





**Do you know that you can avail of many services through the Carlow Local Authorities website, [www.carlow.ie](http://www.carlow.ie)?**

**These services include:**

**PAY ONLINE - Motor Tax Renewal, Parking Fines, Housing Rents & Loans, and Water Charges**

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**REGISTER OF ELECTORS - Check to see if you are registered to vote in the Local & European Elections**

**APPLICATION FORMS - Available to download**

**LIBRARY SERVICES - Renew, Request or Browse for Library Books on-line**

**JOB APPLICATIONS - View Current Job Vacancies and download job requirements, application forms & supporting documentation.**

**Use our on-line services at: [www.carlow.ie](http://www.carlow.ie)**



## **FOREWORD**

The publication of our "Community Course & Website Guide" is the result of hundreds of hours of computer training and web browsing, and has led to many of County Carlow's over-50's, who had never used computers before learning how to use them on a regular basis and gaining the confidence to interact with websites.

The initiative was made possible through funding from the Department of the Taoiseach's ASC Fund, and the existence of CRISP Computer Training & Access Centres supported by the Department of Community, Rural & Gaeltacht Affairs, through a Pobal Community Services programme and Carlow Local Authorities.

The majority of participants encountered computers for the first time during courses which took place at CRISP centres located throughout the county. Everyone was encouraged to use the Internet to find websites which were relevant and interesting to them. Some found sites that were related to their hobbies, others found sites that answered the many questions they had about tax, social welfare, starting a business and further education, while others traced family roots, planned their holidays, watched tv on the Internet, and even began using the Internet to communicate with friends and relations around the world.

This publication is by no means a comprehensive guide, it is a collection of websites visited by course participants. It is aimed at guiding you to web pages, with the notion that once you get started, you won't stop. The sites listed are those that our participants found interesting and informative, on their first web browsing adventure.

This publication would not have been possible without the support and commitment of many including: Department of the Taoiseach, Department of Community Rural & Gaeltacht Affairs, Pobal, Carlow Local Authorities, CRISP staff, tutors and participants.

# BROADBAND

# APTUS

## Broadband



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Aptus Negotium



Aptus Urbanus



Aptus Wi-Fi

**Best Broadband Coverage in Carlow & Kilkenny**

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## THE DEVELOPMENT OF THE CRISP PROJECT

“The Digital Divide” is the phrase commonly used to describe the gap between those who are competent using computers and new technologies and those who are being left behind by developments in information communications technology.



This situation was identified by Carlow County Development Board in the late 1990's, and as a result of its vision, and the success of Carlow town in Eircom's Information Age initiative, the seeds of the CRISP Project were set.

In 2000, Carlow Multimedia Centre was established on the Tullow Road, Carlow as a result of a grant received following the towns participation in the Eircom Information Age Town Competition. Supported by FÁS and Carlow Town Council, the centre addressed the need for computer access and low cost training in Carlow town. The centre later moved to Castle Hill, Carlow, where it continues to operate today. At around the same time Ballon Computer Training Centre was established through Ballon Rathoe Community Development Association.

In July, 2001, Carlow County Council received funding under the Initiatives Fund Services Related Project from the Department of the Environment & Local Government. This capital funding was instrumental in securing premises in Borris and Hacketstown and the establishment of a centre in Myshall. Later in 2001, Carlow County Council received funding from the Department of Public Enterprise's CAIT Initiative to the tune of £86,000. This led to the establishment of the Borris.ie Project, a Computer Access & Training Initiative in Borris.



In 2002 the Carlow Rural Information Services Project (CRISP) company was formed to apply for a FAS Social Economy Programme in order to develop a total of six Community-based Computer Access and Training Centres throughout County Carlow, including the three existing centres.



The success of this application resulted in an annual budget in excess of €250,000 per annum and led to the employment of the equivalent of eleven full-time staff to run the project. Coupled with the funding secured earlier from the Department of the Environment & Local Government, further centres were set up in Hacketstown (2003), Myshall (2004) and Tullow (2005).



In 2006 the Social Economy Programme changed to a Community Services Project run by Pobal on behalf of the Department of Community, Rural & Gaeltacht Affairs. In 2007 CRISP successfully applied for a new three-year Community Services programme to continue to develop the services it provided.

The main aim of the project is to provide relevant ICT initiatives aimed at offering all citizens of County Carlow the opportunity of experiencing new technologies and acquiring the relevant skills to work with them. The objectives of CRISP are:

- To create awareness of the opportunities provide by ICT and to encourage participation by removing the fears and misunderstandings that may exist in relation to ICT
- To provide training and support to people of all ages who typically lack access to computers and related technologies, in a positive learning environment that encourages exploration and

discovery leading to the development of personal skills and self confidence

- To maximise funding opportunities and to generate income through the development of relevant new ICT services to make the enterprise sustainable in the long term
- To provide and encourage ongoing staff training with a view to equipping staff members with the necessary skills to progress in the ICT Sector
- To provide access to a full range of relevant online services in rural locations throughout County Carlow
- To liaise with and encourage local groups and organisations to become proficient and self-reliant in the use of ICT, and fully participate in the Information Age.

## **COMPUTER COURSES**



Carlow Rural Information Services Project endeavours to bring all citizens of County Carlow into the information age by supporting and encouraging their progression in the area of ICT.

Through its computer courses it helps introduce first time users to the concept of computers and their benefits in modern living,

and through its "Open Access" policy it encourages participants to use and experiment with computers in their own time and at their own pace.

CRISP organises and runs a variety of computer courses at its centres including: Computers Made Simple, Intermediate Computers, Digital Photography, Web Design, Big Red Book, Holiday Computer Sessions for Young People, ECDL and Desktop Publishing.

All centres can arrange ECDL examinations where students have been studying themselves or at other centres, and those who feel competent enough can just sit the exams at any centre.

Courses are arranged according to demand and take place during mornings, afternoons and evenings.

## **COMPUTER ACCESS**

CRISP provides access to computers at all its centres. Computers can be booked on an hourly basis for internet access or just the use of a computer for any activity, with support staff available.

Those attending courses at CRISP centres have free access to computers for the duration of their course for study and practice.

