



**frs**  
**training**

**IGNITE**

**TRAINING PROGRAMMES**



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na hÉireann  
Government  
of Ireland

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Project Ireland  
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Coiste um Fhorbairt Pobail Anúil na Mí  
Meath Local Community Development  
Committee



meath  
partnership



comhairle chontae na mí  
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# AGRICULTURAL TRAINING



This programme has been designed to provide a series of training in areas that will prove useful to participants interested in working on farms and progressing in the Agri sector. It will provide Employability Skills through training and workshops.

## **Manual Handling & Workplace Safety – 2 days**

Manual Handling Training provides candidates with information and instruction on safe manual handling techniques which, if used correctly, may help prevent injury. This course will also introduce Health and Safety in the work place. It will provide participants with knowledge in the concepts of safety and health and help to promote safe working practices and procedures.

## **Tractor Driving – 2 days**

The purpose of this course is to equip learners with the skills and knowledge to be able to carry out the daily checks for the tractor and to drive and operate tractors with relevant equipment and attachments to the required standard.

Depending on numbers, it may be necessary to split this course into two/three groups with a maximum of 8 receiving one day of training each.

## **All-Terrain Vehicle – 2 days**

To provide participants with basic safety information required to operate All-Terrain Vehicles/Quad bikes or Gators safely. The course will also demonstrate the safe use of different All-Terrain Vehicle types by practical training on different types of terrain with various loads.

## **Use of Machinery – 2 days**

The purpose of this course is to equip learners with the skills and knowledge to be able to operate common farm machinery competently and safely.

## **Introduction to Milking – 2 days**

The purpose of this course is to equip learners with the skills and knowledge to be able to carry out basic milking duties and includes: milker hygiene/cow hygiene; parlour types/automation/bulk tank; milking activities/milking routine/cluster changing; machine parts and faults; animal movement/welfare & safety; how cows milk; cow health/animal diseases in dairy herd/bio security measures; mastitis/milk quality; washing and cleaning procedures; communication.

## **Fencing Skills – 2 days**

The purpose of this course is to equip learners with the skills and knowledge in the area of fencing on the farm. Basic skills training will include post driving, knot tying and tensioning.

# WELDING



This course programme has been designed to provide a series of training in areas that will prove useful to participants interested in steel fabrication and the manufacturing sector. It will provide Employability Skills through training and workshops.

The course will cover an introduction to MMA welding to give the learners a good understanding of welding and will cover the below:

## **Introduction to Health & Safety and Weld Theory - 2 days**

This covers the HSE issued safety alert on welding fume. Preventing exposure to mild steel welding fumes. How to use suitable controls for all welding work. Following the current guidance on mild steel welding.

## **Horizontal and Vertical Techniques - 2 days**

Explanation of horizontal welding (the weld axis is approximately horizontal, but the weld type dictates the complete definition). Explanation of vertical welding (the welding is done on a vertical surface and the molten metal has a tendency to run downward and pile up).

## **Butt Joints, Lap joints, Outside Corner and Tee Fillet - 2 days**

Understanding of the different jobs which need different types of welds. Covering when to use different types of welding joints.

## **Use of 6mm plate up to 10mm plate - 2 days**

Covering the use of 6mm and 10mm plates. Welding using the Shielded Metal Arc Welding (SMAW) method. This is also known as manual metal arc welding (MMA or MMAW), flux shielded arc welding or informally as stick welding which is a manual arc welding process.

# EQUINE



## **Introduction to Basic Care and Management**

This course programme has been designed to provide a series of training in areas that will prove useful to participants interested in working with horses and the Equine/Equestrian sector. It will provide Employability Skills through training and workshops.

## **Manual Handling & Workplace Safety – 2 days**

Manual Handling training provides candidates with information and instruction on safe manual handling techniques which, if used correctly, may help prevent injury. This course will also introduce Health and Safety in the work place. It will provide participants with knowledge in the concepts of safety and health and help to promote safe working practices and procedures.

## **Basic Equine Physiology – 2 days**

Covering some basic physiology then advancing into hoof anatomy and care. Discussing laminitis, a serious hoof condition in horses and other equids. Discussing the various coat colours and markings in horses.

## **Equine Behaviour and Training – 2 days**

The topics will focus on equid behaviour and movement. Understanding how equids relate to their environment and communicate which is critical to training and management. Examining the basic equine senses and communication. Discussing normal and abnormal behaviours and the basic psychology used in training. Discussing the basic gaits and how these animals move.

## **Feeding Management – 2 days**

Focusing on equid nutrition. Understanding how and what to feed these animals is one of the most important aspects of basic care. Starting with digestive anatomy, how to evaluate the animal's nutrient requirements, and establish feeding management. Discussing colic and other nutritional disorders.

## **Maintaining Equine Health- 2 days**

Focusing on equine health. Monitoring and taking care of the animal's health. Starting with normal equine vital signs and then discussing administering first aid to the animals. Covering the different parasites and diseases that can afflict these animals. Discussing some common genetic disorders.

