Adult Community Learning







Dysgu Oedolion yn y Gymuned Adult Community Learning



Course locations

Aberdare Library Green Street, Aberdare CF44 7AG **Canolfan Pennar** (Mountain Ash Library) Oxford Street, Mountain Ash CF45 3HD Canolfan Calon Taf Ynysangharad War Memorial Park, Pontypridd CF37 4PD Garth Olwg Lifelong Learning Centre (LLC) St. Illtyd's Road, Church Village CF38 1RQ **Hirwaun Library** High Street, Hirwaun CF44 9SW Llys Cadwyn (Pontypridd Library) Taf Street, Pontypridd CF37 4TH Porth Plaza (Porth Library) Pontypridd Road, Porth CF39 9PG **Tonypandy Library** De Winton Street, Tonypandy CF40 2QZ **Rhydyfelin Library** Library Court, Poplar Road CF37 5LR

Welcome

An Adult Community Learning course offers the ideal opportunity to learn a new skill, meet new friends and make a new start.

Our tutors are friendly, helpful and experienced and will welcome you to our courses. Many of our courses are accredited by Agored Cymru which will allow you to progress to higher level courses should you wish to gain qualifications.

RCT Learning Steps

The Learning Steps courses provide opportunities for people with learning disabilities.

The courses encourage learners to learn new skills, meet new people, learn at an appropriate pace and work with specialised tutors, the courses are offered face to face and online.

English and Maths Support

We offer the opportunity to improve your English and Maths skills in a supportive atmosphere with a friendly experienced tutor. Courses run throughout the year and you can join at any time.

How to enrol

You can enrol by visiting: www.rctcbc.gov.uk/AdultEducationEnrolment

Alternatively paper enrolment forms are also available.

For more information on how to enrol or any of the courses please contact:

1443 570075

☑ adulteducation@rctcbc.gov.uk www.rctcbc.gov.uk/adulteducation

British Sign Language (BSL)

Beginners: For learners who would like to learn BSL from the beginning and have never learned BSL previously.

Improvers: For learners who have previously learned BSL but would like to build on previous learning.

Intermediate: For learners who have completed a qualification in BSL and understand and can hold a basic conversation in BSL.

Canolfan Pennar		Starts:	
• BEGINNERS: Thursdays	10:00 ^{am} - 11:00 ^{am}	20/00/2022	30 wks
IMPROVERS: Thursdays	11:15 ^{am} - 12:15 ^{pm}	29/09/2022	30 WKS
Conth Oliver II C		e	
Garth Olwg LLC		Starts:	
BEGINNERS: Mondays	11:00 ^{am} - 12:00 ^{pm}	26/09/2022	30 wks
BEGINNERS: Mondays	2:00 ^{pm} - 3:00 ^{pm}	26/09/2022	30 wks
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Porth Plaza		Starts:	
			20
BEGINNERS: Tuesdays	11:00 ^{am} - 12:00 ^{pm}	27/09/2022	30 WKS
Tenymendy Libreny		Charden	
Tonypandy Library		Starts:	
BEGINNERS: Saturdays	10:30 ^{am} - 11:30 ^{am}	24/09/2022	30 wks
IMPROVERS: Saturdays	11:30 ^{am} - 12:30 ^{pm}	24/09/2022	30 wks
Virtual / Online		Starts:	
IMPROVERS: Tuesdays	6:00 ^{pm} - 7:00 ^{pm}	27/09/2022	30 wks
INTERMEDIATE: Tuesdays		27/09/2022	
INTERMEDIATE: Saturdays	9:15"" - 10:15"	24/09/2022	30 wks

€ Free

Computers for Beginners

If you have little or no experience with Microsoft Word then this course is going to be perfect for you. Even if you are self-taught and use MS Word already, you will still be able to pick up new tips such as terminology used in MS Word, keyboard shortcuts or maybe an easier way to achieve the outcome you want.

