall 2nd Dan JKS

Telephone: 086 3668669

Location: Loreto Secondary School, Granges Rd, Kilkenny

Dragons Lair Martial Arts & Fitness Centre

Jiu Jitsu mixed martial arts, kick boxing, self defence, circuit training and various weapons training. Mixed classes and ladies only classes. Open Monday to Friday from 6pm to 10pm.

Contact: Larry McEnroe **Telephone:** 087 2465442
Location: Unit 24A Hebron Industrial Estate, Kilkenny

Kilkenny Black Dragon Karate Club

Fourth degree black belt coach offers courses in self defence year round.

Contact: Mags Heffernan **Telephone:** 086 8414815
Location: Scout's Den, Bennettsbridge Rd, Kilkenny – Monday and Wednesday
Community Hall, Castlecomer, Co Kilkenny - Friday
Thomastown Community Hall - Tuesday

Kilkenny Judo Club

Coaching provided for all grades by second Dan, qualified coaches. Kilkenny Judo Club members compete in National competitions. Suitable for all abilities from the complete beginner upwards. Tuesdays, 7.30pm to 10pm.

Contact: Gerry McDonald **Telephone:** 086 8228431
Location: Friary Hall, Friary St, Kilkenny

Kilkenny Lau-gar Kung-fu and Kick Boxing Club

Kung-fu and kick boxing classes for adults every Thursday 8.30pm to 10pm.

Contact: Martin Treacy (Chief Instructor) **Telephone:** 056 7723125
Location: Millennium Court, Community Hall, Kilkenny after 6pm

Kilkenny Tae Kwon Do Club

Fitness through martial arts or qualifying in Olympic Style WTF Tae Kwon Do. Classes for adults Tuesday and Thursday 7.30pm to 9pm. Childrens class Tuesday, 6.15pm to 7.15pm.

Contact: Guy Jones **Telephone:** 087 8090088
Location: Lacken Lane, Carlow Rd, Kilkenny

School of Chinese Martial Arts

We teach the classical martial arts of seven star praying mantis, xingyiquan, baguazhang, taijiquan, wing chun and yiliquan. Training is rigorous and very traditional. It includes not only striking and kicking techniques as well as a full repertoire of grappling and joint twisting techniques, traditional kungfu weaponry, nerve point attacks and training in qi gong (the art of manipulating ones vital energy). We are a full-time club running 17 classes per week. We are the European headquarters for the yiliquan kungfu association and the Irish representative for ITSWA. Member of British Council of Chinese Martial Arts. We are a non-sport based martial arts club.

Contact: Mark Stapleton **Telephone:** 087 6102588
Location: Girl Guides Den (Hall On left), Bennettsbridge Rd, Kilkenny
Website: www.schoolofchinesemartialarts.com
Email: markstape@hotmail.com / info@schoolofchinesemartialarts.com

Tiger Taekwondo Club

Olympic Sport WTF. Boys and girls, children and adults. Training Thursday, 7pm to 8pm. Saturday mixed classes, 10am to 12 noon.

Contact: Thomas Tcheuffa **Telephone:** 087 2121807 / 086 2402658
Location: James Stephen's Hurling Club, Larchfield, Kilkenny

World Taekwondo Academy

Lessons in Taekwondo, Hapkido and Jahng Bong (stick). All abilities catered for. Beginners can start at any time. Classes for adults, Mondays and Thursdays, 7pm to 8pm Price €6.

Contact: Seamus O'Neill, Head Instructor **Telephone:** 086 8359333
Location: Loreto Secondary School Hall **Email:** worldtaekwando@ireland.com

PITCH AND PUTT (see Golf) RIFLE SHOOTING

Country Leisure Activity Centre

Indoor rifle shooting. Tuition and all equipment provided. Pre-booking required.

Contact: Mary Walshe **Tel/Fax:** 056 7761791
Location: Bonnettsrath (2 km from Kilkenny City), Castlecomer Rd, Kilkenny

ROCK CLIMBING

Ballykeeffe Quarry

Rock climbing on the quarry face is a very popular pastime. Climbers from all over Ireland come throughout the year to sample the multitude of climbs.

Location: Ballykeeffe, Kilmanagh, Co Kilkenny
Website: www.ballykeeffe.com

ROWING

Graiguenamanagh Rowing Club

Members of this club train year round Tuesday and Thursday evenings and Saturday and Sunday mornings. There are men's and ladies crews and they take part in singles, doubles skulls, 4's and 8's and have been very successful in national competitions.