## **PARTNERSHIP**

CRISP works with several local agencies to provide training for their clients. Some of our partner agencies include: Carlow Local Authorities, Carlow County Enterprise Board, CLAR Equality for Women Project, CANDO, Carlow Jobs Club, SVDP, Carlow County Museum, DSFA, and FAS.



## **FEES & CHARGES**

CRISP organises and offers courses according to local demand and where agencies provide a group of clients for a specific course. It also organises, and delivers subsidised courses where funding had been secured from national sources.

Centres provide training for a number of school groups. These are arranged on a case-by-case basis with groups catered for in centres with in-house tuition. Holiday computer workshops for young people take place during holiday periods in centres.

Some clients cannot afford individual fees for courses, and in such cases CRISP refers the client to FAS or the Department of Social & Family Affairs Jobs Facilitator, where funding may be available based on individual merits.

## **DIGITAL PHOTOGRAPHY**

CRISP has recently commenced Digital Photography courses in its centres and runs them on demand with experienced photographers giving classes.

The course covers a wide range of topics including photograph set-up, lighting, homework and critique of participants photographs, as well as a field trip, in which participants are taken on a trip to take photographs in a controlled environment. Participants receive detailed notes and editing software. Full details are available from centres.

## **WEBSITE DEVELOPMENT**

CRISP encourages the use of new technologies in communities, by working with them to create local websites with relevance to the areas in which they are based. To date websites have been developed in Borris and Hacketstown, with discussions continuing with a number of other communities in the county. CRISP also supports a number of local agencies in developing and maintaining their websites. CRISP is developing a system whereby clubs and organisations can create their own web pages for inclusion on local websites.

## **PRESENTATIONS ON CD ROM**

CRISP has developed a number of CD services which it now offers to agencies, organisations and businesses.

It can produce CD's and DVD's with logo's and graphics, containing content provided by clients, duplicated in-house in the required quantities.

It also undertakes the creation of complete presentations, websites on CD, and creation of content for clients CD's.



## **LEIGHLINBRIDGE INFORMATION TERMINAL**



CRISP has provided a wheelchair accessible information terminal at Leighlinbridge Parish Centre. The terminal provides information on the locality and access to a number of public information websites, with the added advantage of users being able to print pages directly from the screen. The terminal is a local information point for residents of Leighlinbridge and surrounding areas, and as with all

initiatives undertaken by the CRISP, it is another way of bringing new technologies closer to people who may not have a high level of computer expertise.

## **CARLOW DAY CARE CENTRE**

CRISP is actively involved in recycling when it updates computer hardware. It tries to identify areas where its old PC's can be used to maximum advantage and has recently provided a refurbished computer to Carlow Day Care Centre, where it will be used by clients of the centre and with tuition arranged by the centre itself.



Pictured above: Josie Winters, CRISP, tutor Annette Holden, who does voluntary work at the centre, Olivia Power, manager of the Centre, and Mary Deane, one of the clients benefiting from the provision of the computer.

## **BROADBAND INTERNET IN ALL CENTRES**

CRISP was one of the first organisations to provide public broadband access in some of the most remote areas of the county. Before the upgrade of various telephone exchanges it invested in satellite technology to provide broadband internet speeds for clients at its centres in Hacketstown, Borris, Myshall and Ballon.

It has recently partnered Aptus Broadband to use wireless broadband technology at its centre in Myshall and it continues to explore cost-effective ways of securing broadband in the areas in which it operates.



Pictured following the installation of Aptus wireless broadband at CRISP, Myshall: Fergal Kearney, Aptus Broadband, and Jarlath Judge, Project Manager, Carlow Rural Information Services Project.

## **CRISP CONTACT POINTS**

- CRISP Computer Training & Access Centre, Castle Hill, Carlow 059 91 43972 e-mail: [carlow@crisp.ie](mailto:carlow@crisp.ie)
- CRISP Computer Training & Access Centre, The Green, Hacketstown. 059 64 71733 e-mail: [hacketstown@crisp.ie](mailto:hacketstown@crisp.ie)
- CRISP Computer Training & Access Centre, Civic Offices, Tullow. 059 91 81759 e-mail: [tullow@crisp.ie](mailto:tullow@crisp.ie)
- CRISP Computer Training & Access Centre, Myshall Community Centre. 059 91 57787 e-mail: [myshall@crisp.ie](mailto:myshall@crisp.ie)
- CRISP Computer Training & Access Centre, Lower Main Street, Borris. 059 97 71899 e-mail: [borris@crisp.ie](mailto:borris@crisp.ie)
- CRISP Computer Training & Access Centre, Enterprise Centre, Ballon. 059 91 59447 e-mail [ballon@crisp.ie](mailto:ballon@crisp.ie)
- CRISP Administration 059 91 39137

Websites: [www.crisp.ie](http://www.crisp.ie) [www.borris.ie](http://www.borris.ie) [www.hacketstown.ie](http://www.hacketstown.ie)

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**& COMPATIBLE INK**  
**and TONER CARTRIDGES**

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Samsung, Brother, Oki.  
Printers & Accessories

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Complete Range of Office Stationery  
Copier Papers, Fax Thermal Ribbons,  
Copier Toners, Pens, Folders, Binders,  
Refill Pads, Shorthand Pads, Envelopes,  
Etc.

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## DHL EXPRESS POINT

Why waste time queueing at the post office or waiting-in for a courier to call when you can send your documents or packages, using the DHL EXPRESS4YOU delivery service - the quick, easy to use, and secure way to send documents and parcels locally, nationally or internationally and all from your local re:charge store.

Save up  
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Telephone : (059) 9132735 - Fax : (059) 9132293 - Email: [carlow@rechargecartridges.com](mailto:carlow@rechargecartridges.com)

[www.carlowfloralfestival.com](http://www.carlowfloralfestival.com)

Information on varied gardens easily retrieved

[www.southern.ie](http://www.southern.ie)

This is a good site to help you keep in touch with property for sale or to let

[www.aldi.ie](http://www.aldi.ie)

Search for special offers and see what bargains are in the store at any given time.

[www.carlowshoppingcentre.ie](http://www.carlowshoppingcentre.ie)

A very colourful website which gives lots of information on all the different outlets in the shopping centre.