This course will help you:

- Create Microsoft documents
- Get to know the screen layout
- Design your own stylish documents
- Understand terminology
- Add text and images
- Change text, style and colour

Canolfan Pennar Starts: Tuesdays 9:30^{am} - 12:00^{pm} 27/09/2022 | 12 wks E Free **Garth Olwg LLC** Starts: 9:30^{am} - 12:00^{pm} 26/09/2022 12 wks Mondays Complete Beginners only Llys Cadwyn Starts: Thursdays 1:00^{pm} - 3:30^{pm} 29/09/2022 | 12 wks **Rhydyfelin Library** Starts: 9:30ªm - 12:00pm 26/09/2022 12 wks Mondays

Internet & E-mail (Back to Basics)

On this course you will learn to use the internet safely to protect your computer and the information on it. You'll understand how to spot scams and keep safe by following some simple steps to protect yourself and your data.

This course will help you:

- Find information using a search engine
- Use online media which will allow you to watch videos and listen to music
- Chat, instant message and video call friends and family
- Shop safely online
- Understand links and bookmarks
- Send/receive/forward emails
- Attach documents and pictures to an email

Free

 Garth Olwg LLC
 Starts:

 Mondays
 12:30^{pm} - 3:00^{pm}
 26/09/2022
 12 wks

Refreshing your IT Skills

On this course you will learn to use the new Microsoft Word 365 and look at all the apps MS365 has to offer.

This course will help you:

- Use Microsoft Word.
- Save your photos and files to the cloud.
- Share documents and photos together in real-time with your friends and family.
- Access your photos and files on all your devices from anywhere at any time.

And lots more...

 Virtual / Online
 Starts:

 Free
 Tuesdays
 6:00^{pm} - 8:30^{pm}
 27/09/2022
 12 wks

Updating Computer Skills

This course will update your computer skills. It is taught on Microsoft Teams, therefore, you will learn how to use the Microsoft suite of applications within Teams together with updating email skills and cloud storage.

We will also explore the Google Suite of applications from Google Docs, Sheets and Slides and explore collaborative working which became an essential part of work life during 'lockdowns'!

E Free

Virtual / Online Wednesdays 1:00^{pm} - 3:30^{pm}

Starts: 28/09/2022 | 12 wks

Taking your new IT Skills to the Next Level

On this course you will learn to use the new Microsoft Word 365 and look at all the apps MS365 has to offer.

This course will help you:

- Use Microsoft Word.
- Save your photos and file to the cloud.

Tuesdays

- Share documents and photos together in real-time with your friends and family.
- Access your photos and files on all your devices from anywhere at any time.

And lots more ...

Free

Garth Olwg LLC 1:00^{pm} - 3:30^{pm}

Starts: 27/09/2022 | 12 wks



Learning to use Microsoft 365

You will learn how to use Microsoft Word 365 and take a look at all the apps MS 365 has to offer.

Securely save your files in the cloud so you can access them from anywhere using different devices. With OneDrive your files are secure and accessible from anywhere, on all your devices.

Share documents and photos together in real-time with your friends and family.

Free

Virtual / Online 1:00^{pm} - 3:30^{pm} Thursdays

Starts:

29/09/2022 | 12 wks

iPad (only)

On this 'iPad' course you will learn to enjoy using your iPad and move on to discover tips, tricks and techniques to impress your friends and family.

This course is perfect for you if you are new to the iPad or have had yours for a while. There is so much your iPad can be used for like searching the net, emails, social media, reading a book, listening to music and pod casts, play games, watch movies, TV and YouTube videos, take photos and arrange in albums and lots more...

E Free	Porth Plaza● Wednesday	vs 9:30 ^{am} - 12:00 ^{pm}	Starts: 28/09/2022 1	2 wks
	Garth Olwg L ● Thursdays	LC 9:30ª ^m - 12:00 ^{pm}	Starts: 29/09/2022 1	2 wks
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iPads, Tablets & Smart phones

On this course you will learn skills to improve your confidence using an iPad, Android Tablet or Smart phone.

You will gain an understanding of how to download apps and use different applications together with understanding how to protect your digital device and gain an understanding of digital terminology.