Contact: Martin O'Brien
Location: The Boathouse, Graiguenamanagh,
Co Kilkenny

Telephone: 059 9724596
Telephone: 086 8211140

RUGBY

Kilkenny Rugby Football Club

1st, 2nd, 3rd and youth teams. Training sessions on Tuesdays and Thursdays or Fridays. Season runs September to April. Sunday training for youths.

Contact: Lar Foley, President
Sean O'Shea, PRO

Telephone: 056 7763584
Telephone: 087 2553841

Location: Waterford Rd, Foulkstown, Kilkenny **Email:** info@kilkennyrfc.com

SNOOKER

Kilkenny Snooker Club

10 full size snooker tables and two 9 ball American pool tables. Open 7 days, year round, 11.30am until late. Internet café also.

Contact: Eugene Hughes

Location: 21 Blackmill St, Kilkenny

St Michael's Snooker Club

We offer you a great night socialising. Open seven days a week, three full size snooker tables. Youth Competition for prizes Monday Night - handicap system. Open to new members

Contact: Patrick Murphy

Telephone: 086 3667839

Location: Bray's Lane, Graiguenamanagh, Kilkenny

SOCCER

Floodlit Soccer League

11-a-side matches Monday, Tuesday and Wednesday nights, September to May. All proceeds go to the O'Neill Centre, Enniscorthy, Wexford.

Contact: Eamonn Cleere

Telephone: 087 9582127

Location: Scanlon Park, Loughboy, Kilkenny and Loreto, Granges Rd, Kilkenny

Kilkenny and District League

There are 32 clubs with 46 teams involved in junior soccer (aged 8 upwards) and 14 clubs involved in youth soccer (age 16 to 18). There are also 180 school boy teams aged 7 to 16

yrs. and 10 School girl teams aged 10 to 16 yrs. There are 12 adult ladies teams also. Season runs from August to June.

Contact: Tom Mullins **Telephone:** 086 8147800
Location: League ground is Derdimus Park, Callan Rd, Kilkenny

Kilkenny Ladies Football League

Season runs September to April. The Ladies League is now affiliated to the Kilkenny and District Soccer League.

Contact: Tom Mullins **Telephone:** 086 8147800

SPORTS HALLS & PITCHES FOR HIRE

Loreto

Loreto Secondary School has a floodlit Astroturf pitch available for renting to groups during evenings, weekends and holidays. Suitable for soccer, GAA football, or hockey and can be divided into four secure mini pitches. Fully equipped sports hall suitable for basketball, badminton, volleyball and indoor soccer is available for renting to groups during evenings, weekends and holidays.

Contact: Sean Daly **Telephone:** 056 7765654 / 087 2580995
Location: Loreto Secondary School, Granges Rd, Kilkenny
Email: seandaly07@gmail.com

O'Loughlin Gaels GAA Club

Sports hall available for hire 7 days a week, 9am to 11pm.

Location: Hebron Road, Kilkenny **Telephone:** 087 6145487

St Kieran's College Sports Centre

Sports hall available for hire. Available Monday to Friday, 5pm to 10pm.

Location: St Kieran's College,
College Rd, Kilkenny **Telephone:** 056 7791507
after 5pm

SQUASH

James Stephen's GAA Squash Club

One court and showers available. Open 8am to 12pm (with membership key). Membership fee includes social membership of the Village GAA Club.

Contact: Jimmy O'Brien **Telephone:** 087 2331725
Location: next to James Stephen's GAA Club, Larchfield, Kilkenny

James Stephen's Military Barracks Squash Club

The Club has two courts, two saunas and showers. Open 7 days, 10am to 10pm.

Location: James Stephen's Military Barracks,
Ballybough St, Kilkenny

Telephone: 056 7721174

St Kieran's College Sports Centre

Squash courts and racquetball courts open to the general public. Available Monday to Friday, 5pm to 10pm. Closed Bank Holidays.

Location: St Kieran's College, College Rd,
Kilkenny

Telephone: 056 7791507
after 5pm

SUB AQUA

Kilkenny Sub Aqua Club

Members go on dives on Sundays off the Waterford and Wexford coast and occasional weekend diving trips to the West coast are organised. Members are involved in search and rescue operations. The club has its own boats and equipment and can hire out equipment to members for training. Meetings and training for diving qualifications are held every Wednesday night, 9pm-10pm, from January to May in the Watershed swimming pool.