## **Breeding Management – 2 days**

Focusing on equine reproduction. Breeding is an important component of the equine industry. Learning basic anatomy, including what makes the equids unique. Discussing the estrous cycles of mares and jennies, followed by common breeding systems used throughout the world. Discussing unique aspects of equine pregnancy and parturition and covering some management tips for taking care of the newborn foal.

# SOCIAL ENTERPRISE



This programme has been designed to provide a series of training in the areas that will prove useful to participants interested in getting their business idea in the area of social enterprise off the ground. Social enterprises seek to maximize profits while maximizing benefits to society and the environment. It will provide Employability Skills through training and workshops.

## **Manual Handling & Workplace Safety – 2 days**

Manual handling training provides candidates with information & instruction on safe manual handling techniques which, if used correctly, may help prevent injury. This course will also introduce Health and Safety in the work place. It will provide participants with knowledge in the concepts of safety and health and help to promote safe working practices and procedures.

## **Community Design Ideas – 2 days**

This course will be an informal tutor lead workshop centering on cultivating design ideas and group work.

## **Horticulture Tools – 2 days**

The purpose of this course is to teach participants how to safely use common small machinery used in the horticulture industry including carrying out the pre-start checks of a selection of small engines and how to handle and operate a selection of horticultural tools to a required safety standard.

## **Hand Held Pesticides – 2 days**

The purpose of this course is to equip learners with the principles and procedures for the safe handling, storage, application and disposal of pesticides including appropriate personal protective equipment.

## **Plant Care & Maintenance – 2 days**

The purpose of this course is to teach participants how to carry out watering routines, check for damage to plants, identify some suitable plants for common Irish soil types and common Irish species of plants.

## **Day Trip & Report – 2 days**

The participants will take part in tutor lead field trip to an exemplar town or village in Meath where a Tidy Towns groups or CE scheme has particular effect on the beauty and presentation of the town or village. This will encompass a 1 day outing and 1 day back in the classroom to review and write a report.

# YOUTH ENTERPRISES



Supporting young people to complete entrepreneurship training. This programme will provide individuals who are seeking to start their own business with the skills, management tools and expertise in making the right decisions, planning and organising effectively. It will help individuals gauge what will be required in order to keep their new venture running effectively and efficiently. It will provide Employability Skills through training and workshops.

## **Manual Handling & Workplace Safety – 2 days**

Manual Handling training provides candidates with information and instruction on safe manual handling techniques which, if used correctly, may help prevent injury. This course will also provide an introduction to Health and Safety in the work place. It will provide participants with knowledge in the concepts of safety and health and help to promote safe working practices and procedures

## **Introduction to Entrepreneurship & Business Start-Up - 2 days**

This course will provide an introduction into entrepreneurship, providing candidates with information and instruction on what entrepreneurship is and introduce feasibility studies, which help in evaluating proposed business ideas. SWOT analysis of both the business idea and the entrepreneur. This course will also provide information and instruction into starting up a business, identifying resources and costs. Provide learners with practical skills and advise on how to research where can entrepreneur find help and advice and grants that would be available. Show an understanding of what a business plan is.

## **Managing Resources – 2 days**

The purpose of this course is to equip learners with the skills and knowledge to be able to complete feasibility studies: evaluating the business idea, evaluating their own transferable skills, costings of materials, if external expertise is required. Using a case study that has details of a proposed new start up including costings, resources etc., learners will complete tasks including working out cost per unit and calculating selling prices. Using this information and the SWOT analysis, learners will evaluate if their business is feasible and if changes need to be/or could be made to make it a success

## **Cash Flow Management – 2 days**

This course will provide an introduction into accounting and give practical experience of basic accounting to learners. Learners will be able to list what details need to be recorded and will make a cash flow journal. Learners will be able to evaluate how to identify and increase profits, where cost savings should be made. Learners will be given an introduction into revenue.ie.

## **Talks from Industry Professionals & Review – 2 days**

Learners will receive talks from industry professionals to gain an understanding of what support is available to them when setting up their business. Local entrepreneurs will also be invited to attend and to share their journeys, both challenges and successes to show the realities of being an entrepreneur. Learners will then evaluate and write a short report on what they have learned from the talks by industry professionals.

# HOSPITALITY



The aim of these courses is to provide learners with an introduction to skills, knowledge and attitudes necessary to work in the customer service industry. Specific modules will provide instruction and training in Tourism, Retail and Hospitality and inclusive skills in Customer Service and Sales. It will provide Employability Skills through training and workshops.

## **Manual Handling & Workplace Safety – 2 days**

Manual Handling Training provides candidates with information and instruction on safe manual handling techniques which, if used correctly, may help prevent injury. This course will also provide an introduction to Health and Safety in the work place. It will provide participants with knowledge in the concepts of safety and health and help to promote safe working practices and procedures.

