

# Turning ideas into actions, dreams into reality.

**The SWIFT training programme for women  
with bright ideas.**

SWIFT  
Programme



meath  
partnership

engage · enable · participate · progress

# Ask Yourself

Do you feel like you could get more out of life?

Have you got ideas for addressing issues in your community?

Do you have ideas for setting up your own business?

Do you often disregard training opportunities due to lack of transport or family commitments?

**If the answer is Yes, you should consider the new SWIFT training programme offered by Meath Partnership.**

## The SWIFT Programme

The **SWIFT** Programme (Supporting Women in Further Training) is an innovative training programme for women living in rural areas designated under the CLAR funding programme in County Meath.

The training programme focuses primarily on Decision Making, Basic IT Literacy and Personal Effectiveness, but will be expanded with complimentary workshops following consultation with the participants.

## Features of the Programme

- **Choice**  
You choose what training courses or workshops will be provided
- **Flexibility**  
The timings of the courses will be arranged to suit the participants
- **Tailored for women living in rural areas**  
Transport will be arranged and trainings will be held as locally as possible
- **Manageable modules**  
Courses are held three mornings a week for up to 8 weeks
- **Accessible for mothers or women caring for elderly or sick members of the family**  
A contribution will be made towards childcare and carer costs
- **Support for further progress after completion of course**  
Progression pathways into further education, training and/or new business start-up will be available to participants
- **Accreditation**  
The courses in Decision Making, IT Literacy and Personal Effectiveness are accredited by FETAC
- **Small groups**  
Each group will have a maximum of 12 members

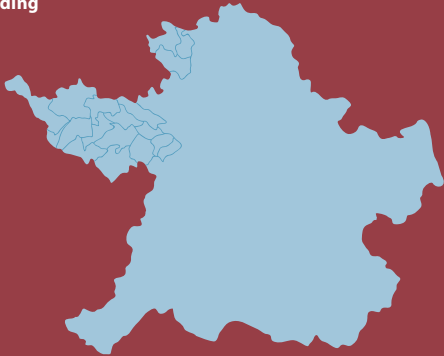
## What will you get out of the SWIFT Programme?

- You will gain skills in leadership and decision making
- You will be aware of what funding is available for your community and how to access that funding
- You will be equipped with the knowledge of how to access mainstream training courses
- You will get ideas and know-how for setting up small businesses
- You will know how to use technologies to search for jobs
- You will get to know a network of like-minded women in your local area
- Your progression plan will help you explore creative ways of enhancing your income.

# What is CLÁR?

CLÁR is a government funding programme designed to tackle the problem of depopulation and lack of services in rural areas. The rural areas which qualify for CLÁR funding are those which have suffered the greatest depopulation since independence.

## Areas in Co Meath which qualify for CLÁR funding



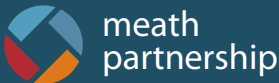
- Ballinlough
- Moybolgue
- Killallon
- Kilsyre
- Crossakeel
- Stonefield
- Burry
- Moylagh
- Killeagh
- Knocklough
- Crosskeys
- Trohanny
- Castlekeeran
- Newcastle

To find out more about the SWIFT Programme, contact:

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For further information on funding opportunities, visit:

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

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Transforming Ireland



EUROPEAN SOCIAL FUND:  
helping develop employment by  
promoting employability, the business  
spirit and equal opportunities and  
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