Contact: Victor Young

Telephone: 086 8137809

Location: Club House, Hebron Industrial Estate, Kilkenny

SWIMMING

The Watershed

25m six lane swimming pool. 5m learner pool. Kiddies fun pool. Open year round to members and non members. "Off-peak" and "special" price times.

Location: The Watershed, Scanlon Park, Kilkenny **Telephone:** 056 7734620

Website: www.thewatershed.ie

e-mail: info@thewatershed.ie

Kilkenny Water Safety

Classes offered in water safety and resuscitation, September to May. Lifeguard courses, January to March. Monday between 7pm and 10pm (sessions are 2 hours). Suitable for children from age 13 yrs. Must have basic swimming ability.

Contact: Breda Collins

Telephone: 056 7771041

Location: The Watershed, Kilkenny

River Swimming

From July 1st to August 31st lifeguards are on duty from 2.30pm to 5.30pm and 6.30pm to 8.30pm at river locations around the County. These are: Graiguenamanagh, Inistioge - boat slip, Kilkenny - Bishops Meadows and The Weir on the Bleach Rd, Thomastown - the Mill.

TABLE TENNIS

Kilkenny Table Tennis Club

Coaching available. Members play in league competitions. Meet Thursday, 8pm, September to May.

Contact: Peter **Telephone:** 085 7632671
Location: St Canice's Hall, Butts Green, Kilkenny
Email: peter.mckenna1966@gmail.com

TENNIS

Kilkenny County & City Lawn Tennis Club

Facilities include eight all-weather, floodlit courts, bar, saunas and showers. This active club has regular tournaments and social events. Private coaching available. New members most welcome. Membership commences in April.

Location: Archersfield, Bennettsbridge Rd, Kilkenny **Telephone:** 056 7765157
Website: www.kilkennytennisclub.com **Email:** info@kilkennytennisclub.com
Telephone: 086 8714941 (Brian Doyle, Professional Tennis Coach)

WALKING (see: GARDENS, PARKS, WALKS AND WOODS)

Kilkenny Walkers Club

A very popular club with walks to suit all ages and abilities. Annual foreign trips organised. Details of fortnightly Sunday walks in the *Kilkenny People*. Meet on the Parade in Kilkenny every second Sunday, 9.30am. There is a minimal charge to cover travel expenses.

Contact: Denise or Pascal McCann **Telephone:** 056 7765835

Tyndall Mountain Club

The core activity is hill walking, although walks on the flat are organised. Club members usually meet at Kilkenny Omniplex on Sundays at 9.30am from September to June. Contact the Chairperson for details of walks. There are also occasional slideshows, lectures and social evenings. Some club members go rock climbing.

Contact: Sean Costello, Secretary **Telephone:** 056 7761626

Contact: Martin O'Reilly, Chairman **Telephone:** 056 7761785
Location: Home Rule Club, John's Quay, Kilkenny (for meetings only)
Blogspot: <http://tyndallmountainclub.blogspot.com>

YOGA AND PILATES

Aine Finnerty

Hatha Yoga courses mornings and evenings. Suitable for all ages and abilities. Available to private groups or companies. Qualified instructor and classes for stress management through yoga.

Contact: Aine Finnerty, YTI Dip, YTI Postgrad Dip **Telephone:** 056 7723376
Location: Kilkenny City **Telephone:** 087 2243875

Catriona Foley

Offers courses in Integrated Yoga, (Satananda) a form of yoga from the Bihar School of Yoga which includes meditation, relaxation, breathing techniques and posture. All abilities catered for. Courses held Thursday evenings.

Contact: Catriona Foley **Telephone:** 056 7790990
Location: Kilkenny Inn, Vicar St, Kilkenny

The Kilkenny School of Yoga

Classes are offered in all styles of yoga and pilates. Yoga classes include Hatha yoga, Ashtanga yoga, power yoga, yogalates and yoga for sports. The school has a specialist yoga for pregnancy teacher and offers yoga for mother and baby and yoga for children. Free trial classes available to help people find the right class for them. The school is open all year round offering classes at all levels. Enrol by the term or just drop in and take a class.

Contact: Essie **Telephone:** 056 7756570 / 087 6609654
Location: Crossleigh House, Colliers Lane, High Street, Kilkenny
Website: www.kilkennyschoolofyoga.com
Email: info@kilkennyschooofyoga.com

Mary Ellen Brennan

Group classes of ten weeks take place each term Monday and Tuesday evenings and Tuesday mornings. Individual tuition and therapy sessions in Yoga Therapy (using yoga as a means to recover, maintain or improve one's current state of health) available by appointment. Reiki healing by appointment.