[www.castlebar.ie](http://www.castlebar.ie)

Great home page, lots of links, lots of photos, lots of nostalgia

[www.ucc.ie/celt/online/E000000-001/](http://www.ucc.ie/celt/online/E000000-001/)

Anglo Irish poems of the middle ages

[www.howstuffworks.com](http://www.howstuffworks.com)

A very informative website on how lots of different things work. Some of the items included are cars, computers and all sorts of modern technology.

[www.workathomeireland.com](http://www.workathomeireland.com)

This site contains lots of information about setting up a home based business or working from home.

[www.cottages4you.co.uk](http://www.cottages4you.co.uk)

This website gives information on cottages which are available for holidays and short breaks in Ireland, UK and other European countries.

[www.ebay.ie](http://www.ebay.ie)

This is very good site to buy on line easy access the graphics interesting, a great website for buying and selling online all over the world.

[www.dublinwaste.ie/freetrade](http://www.dublinwaste.ie/freetrade)

Dublin's Online Free Trade service allows you to pass on or pick-up unwanted goods in Dublin free of charge.

[www.welfare.ie](http://www.welfare.ie)

Details of social welfare entitlements.

[www.motortax.ie](http://www.motortax.ie)

This is a convenient way to pay your motor tax

[www.employmentrights.ie](http://www.employmentrights.ie)

You can have access to your rights and employment entitlements through this site.

[www.itsyourmoney.ie](http://www.itsyourmoney.ie)

On this site you can keep track of your money and get good advice on managing your money.

[www.marksandspencer.com](http://www.marksandspencer.com)

This site suited me as I am unable to get to shops as much as I would like it gave me all the information on style colour and size I found it easy to order and every item could be viewed easily and clearly.

[www.marriothotels.com](http://www.marriothotels.com)

Its easy to navigate this site and view their different hotels Easy to book and find rates, I would ;use it to see if I could avail of any special rates. The graphics were good.

[www.leylandtractors.com](http://www.leylandtractors.com)

It gave a lot of information about what parts were available and where they could be had and the price of each item and cost if you want them delivered I would use this website again

[www.ceoltoiri-kilkenny.com](http://www.ceoltoiri-kilkenny.com)

Ceoltoiri Kilkenny presents a colourful exciting traditional show throughout the summer months.

[www.lisnavagh.com](http://www.lisnavagh.com)

Old gothic house in Carlow.

[www.rathwood.com](http://www.rathwood.com)

Garden centre outside Tullow, Carlow, Co. Carlow.

I used the Google search engine to find my information.

[www.ireland.guide.com](http://www.ireland.guide.com)

This site is about Tourism in Ireland

[www.punchestown.com](http://www.punchestown.com)

Ireland's premier national hunt racecourse

[www.countryquads.net](http://www.countryquads.net)

Quad Bike Riding in South Carlow

[www.carlowtourism.com](http://www.carlowtourism.com)

This site is about Carlow Autumn and winter breaks.

[www.allfreecrafts.com](http://www.allfreecrafts.com)

This site offers good information with very detailed instructions for all kind of crafts including decoupage, knitting and various other crafts. It also provides information on a list of suppliers. This site is very well put together and would be very suitable for beginners in the above crafts

[www.iaronrodeireann.ie](http://www.iaronrodeireann.ie)

I liked this site for train timetables for intercity routes

[www.mlaw.ie](http://www.mlaw.ie)

Medical-Negligence

If you are in need of good legal counseling then this site is very good. Malcomson Law has an excellent site on this subject and after reading it, it would leave you in no doubt as to whether you would need to contact them regarding a possible claim.

[www.chefsweb.com](http://www.chefsweb.com)

I am a chef I like to improve my knowledge

[www.military.ie](http://www.military.ie)

I found the above web site excellent. It was easy to access and to follow. It gives information on military organisation. It shows rank structures and gives details of weapons. It has an interesting page on overseas service for soldiers. The site also has details of enlistment for persons who wish join up.

[www.aerlingus.ie](http://www.aerlingus.ie)

This web site is excellent. I can get schedules of all Aer Lingus flights. I can book and pay for my flight. There is also information about hotels and car hire. Information on Booking Flights, Destinations, Travel Questions, Timetables, Car Hire and Travel Insurance. I recommend this site.

[www.infolankanews.com](http://www.infolankanews.com)

I can track srilanka news

[www.elephantcorridor.com](http://www.elephantcorridor.com)

This hotel fantastic environment

[www.borris.ie](http://www.borris.ie)

Your local website for south County Carlow

I liked this site for Local information

[www.pwdi.ie](http://www.pwdi.ie)

People with Disabilities in Ireland. Lot of information for everybody that uses the site. Funded by the Irish Government.

[www.commtech.ie](http://www.commtech.ie)

Helps to organise small and large company's to increase their efficiency and Cost effectiveness.

[www.vmware.com](http://www.vmware.com)

VMware infrastructure is the most widely deployed virtual infrastructure suite, and virtualises services, storage and networks, to transform IT infrastructure into an automated, always-on computer utility plant.

[www.pattclub.ie](http://www.pattclub.ie)

This is a website which organises holidays for people travelling alone. There are many different holidays to choose from both in Ireland and abroad.

[www.totalcatholic.com](http://www.totalcatholic.com)

Celebration Travel Ireland Limited is an Irish tour operator which specialises in pilgrimages to places such as Rome, Fatima, Poland and the Holy Land and many other destinations. This is a good website if you are thinking of going on a pilgrimage in the near future.

[www.nightcourses.com](http://www.nightcourses.com)

This is a website which gives information on night courses which are available all over the country

[www.gardensireland.com](http://www.gardensireland.com)

Gives lots of information on some of the finest gardens, houses and castles in Ireland which are open to the public.

[www.borrishouse.com](http://www.borrishouse.com)

Borris House, the ancestral home of the McMorrough Kavanaghs, High Kings of Leinster, is one of the few Irish estates that can trace its history back to the royal families of ancient Ireland. This website gives information on the history of the house and also the events which take place there today.

[www.daft.ie](http://www.daft.ie)

A good website for viewing interior and exterior of properties for sale

[www.derryjournal.com](http://www.derryjournal.com)

Being from this area I am able to read the local news

[www.loadsajobs.ie](http://www.loadsajobs.ie)

Huge amount of jobs advertised for all careers and professions. Includes full job description. These jobs are not advertised on the papers.