## **Working in Hospitality & Customer Service – 2 days**

Helping participants to gain an insight into working within the hospitality industry. This course includes the types of roles available, providing an introduction to customer service and developing rapport, as well as how to progress within the industry. It will also help learners to gain an insight into developing excellent customer service skills and selling to the public.

## **Barista – 2 days**

This Barista skills course is ideal for those who have no experience in using a Barista (coffee) machine. The course is designed to deliver barista training for those looking to find work in a cafe environment.

## **HACCP – 2 day**

This course provides an introduction to Hazard Analysis and Critical Control Point (HACCP) training. Providing participants with basic food safety knowledge and to help to promote safe working practices and procedures for those wishing to work within the food and catering industry.

## **Bar Skills – 2 days**

This course will provide an introduction to our bar service training programme and is designed to equip participants with the knowledge, skills and competencies needed to work in a busy bar of any size.

## **Talks from Industry Professionals & Review – 2 days**

Learners will receive talks from hospitality industry professionals to gain an understanding of what opportunities are available in the hospitality industry. Hospitality industry professionals will also be invited to share their journeys, both challenges and successes to working in hospitality. Learners will then evaluate and write a short report on what they have learned from the talks by hospitality industry professionals.

# ARTISAN FOOD



For participants who are interested in starting to develop an artisan or speciality food business and also for those wishing to be involved in this sector. It will provide Employability Skills through training and workshops.

## **Manual Handling & Workplace Safety – 2 days**

Manual Handling training provides candidates with information and instruction on safe manual handling techniques which, if used correctly, may help prevent injury. This course will also provide an introduction to Health and Safety in the work place. It will provide participants with knowledge in the concepts of safety and health and help to promote safe working practices and procedures.

## **HACCP – 2 days**

This course provides an introduction to Hazard Analysis and Critical Control Point (HACCP) training. Providing participants with basic food safety knowledge and to help to promote safe working practices and procedures for those wishing to work within the food and catering industry.

## **Cookery – 6 days**

This course will provide participants with hands-on cookery training with an emphasis on Artisan foods. Artisan food encompasses breads, cheeses, fruit preserves, cured meats, beverages, oils, and vinegars that are made by hand using traditional methods by skilled craft workers, known as food artisans.

## **Talks from Industry Professionals & Review – 2 days**

Learners will receive talks from successful local Artisan Food Producers to gain an understanding of what opportunities are available in the sector. Artisan Food Producers will also be invited to share their journeys and to discuss both challenges and successes of being a small local food producer. Learners will then evaluate and write a short report on what they have learned from the talks by Artisan Food Producers.

# TECHNOLOGY



Offering a range of courses to support a career in technology and to provide an introduction to specific areas in the field that leads to career pathways in this industry. It will provide Employability Skills through training and workshops.

## **Workplace Safety - 1 day**

This course will provide an introduction to Health and Safety in the work place. It will provide participants with knowledge in the concepts of safety and health and help to promote safe working practices and procedures.

## **Administration: Email/internet, Word, Excel - 2 Day**

Learners will be introduced to information technology concepts and describe the impact of information technology on personal life and working or community life. Course includes an overview of a range of information technology concepts and terminology, such as file management and accessing common applications such as word, excel, email and the internet.

## **Digital Media - 2.5 Day**

The purpose of this course is to give learners an understanding of a range of current digital media technologies and their application in daily life and in an organisational context. Course includes an outline of the pre-production, production and postproduction stages involved in the creation of digital media content. Participants will use a range of current digital media technologies and applications to include digital video and audio, social media applications and mobile technologies to create digital media content.

## **Graphic Design - 2.5 Day**

The purpose of this module is to give an overview of what is involved in graphic design. Understanding the positive and negative attributes of selected graphic design examples to include logos, signage, packaging design, and advertising. Ability to identify graphic design applications. Understanding the roles of the graphic designer and the printer.

## **Game Development - 2 Day**

The purpose of this module is to get an overview of the common features of game development. Ability to analyse game structure and produce plans and explore the technological components of a game. Participants will examine the publishing process and the roles of the games development team to include design, technical, programming, art, audio-visual production and hardware requirements.

# IGNITE

The aim of the IGNITE initiative is to address the training and employability needs and advance the interests of rural youth with a specific focus on training and confidence building to enhance labour market skills, improve employability, engage in assisted work placement and develop entrepreneurial knowhow.

Young people from Co. Meath aged between 16 -25 years are invited to engage on the ignite programme.

Each participant on IGNITE will go through a 15-week intensive programme of training and progression.

The first group will commence in January 2020. This programme is fully funded by LEADER 2020.

If you are interested please e-mail [ignite@frstraining.com](mailto:ignite@frstraining.com) or text/call 086 7802672 or visit [www.frstraining.com/ignite](http://www.frstraining.com/ignite)

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# IGNITE



## frs training

PROUDLY PART OF  
FRS NETWORK



For more information visit: [frstraining.com/ignite](https://frstraining.com/ignite)

Email: [ignite@frstraining.com](mailto:ignite@frstraining.com)

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