Contact: Mary Ellen Brennan **Telephone:** 056 7728230 / 086 3395971
Location: The Blue Room Centre for Wellbeing, Bennettsbridge, Co Kilkenny

Roslyn Molloy

Classes in yoga for pregnancy and yoga for new mums and their babies. Workshops on using yoga for birth. Aqua yoga for pregnancy. Also baby massage classes.

Contact: Roslyn Molloy

Telephone: 086 0893157

Location: Kilkenny City

Shanti School of Yoga

Classes available for all abilities and include yoga for pregnancy, active retirement, parent and babies and children. Meditation workshops and classes. Private tuition for specific injuries or limitations. All teachers fully qualified.

Location: Springhill Clinic, Waterford Rd,
Kilkenny

Telephone: 086 8261452
Email: elaine@shantiyoga.ie

TRANSPORT

In a rural county like Kilkenny, transport to activities is crucial. While many may have their own car, public transport is available to some areas. Contact bus companies in your area to see what's available.

Ring-a-Link

Rural transport bus service for Carlow, Kilkenny and South Tipperary. Pre-booking required. Nominal return adult fee. Travel Pass Holders free of charge. Monday to Friday, 9am to 4.30pm.

Location: Unit 4, Cillín Hill, Dublin Rd,
Kilkenny

Telephone: LoCall 1890 424141

VISITOR ATTRACTIONS (see: HISTORY and GARDENS, PARKS, WALKS AND WOODS)

A to Z of Visitor Attractions

This section lists some of the main attractions to see if you are visiting Kilkenny, you are new to Kilkenny, or if you are hosting visitors and need to find ways of keeping them entertained! And if you have been in Kilkenny for a while and you haven't visited the places listed, then what are you waiting for?

Check out the new display of places to visit Kilkenny City and County at The Kiosk on The Parade for other attractions not listed.

Black Abbey

Founded in 1225 this is one of Ireland's oldest churches and is still in use by the Dominicans by whom it was founded. Look out for the excellent examples of modern and antique stained glass windows, the wooden roof and the stonework. Nearby on Abbey St is the last existing remnant of the entrance gate in the medieval city walls.

Location: Abbey St, Kilkenny

Telephone: 056 7721279

Duiske Abbey

An early Cistercian (1204) Abbey. Look out for the large effigy of the knight, known locally as the "Crusader" and the early mediaeval floor tiles.

There is also an Abbey Visitor Centre with a shop and an exhibition of Christian art which is open all year, Monday to Friday, 9am to 1pm, closed at week-ends.

Location: Graiguenamanagh, Co Kilkenny

Telephone: 059 9724238

Dunmore Cave

Fascinating limestone cave. Viewing by guided tour. Visitor centre, tea room.

Opening hours: March to mid-June 9.30am-5pm
mid-June to mid-September 9.30am-6.30pm
mid-September to October 9.30am-5pm
November to March Saturday, Sunday and
Public Holidays 10am-5pm.
Last admission one hour before closing.

Cost: Child/Student €1, Adults €3, Senior Citizens and Groups €2,
Family rate €8.

Location: 10km north of Kilkenny, just off the Castlecomer Road (N78).

Telephone: 056 7767726

'Footprints in Coal' at the Castlecomer Discovery Park

An interactive multimedia exhibition dealing with the history and prehistory of the Castlecomer coalmines: coal formation, fossils and mining history. Other features in this multi-activity forest park include woodland walks, fishing lakes, children's adventure playground, picnic areas, animal sanctuary, design craft yard and Jarrow Café.

Open daily. May to August, 9.30am-5.30pm
September, October, March and April, 10am-5pm
November to February, 10.30am-4.30pm.

Includes Jarrow Café, gift shop and toilets. Wheelchair accessible. Admission charge applies to exhibition area.

Contact: Castlecomer Discovery Park

Telephone: 056 4440707

Location: Castlecomer, Co Kilkenny

Email: info@discoverypark.ie

Website: www.discoverypark.ie

Jerpoint Abbey

Said to be the finest Cistercian monastic ruins in Ireland. Of particular note are the superb cloisters, some very early effigies and the east rose window. There is a visitor centre, accessible for disabled people, with exhibition and guide service.