[www.wikipedia.ie](http://www.wikipedia.ie)

Free open content community built encyclopaedia with thousands of articles on topics from A to Z. Available in dozens of languages.

[www.thestephouse.com](http://www.thestephouse.com)

The Stephouse is a Georgian style guesthouse located in Co Carlow

[www.carlownetwork.ie](http://www.carlownetwork.ie)

Represents community and voluntary groups throughout Co Carlow

[www.woodstock.ie](http://www.woodstock.ie)

This site is about Woodstock Gardens in Inistioge, Co. Kilkenny.

[www.kilkennycats.com](http://www.kilkennycats.com)

This site refers to a small G.A.A. Club known as the Blacks and Whites at Coolnabrone, Skeoughvosteen, Co. Kilkenny.

[www.murphyjewellers.com](http://www.murphyjewellers.com)

This site refers to a jewellery store at High Street, Kilkenny.

[www.amazing-christmas-ideas.com](http://www.amazing-christmas-ideas.com)

This site refers to Christmas gifts and decoration ideas you can use.

[www.attheraces.com](http://www.attheraces.com)

It's a sport I like it was informative easy enough to get around

[www.corporatehospitality](http://www.corporatehospitality)

I follow this sport it is informative easy to get around and I would use this site again

[www.irishfarmersmarkets.ie](http://www.irishfarmersmarkets.ie)

Site on organic food and farming news.

[www.recruitireland.com](http://www.recruitireland.com)

Site on finding jobs in Ireland

[www.propertynews.com](http://www.propertynews.com)

A site about property for sale in Ireland

[www.aboutgardening.com](http://www.aboutgardening.com)

Site on choosing landscapes and outdoor plants and other gardening ideas.

[www.crisp.ie](http://www.crisp.ie)

All the local class information and the latest news very informative  
Gives location of all Computer Training Centres in the Co. Carlow area.

[www.woodstoveswarehouse.co.uk](http://www.woodstoveswarehouse.co.uk)

A site about woodstoves and how they work,

[www.hgc.com](http://www.hgc.com)

Hennessey's garden centre in Gowran Kilkenny  
I use the Google search engine to find my information

[www.carlowcountymuseum.com](http://www.carlowcountymuseum.com)

I have enjoyed reading this site it was very informative and I would recommend it to other users. This site is about Carlow Museum and all other historical buildings in the area. They also used camera, which gave a very good selection of photographs of the local historical buildings.

[www.itsyourmoney.ie](http://www.itsyourmoney.ie)

This website gives you information on financial products and services to help you make financial decisions. No selling, no jargon, just the facts. I found this site extremely helpful and would recommend it to Senior Citizens.

[www.dundrumshoppingcentre.ie](http://www.dundrumshoppingcentre.ie)

Cinema/Restaurants/Tesco/Shops/café's Information on shops in this Dublin shopping centre.

[www.aaroadwatch.ie/routes/route.asp](http://www.aaroadwatch.ie/routes/route.asp)

This site is for planning your journey when traveling.

[www.yarn.ie](http://www.yarn.ie)

Wool/patterns-main shop Galway City

[www.howstuffworks.com](http://www.howstuffworks.com)

Is an excellent site for the do it yourself beginner. It uses simple language with excellent diagrams on how the system works for plumbing to painting and how to tackle the different jobs about the house. It is excellent for the beginner.

[www.eireogcarlow.com](http://www.eireogcarlow.com)

Eire Og is a Gaelic club in Carlow town.

Eire Og web site is very informative on the history of the club and up to-date information on the club functions and fixtures. It also names the executives and how to contact the club.

[www.macdonaghjunction.com](http://www.macdonaghjunction.com)

Dunnes/Shops/restaurants/dvd/cds.

[www.alpinegardensociety.ie](http://www.alpinegardensociety.ie)

Gardeners interested in growing those small plants suitable for rockeries

[www.itv/soap](http://www.itv/soap)

Gives up to date information on soaps on itv Coronation Street, Emmerdale etc

[www.itv.com/whowantstobeamillionaire](http://www.itv.com/whowantstobeamillionaire)

Online quiz

[www.cassidytravel.com](http://www.cassidytravel.com)

Corporate travel, golf holidays cheap flights and cheap holidays from one of Irelands leading travel agents.

[www.eason.ie](http://www.eason.ie)

Eason book shop, Stationery, news, gift ideas, food & drink books.

[www.waterstones.com](http://www.waterstones.com)


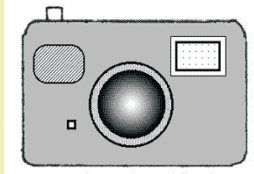
Selection of books audios/cards/magazines/dvds/restaurant

[www.aib.ie.internetbanking](http://www.aib.ie.internetbanking)

Pay online House Bills, etc

# Digital Photography Courses

at your local CRISP Centre

<p><b>For Compact &amp; DSLR Camera owners</b></p>		<p><b>Learn how your camera buttons work and how to take better pictures</b></p>
	<p><b>A Field Trip during the course and assessment of the photographs you take</b></p>	
<p><b>Course Manual and Photo-editing software for Home use</b></p>		<p><b>€180 per place 8 weekly sessions of 2-hours duration</b></p>

**Courses arranged according to demand, please contact your nearest centre for details.**

Castle Hill, Carlow. 059-9143972  
Lower Main Street, Borris. 059-9771899  
The Green, Hacketstown. 059-6471733  
Civic Offices, Tullow. 059-9181759  
Community Centre, Myshall. 059-9157787  
Enterprise Centre, Ballon 059-9159447

[www.oir.ie/oireachtas.ie](http://www.oir.ie/oireachtas.ie)

Schedule of Business for the Dail, Seanad, and Parliamentary Committees;

[www.citizensinformationboard.ie](http://www.citizensinformationboard.ie)

the Citizens Information Boards (formerly Comhairle) is the national support agency responsible for supporting the provision of information, advice and advocacy on social services.

[www.anpost.ie](http://www.anpost.ie)

An Post is a major commercial organization providing a wide range of services which encompass postal, communication, retail and money transmission services.

Track and Trace. Good for tracing parcels in transit to any part of the world.