Open daily. March to end of May, 10am to 5pm
 June to mid September, 9.30am to 6pm
 November, 10am to 4pm.

Rest of year, open for pre-arranged groups only. Last admission one hour before closing time.

Location: Thomastown, Co Kilkenny

Telephone: 056 7724623

Email: jerpointabbey@opw.ie

Kells Priory

Spectacular Augustinian Priory ruins in the heart of Kilkenny countryside. Open all year. Free.

Location: Kells Village, Co Kilkenny

Kilkenny Castle

A 12th century castle, remodelled in Victorian times and set in extensive parkland, was the principal seat of the Butler family. Two wings of the Castle have been restored to their 19th century splendour and include a library, drawing room and the magnificent long gallery. The final phase of restoration is complete and includes a state of the art conference centre which is situated in one of the castle's 12th century towers. The River wing also houses the Butler Gallery of contemporary art.

Access for visitors with disabilities to ground floor and gardens only. Please note that this is a very busy site and visitors may experience delay during the summer months. Groups with more than 10 people need to pre-book. Photography/filming not permitted.

Opening hours: October to February, 9.30am-4.30pm
 March, 9.30am-5pm
 April and May, 9.30am-5.30pm
 June to August, 9.00am-5.30pm
 September, 9.30am-5.30pm

Closed Good Friday. Check with site for opening arrangements over Christmas and New Year.

Cost: Child/Student €2.50, Adults €6.00, Senior Citizens/Group (20+ persons) €4.00, Family rate €14.00

Contact: John Burke, Booking Officer

Telephone: 056 7704106

Website: kilkennycastle@opw.ie

e-mail: izabel.pennec@opw.ie

Nore View Folk and Heritage Museum

A private collection of over 10,000 items that will take you back in time. A great history lesson! Well worth a visit. Monuments of history of Oliver Cromwell, King William, evictions and military display. Open 7 days, 10am-6pm. Admission fee.

Contact: Seamus Lawlor

Telephone: 056 7727749

Location: Danesfort Rd, Bennettsbridge, Co Kilkenny

Rothe House

A restored 1594 Tudor merchant's house. An interesting museum collection and an early 17th century garden are amongst many items of interest in addition to the house itself. Family research service available.

Open: April to October, Monday to Saturday 10.30am-5pm and Sundays 3pm-5pm.

Closed in November 2010 for three months for conservation work.

Guided tours for large groups, book in advance.

Cost: adults €5, senior citizens/students €4

Telephone: 056 7722893

Location: Parliament St, Kilkenny

e-mail: info@rothehouse.com

Website: www.rothehouse.com

Rural Experience Bus Tours

Full day guided bus tours of Kilkenny County, including visits to gardens, museums, churches, craft studios and scenic attractions. Tours operate daily, year round. Tours available to other counties. Tours start and end in Kilkenny City and run from 9am to 5pm. Private car and driver service available for day tours and longer breaks across Ireland.

Contact: Amy McDonald

Telephone: 056 7727590 / 087 6432130

Website: www.aruralexperience.com

Email: info@aruralexperience.com

Saint Canice's Cathedral

Impressive Cathedral, completed in 1285. The second longest Cathedral in Ireland. Look out for the small-scale model of the city, as it was in 1640.

Opening hours: January to March and October to December: Monday to Saturday 10am to 1pm and 2pm to 4pm. Sundays 2pm to 4pm.

April, May and September: Monday to Saturday 10am to 1pm and 2pm to 5pm. Sundays 2pm to 5pm.

June, July and August: Monday to Saturday 9am to 6pm. Sundays 2pm to 6pm.

Note: The Cathedral may be closed to visitors at times during the above periods when religious services are in progress.

The Cathedral has an excellent example of a ninth century round tower. The climb to the top is well worth it for a bird's eye view of Kilkenny, although the steps are very steep and there are plenty of them, so be warned! Open April to October, weather permitting.

Location: Saint Canice's Cathedral,
Coach Rd, off Dean St, Kilkenny

Telephone: 056 7764971

Tynan's Walking Tour

Pat Tynan's historical walking tour brings to life the history of this Mediaeval Capital of Ireland. The one-hour tour departs from the Tourist Office on Rose Inn St, Kilkenny. Tours for the Winter months November to March are by appointment only. Tours are held 7 days a week from mid March to October.