[www.ireland.com](http://www.ireland.com)

News/info/today's news

[www.designmygarden.ie](http://www.designmygarden.ie)

Customise and stress free design for your garden without costing the earth view portfolio of garden designs.

[www.breastcheck.ie](http://www.breastcheck.ie)

This gives information on free Breast Screening Service that can find early Breast Cancer. The Service invites women aged 50-64 for a free X-ray every 2 years.

[www.thirdage.ie](http://www.thirdage.ie)

This site gives information on health, how to find work in the over 50's age group, Events Calendar, (showing events that are taking place throughout the Country) and an online magazine.

[www.21stcenturyhearing.com](http://www.21stcenturyhearing.com)

Information on Hearing Aid Devices to order online.

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

Information on where to get help if you have Depression, Eating Disorders, Alcohol problem or Bereavement.

[www.thirdage-ireland.com](http://www.thirdage-ireland.com)

Active Retirement Group Activities. Also a helpline to offer a sympathetic ear if you are lonely or troubled.

[www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)

Voluntary, worldwide fellowship of men and women from all walks of life, aiming to recover from alcoholism by sharing their experience, strength, and hope.

[www.cancer.ie](http://www.cancer.ie)

This site gives you Cancer Information, Counseling Services, Helplines, Support Groups, Nursing care and latest information on Cancer Research.

[www.prostatecancerfoundation.org](http://www.prostatecancerfoundation.org)

This site gives you information on PSA Screening, Symptoms. Risk Factors, Treatment, Side Effects and Nutrition.

[www.youreableshop.com](http://www.youreableshop.com)

Invalid Aids Accessories Wheelchairs, Walking Sticks, Comfort Chairs etc.

[www.citizensinformation.ie](http://www.citizensinformation.ie)

Information on Medical card Entitlement, your Social and Civil Rights and Medical Insurance when Overseas.

[www.catalink.com](http://www.catalink.com)

Free Catalogues on home shopping holiday brochures and purchasing goods on line.

[www.autotrader.ie](http://www.autotrader.ie)

A site where you can buy or sell used cars, motorbikes or Commercial Vehicles.

[www.tesco.ie](http://www.tesco.ie)

Do your grocery shopping and much more on line also Information on your Clubcard, Finance and Careers.

It's a convenient way of shopping for young people with families and also for elderly people. Shopping is delivered to your door.

[www.superquinn.ie](http://www.superquinn.ie)

Online shopping, Customer Service, Check your balance and Recipes.

[www.webcar2000.com.ireland](http://www.webcar2000.com.ireland)

A site where you can buy or sell used cars and caravans.

[www.coaga.com](http://www.coaga.com)

Car Insurance for the mature driver also offers Home Insurance.

[www.jfd.ie](http://www.jfd.ie)

Car Insurance for the mature driver.

[www.motortax.ie](http://www.motortax.ie)

Paying on line for Motor Tax on your vehicle.

[www.carlow-nationalist.ie](http://www.carlow-nationalist.ie)

Information on local news in the Carlow Community published every Wednesday.

[www.rte.ie](http://www.rte.ie)

Offering Irish and World News.

[www.ireland.com](http://www.ireland.com)

Up to date affairs from the Irish Times Newspaper.

[www.ft.com](http://www.ft.com)

Up to date news on the Financial Share Markets for Irish Markets and International Markets.

[www.breakingnews.ie](http://www.breakingnews.ie)

Giving all the up to date news as they develop in Ireland and Abroad.

[www.independent.ie](http://www.independent.ie)

You can read your daily newspaper online.

[www.examiner.ie](http://www.examiner.ie)

Also a daily newspaper you can read online.

[www.news@sky.com](http://www.news@sky.com)

Up to date news from around the world 24 hours a day. Also gives you video footage of world events as they unfold.

[www.met.ie](http://www.met.ie)

Weather Forecast

[www.aaroadwatch.ie](http://www.aaroadwatch.ie)

Information on Traffic Update, Route Planning, Petrol Prices etc

[www.pensionsboard.ie](http://www.pensionsboard.ie)

Information on Pensions, like protection for Pension Scheme Members and also whether you are subject to taxation.

We regulate occupational pension schemes and Personal Retirement Savings Accounts

[www.rip.ie](http://www.rip.ie)

Death notices in Ireland

[www.rootsweb.com](http://www.rootsweb.com)

How to obtain Irish Vital Records and lists of Irish Clan Organisations or Parishes in Co Carlow

[www.earth.google.com](http://www.earth.google.com)

Offers maps and satellite images for complex or pinpointed regional searches

[www.poorclares.homestead.com](http://www.poorclares.homestead.com)

Information on the Poor Clare's Nuns in Carlow.

[www.budgettravel.ie](http://www.budgettravel.ie)

Specializes in online booking of cheap holidays and last minute deals.

[www.knock-shrine.ie](http://www.knock-shrine.ie)

Information on Facilities, Accommodation and Pilgrim Guides whilst visiting the Shrine of Our Lady.

[www.medjugorje.ws](http://www.medjugorje.ws)

Medjugorje Messages and Apparitions of Blessed Virgin Mary, Medjugorje News & Articles, Pictures & Photos Gallery, Novena to Our Lady of Medjugorje, Queen of Peace.

[www.ewtn.com](http://www.ewtn.com)

Global Catholic Network. Information on what's going on around the world in Catholic Communities.

[www.gardenplansireland.com](http://www.gardenplansireland.com)

Advice on Landscaping, a chat line where you can have an overall discussion about gardening shows, sports, pets and hobbies. Events that are showing around the country like exhibitions and garden shows. Information on Trees, Shrubs, hedging and Grass care.

[www.homewise.ie](http://www.homewise.ie)

Information on Tradesman/Builders, Home improvements, home cleaning specialists, decorating, repairs and suppliers of materials.

[www.buseireann.ie](http://www.buseireann.ie)

National bus service that serves all over Ireland. Provides local, long distance and Eurolines with Britain.

[www.doityourself.com](http://www.doityourself.com)

Information on D.I.Y. Plumbing, Heating, Exterior home Improvements, Electrical, Decorating, Painting, Hardware Tools, Woodwork.

[www.penpalsnow.com](http://www.penpalsnow.com)

Information on Pen Pals. Ideal for the person who wants to share information with people who have same interests.

[www.failteireland.ie](http://www.failteireland.ie)

site on careers in tourism. Career in teaching (failte Ireland courses)

[www.responsibletravel.com](http://www.responsibletravel.com)

An eco friendly family adventure holidays with destinations all over the world, they offer authentic holidays so you can truly experience the culture whilst minimising the environmental impact.

[www.holidaysforseniors.com](http://www.holidaysforseniors.com)

Shows a variety of destinations for at home and abroad. Includes Skiing, City Breaks Golfing Holidays.

[www.canalways.ie](http://www.canalways.ie)

Gives Holiday details, reviews and comments from past guests. An itinerary for your holiday and what it will involve.

[www.ryanair.com](http://www.ryanair.com)

Information on Booking Flights, Destinations, Travel Questions, Timetables and B&B

Interested in travel easy to connect to and informative

[www.jjkavanagh.ie](http://www.jjkavanagh.ie)

Bus service for Southeast Ireland gives information on destinations and timetables

[www.irishrail.ie](http://www.irishrail.ie)

Information on buying train tickets, reserving seats, checking train times and destinations. Train Timetables

[www.irelandtaxi.com](http://www.irelandtaxi.com)

Go to County Listings and select town for information on location and phone numbers for your area.

[www.gaa.ie](http://www.gaa.ie)

For the GAA enthusiast. Websites for Gaa Ireland and Gaa clubs abroad.

[www.manutd.com](http://www.manutd.com)

Official Manchester United Website. Information on News, Transfers, Tickets etc.

[www.liverpoolfc.tv](http://www.liverpoolfc.tv)

Website for Liverpool Football Club. Information on match results, player information and fan resources.

[www.golfingireland.ie](http://www.golfingireland.ie)

Information on Golf Tours in Ireland, Golfing Breaks and holiday information to other destinations.

[www.ica.ie](http://www.ica.ie)

Irish Country Women Association Gives friendship and support within the organisation, to exchange ideas and share confidences. Check website for your local Association.

[www.ifa.ie](http://www.ifa.ie)

Irish Farmers Association Representing 85,000 Irish Farm Families engaged in agricultural activity.

[www.welfare.ie](http://www.welfare.ie)

Department of Social and Family Affairs.

Gives Citizens Information, Family Support Agency, Immigrant Council of Ireland, Money Advice & Budgeting, Office of Social Inclusion, Pensions Board and much more.

[www.ulsterbank.ie](http://www.ulsterbank.ie)

Banking service for savings and investments also has a "moneysense" for schools website for an interactive website for 11-18-year-olds about banking, business and managing your money.

[www.permanenttsb.ie](http://www.permanenttsb.ie)

Information on online mortgages, Personal Banking, Saving and Investments, Personal Loan, Pensions etc.

[ww2.ebs.ie](http://ww2.ebs.ie)

Mortgages, Savings, Investments and Insurance.

[www.nationalirishbank.ie](http://www.nationalirishbank.ie)

Information on making your money work harder and Financing Business.

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[www.crisp.ie](http://www.crisp.ie)

Carlow Tullow Borris Hacketstown Myshall Ballon



[www.aib.ie](http://www.aib.ie)

Bank holding company with subsidiaries which perform commercial banking operations, international banking, leasing, insurance, mortgage banking.

Also Internet Banking.

[www.bankofireland.ie](http://www.bankofireland.ie)

Services available: Current Account, Credit Cards, Loans, Overdrafts, Mortgages, Savings, Student Loans and much more.

[www.carlowtourism.com](http://www.carlowtourism.com)

Information on Tourist Attractions around County Carlow and Accommodation on offer.

[www.carlowys.ie](http://www.carlowys.ie)

Carlow Regional Youth Services. Offer Drugs advice for young people, well being, Counselling, Clubs and exchange and much more.

[en.wikipedia.org/wiki/Graiguecullen](http://en.wikipedia.org/wiki/Graiguecullen)

Gives history on Gaa in Graiguecullen and leads to website with the clubs up to date information on its fixtures and results.

[www.itcarlow.ie](http://www.itcarlow.ie)

Information on all Courses available, campus facilities and much more

[www.irishsquash.com](http://www.irishsquash.com)

Information on Senior squash, Masters squash and junior squash. Entry forms for full membership.

[www.carlowltc.com](http://www.carlowltc.com)

Carlow Lawn Tennis Club. Tells you all you need to know about the tournaments and club information.

[www.carlowsports.ie](http://www.carlowsports.ie)

Information on all sports in Carlow Archery, Athletics, Badminton, Basketball, Bowling, Bowls, Boxing, Comogie, Cricket, Community Games, Cycling, Fishing and much more.

[www.totalireland.com](http://www.totalireland.com)

For hobbies click onto Hobbies and Interests in Main Categories section and select which hobby interests you e.g. Arts and crafts, Astrology and Psychic collecting, Food and Cooking, Games and toys, gardening, genealogy, model making, music and radio, pets and animals and photography.

[www.greatdaysout.ie](http://www.greatdaysout.ie)

Click on 'Special something'. For information on Water Sports, Weekend getaways, painting classes and much more.

[www.ticketmaster.ie](http://www.ticketmaster.ie)

Book your Theatre, Concert etc. online.

[www.dublinzoo.ie](http://www.dublinzoo.ie)

Up to date information on new animals in the zoo and much more.

[www.crokepark.ie](http://www.crokepark.ie)

Latest news and up and coming events in the GAA

[www.holidaysonline.ie](http://www.holidaysonline.ie)

Find latest travel offers from Ireland

[www.bookings.it](http://www.bookings.it)

Book your hotel reservations online for London, Dublin Paris and beyond

[www.ebookers.ie](http://www.ebookers.ie)

Book your flight and your hotel for your destination.

[www.woodies.ie](http://www.woodies.ie)

All your DIY needs for your home and garden

[www.fas.ie](http://www.fas.ie)

Information on Job seeking, Employer's, Training, Community etc.

[www.countrylife.co.uk](http://www.countrylife.co.uk)

Buying property in the English Countryside.

[www.behindthename.com](http://www.behindthename.com)

History of first names from different countries

[www.monster.ie](http://www.monster.ie)

Find a job and career advice.