Contact: Pat Tynan

Telephone: 087 2651745

Website: www.tynantours.com

Email: tynantours@eircom.net

VOLUNTEERING WORK OPPORTUNITIES

A to Z of Volunteering Opportunities

There are many organisations in Kilkenny that welcome and often rely on volunteers to carry out their work. There are as many different reasons for volunteering as there are different people working as volunteers - gaining work experience, meeting people, wanting to give something back to the community or having something worthwhile to do post-retirement.

Volunteering as an Information Officer in CIC Kilkenny, Kathleen Blanchfield finds the work there most interesting. Having been a volunteer since 2002, Kathleen and her colleagues all agree that volunteering at CIC is a totally engrossing experience, and a continuous process of learning and obtaining an enormous amount of knowledge on various aspects and situations of everyday life.

"Courteously sharing this knowledge, by telephone and in person, in the strictest confidence, is the very core of our work at CIC. It's not all work and no play – social events are enjoyed by all. This worthwhile commitment of three hours per week is invaluable and no amount of money could even begin to equal the fulfilment gained".

The following are just some of the local organisations that welcome volunteers.

Butler Gallery

Volunteers required from April to September for general art gallery duties.

Contact: Ailish Feehan/Pauline Swaine

Telephone: 056 7761106

Location: Kilkenny Castle

Father McGrath Homework Club

The Father McGrath Homework Club assists almost 90 primary and post-primary school children from the local community with their homework on a one-to-one basis. The Homework Club operates Monday to Thursday, 2pm to 5pm, from September to June. Volunteers are required to give as little as one hour per week of their time - this would be a great help. No teaching skills are required.

Contact: Karen Todd

Telephone: 056 7751988

Location: Family Resource Centre, Butts Green, St Joseph's Rd, Kilkenny

Kilkenny Citizens Information Centre

This busy Centre currently has 60 volunteer information givers working in four locations across the County. Doing voluntary work in the Citizens Information Centre (CIC) involves giving three hours per week dealing with the many and varied queries they receive from the public. Volunteers receive training in finding information and dealing with people.

Contact: Development Manager

Telephone: 056 7762755

Location: 4 The Parade, Kilkenny

Kilkenny Contact

Befriending/Visitation organisation for older people living alone, funded by the HSE. Volunteers visit elderly people in their own homes, committing to one visit of one hour each week. Training nights and Garda clearance arranged.

Contact: Eleanor Doyle, Co-ordinator

Telephone: 086 8530994

Location: Fr McGrath Centre, St Joseph's Road, Kilkenny

Telephone: 056 7751988

The Kilkenny Traveller Community Movement Homework Clubs

KTCM assists over 40 Traveller children of primary school age, in the Hebron and Wetlands areas of Kilkenny, to do their homework. Volunteers are asked to give their support to the project in any way they can. Teaching skills are not required.

Contact: Claire Keneally

Telephone: 086 8501970

Meals on Wheels

Volunteers deliver meals to the elderly in their homes. Volunteers give 1½ hours of their time each week. This service operates year round.

Contact: Kitt Hunt

Telephone: 056 7721685

Location: Kilkenny Social Services, Waterford Rd, Kilkenny

Samaritans

Samaritans is a voluntary listening charity supporting people in all sorts of crisis that cause emotional upset. The service provides non-judgemental, confidential, emotional support to people experiencing distress or despair, including suicidal feelings. They are available 24hrs a day, 7 days a week and encourage people in need of support to get in touch. They recruit new volunteers twice a year in the Spring and Autumn. Training is essential and is conducted over a six month period. Volunteers commit to doing one 3 hour duty per week and also a regular overnight duty. Commitment and confidentiality are the cornerstones of the Samaritan organisation. For an application form phone, write or call in.

Location: 2 Abbeybridge, Dean Street, Kilkenny
– Visit between 2pm and 8pm

Telephone: 1850 60 90 90

Telephone: 056 7765554

Email: jo@samaritans.org

Text: 087 260 90 90

Word Aid

Word Aid, the Co Kilkenny Adult Learning Scheme is a free confidential service that supports adults with reading, writing, spelling or maths difficulties. Word Aid holds a tutor training course for volunteers annually. They require volunteers to give 2 hours of their time each week, have a sympathetic and understanding nature, be good listeners and have the ability to work with others on a confidential basis.

Contact: Mary Buckley

Telephone: 056 7763149

Location: 43 Upper Patrick Street, Kilkenny

Email: wordaid@kkvec.ie

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