[www.rteguide.ie](http://www.rteguide.ie)

TV Guide to all programs on Rte and other stations.

[www.eason.ie](http://www.eason.ie)

Buy books, stationery and magazines online

[www.iwa.ie](http://www.iwa.ie)

Irish Wheelchair Association

[www.ibts.ie](http://www.ibts.ie)

Irish Blood Transfusion Service.

[www.vhi.ie](http://www.vhi.ie)

Health Insurance

[www.womensminimarathon.ie](http://www.womensminimarathon.ie)

Entry forms and latest news.

[www.penaltypoints.ie](http://www.penaltypoints.ie)

About penalty points, points issued and Road Crash Statistics

[www.hri.ie](http://www.hri.ie)

Learn about Irish Horse Racing, History of Irish Racing; Find a Racecourse and much more.

[www.gaa.ie](http://www.gaa.ie)

Up to date information on the Latest News, Press Releases and much more

[www.npa.ie](http://www.npa.ie)

National Ploughing Association

[www.irgov.ie](http://www.irgov.ie)

Access Links to Government Organisations & Information

[www.oir.ie/oireachtas.ie](http://www.oir.ie/oireachtas.ie)

Houses of the Oireachtas

[www.comhairle.ie](http://www.comhairle.ie)

Information on Social Services

[www.ombudsman.gov.ie](http://www.ombudsman.gov.ie)

Office of the Ombudsman

[www.statelab.ie](http://www.statelab.ie)

State Laboratory

[www.hacketstown.ie](http://www.hacketstown.ie)

Guide to Hacketstown. Information on what's going on in the area

[www.carlowrugby.ie](http://www.carlowrugby.ie)

Social events. Local history Results and Fixtures.

[www.carlowbrewing.com](http://www.carlowbrewing.com)

Information on when company was established and how it's made.

[www.carlowvec.ie](http://www.carlowvec.ie)

Information on Schools/Colleges, Adult Education/Student Services and Youth and Sport

[www.geneologylinks.net/uk/ireland/carlow.htm](http://www.geneologylinks.net/uk/ireland/carlow.htm)

Information on Death Records, Birth Records, Family Tree, Public Records e.t.c.

[www.keppelfamiliesofireland.blogspot.com](http://www.keppelfamiliesofireland.blogspot.com)

Connecting the Keppel Families of Ireland from Queen Anne to Queen Victoria

[www.rootsweb.ancestry.com](http://www.rootsweb.ancestry.com)

Find your roots and ancestry

[www.geocities.com/clerkin71.rm/](http://www.geocities.com/clerkin71.rm/)

Information on Borris Scouts Group Carlow

[www.library.itcarlow.ie](http://www.library.itcarlow.ie)

Library catalogue and information portal

[www.kandle.ie/content/view](http://www.kandle.ie/content/view)

Kildare & Leighlin Diocese

[www.tulloshow.com/](http://www.tulloshow.com/)

Tullo Show

[www.tullowrugbyclub.com/](http://www.tullowrugbyclub.com/)

Clubs History, results and fixtures

[www.hccireland.com](http://www.hccireland.com)

Hacketstown Christian Centre.

[www.bagenalstownparish.com](http://www.bagenalstownparish.com)

Parish Newsletters, Birth Records e.t.c.

[www.tulloparish.com](http://www.tulloparish.com)

Tullo Parish has Groups, Clubs and a Polish Page for the Polish Community

[www.borris.ie](http://www.borris.ie)

Information on places to visit, Photo gallery and local news

[www.leighlinbridge.ie](http://www.leighlinbridge.ie)

Local news, Local Groups and Tourist Information

[www.caredoc.ie/about-us](http://www.caredoc.ie/about-us)

Information on Doctors Rota's and how to Contact them

[www.carlowcitizensinfo.ie](http://www.carlowcitizensinfo.ie)

Carlow Citizens Information

[www.carlowife.ie](http://www.carlowife.ie)

Carlow Institute of Further Education

[www.carlowcollege.ie/courses](http://www.carlowcollege.ie/courses)

Carlow College Part-time & Evening Courses

[www.altamontgarden.com](http://www.altamontgarden.com)

Altamont Garden History

[www.infowing.ie](http://www.infowing.ie)

Fishing in Ireland

[www.iab.ie](http://www.iab.ie)

Internet Advisory Board

[www.yahooligans.yahoo.com](http://www.yahooligans.yahoo.com)

Website by Yahoo designed especially for use by children

[www.barnardos.ie](http://www.barnardos.ie)

Child Support Charity

[www.ownireland.ie](http://www.ownireland.ie)

Older Women's Network

[www.samaritans.org](http://www.samaritans.org)

All the information you need to get help if needed.

[www.irishheart.ie](http://www.irishheart.ie)

Irish Heart Foundation

[www.autismcarlow.org](http://www.autismcarlow.org)

All the information you need if this problem affects you.

[www.iab.ie](http://www.iab.ie)

Internet Advisory Board assists and supports the Irish Internet Service Provider.

[www.webwise.ie](http://www.webwise.ie)

Webwise talks about the risks involved to your children when using Internet

[www.makeitsecure.ie](http://www.makeitsecure.ie)

This site raises awareness on Identity theft and general safety on the Internet.

[www.watchyourspace.ie](http://www.watchyourspace.ie)

Advice on how to stay in control when you are uploading pictures or creating profiles

[www.ncte.ie](http://www.ncte.ie)

National Centre for Technology in Education is support and information on the use of communications technology in education.

[www.childline.ie](http://www.childline.ie)

A site where children can get help if they feel they are not in a safe environment.

[www.barnardos.ie](http://www.barnardos.ie)

Barnados supports children whose well-being is under threat, by working with them and their families.

[www.hotline.ie](http://www.hotline.ie)

This site provides a secure and confidential environment for the public to report suspected illegal content encountered on the Internet.

[www.safeinternet.org](http://www.safeinternet.org)

Advice on how to protect you from Computer Virus.

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

This is a site which anyone can use to report, if they feel uncomfortable or worried about someone they are chatting to online.

[www.childnet-int.org](http://www.childnet-int.org)

Promotional website for Internet Safety.

[www.chatdanger.com](http://www.chatdanger.com)

This site shows children the dangers when using on-line chat rooms.

[www.nap.edu/netsafekids](http://www.nap.edu/netsafekids)

This site gives parents information on how to educate your child on the dangers of the Internet.

[eukidsonline.net](http://eukidsonline.net)

Information on Research that Europe has done with regards to children's safety on the Internet.

[www.safekids.com](http://www.safekids.com)

A guide to children's safety on-line.

[www.netfamilynews.org](http://www.netfamilynews.org)

Up to date news stories about the internet.

[www.blogsafety.com](http://www.blogsafety.com)

How to blog on the Internet safely.

[yahooligans.yahoo.com](http://yahooligans.yahoo.com)

Great site for kids. Has games, music, movies and much more.

[www.cyberangels.org](http://www.cyberangels.org)

Has lists of safe sites for children

[www.media-awareness.ca](http://www.media-awareness.ca)

A study of what young people do on line and what their understanding and knowledge is of the internet.

[www.bullying.org](http://www.bullying.org)

This site offers information to children who are being bullied.

[www.cyberpatrol.com](http://www.cyberpatrol.com)

Internet safety software.

[www.justice.ie](http://www.justice.ie)

Department of Justice, Equality and Law reform

[www.contentwatch.com](http://www.contentwatch.com)

Internet filtering software which provides Internet filtering and protection for business's

[www.cybersitter.com](http://www.cybersitter.com)

Cybersitter offers parents the software to keep their kids safe on the Internet.

[www.garda.ie](http://www.garda.ie)

An Garda Siochana

[www.scoilnet.ie](http://www.scoilnet.ie)

Information and support to schools using IT.

[www.netsecure.ie](http://www.netsecure.ie)

This website gives awareness on Computer Security.

[www.broadband.gov.ie](http://www.broadband.gov.ie)

Information on Broadband and it's availability in Ireland

[www.dataprotection.ie](http://www.dataprotection.ie)

Data Protection is responsible for your rights to privacy in regard to the processing of personal data.

[www.inhope.org](http://www.inhope.org)

Inhope (Internet Hotline Providers in Europe) This site ensures swift action is taken in responding to reports of illegal content on the Internet.

[www.virtualglobaltaskforce.org](http://www.virtualglobaltaskforce.org)

This site is an international partnership of law enforcement agencies that helps to protect children from online child abuse.

[www.icra.org](http://www.icra.org)

ICRA (Internet Content Rating Association). Part of Family on- line Safety Institute.

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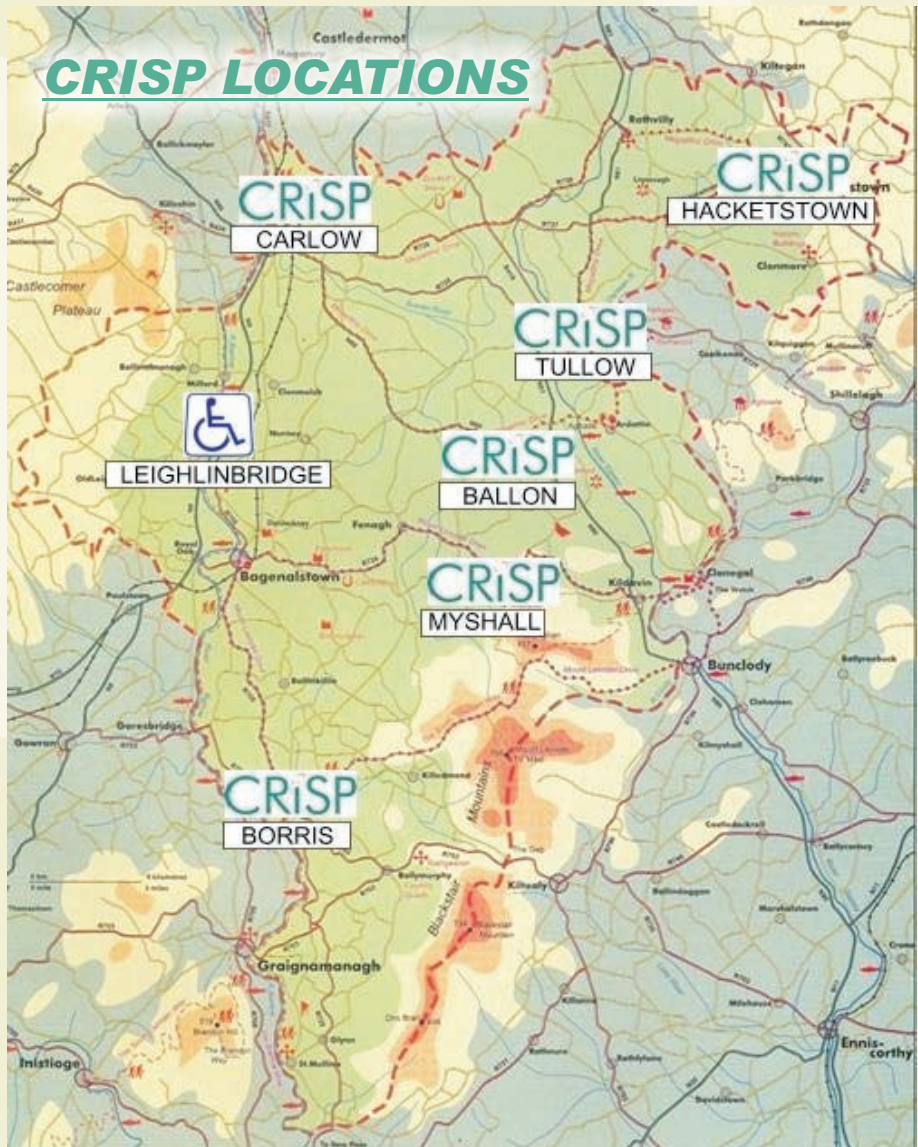
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Castle Hill, Carlow. 059-9143972

Lower Main Street, Borris. 059-9771899

The Green, Hacketstown. 059-6471733

Civic Offices, Tullow. 059-9181759

Community Centre, Myshall. 059-9157787

Enterprise Centre, Ballon 059-9159447

Wheelchair Accessible Terminal located in Leighlinbridge Parish Centre