Whether you have a digital device sitting in the corner unused or you wish to improve your knowledge, this course will help you on that journey.



ICDL (formally ECDL)

International Certification of Digital Literacy (ICDL) improves learners understanding of computers and promotes efficient use of software. The qualification is recognised by employers across the globe as the benchmark in digital and IT user skills.

Whether you are an absolute beginner or already working with computers, the ICDL qualification is for you.

What is covered:

- Word Processing (Level 2)
- Database software (Level 2)
- Online Essentials (Level 1)

£324*

- IT Security for users (Level 1) Computer Essentials (Level 1)
 - Spreadsheet software (Level 2)
 - Presentation software (Level 2)

On completion of the seven modules, you will be awarded the full ICDL qualification.

Blended	Starts:
 Wednesdays 1:30^{pm} - 3:30^{pm} Wednesdays 6:00^{pm} - 8:00^{pm} 	28/09/2022 34 wks 28/09/2022 34 wks

* This can be spread over the first three terms at £108 per term i.e., September 2022, January 2023 and May 2023.



Adult Community Education 2022

ICDL Advanced

Level 3 allows you to build on your existing digital knowledge and become an expert user of the software applications that are essential in every business today.

Whether you're looking for a new job or hoping to take a step up where you work, adding a digital gualification to your CV is sure to help you reach your goal.

What is covered (Level 3):

Word processing

Presentation software

Spreadsheets

Databases

These modules are standalone qualifications. Learners can take as many as they choose.

£85 Per module* To be paid on enrolment or before each new module.

Blended

• Wednesdays 2:30^{pm} - 3:30^{pm} 28/09/2022 34 wks Swednesdays 7:00pm - 9:00pm 28/09/2022 34 wks

Starts:

These courses are delivered online, face to face or a mixture of both - you choose! Contact us for more information.

Family History

Exploring family history at all levels of ability using "Ancestry" and "Find my Past".

£ Free	Garth Olwg Ll Thursdays	.C 10:00 ^{am} - 12:00 ^{pm} 2	Starts: 29/09/2022	15 wks
	Llys Cadwyn ● Tuesdays	10:00 ^{am} - 12:00 ^{pm} 2	Starts: 27/09/2022	15 wks

Local History

Exploring the history of the South Wales and the local area during the industrial revolution.

€ Free	Llys Cadwyn Starts: Image: Strain Stra
	Virtual / Online Starts: Thursdays 7:00 ^{pm} - 9:00 ^{pm} 29/09/2022 15 wks

Art History

Studying the history behind famous Welsh buildings and places of historic interest.



Adult Community Education 2022

Art & Design

Level 2: A five week mixed media art project of your choice looking at nature and art. Certified with Agored Cymru's level 2 in Education for Sustainable Development and Global Citizenship.

Level 3: A fifteen week broad based arts foundation in sketching, colour mixing, watercolours, acrylics, photography etc. Materials provided. Certified with Agored Cymru's level 3 Art Project. Suitable for anyone wishing to engage with fine art professionally, go on to study higher education at university or change career direction.

Please bring sketchbook, pencils, pens and your choice of mediums.

Free Gartholwg LLC

LEVEL 2: Mondays
 LEVEL 3: Mondays

 Starts:

 9:30ªm - 11:30ªm
 26/09/20

 9:30ªm - 11:30ªm
 07/11/20

Starts: 26/09/2022 | 5 wks 07/11/2022 | 15 wks

Creative Media

Level 2: A five week introduction to creative media centred around culture and environment certified with Agored Cymru's level 2 in Education for Sustainable Development and Global Citizenship.

Week 1: Journalism; Week 2: Art; Week 3: Fashion; Week 4: Design; Week 5: Documentary script writing. Please bring a notebook/sketchbook, pencils and pens.

Level 3: A fifteen week broad based creative foundation in journalism, writing, tv, print, film, music, drama, art, illustration and design. Materials provided. Certified with Agored Cymru's level 3 Creative Industries.

Suitable for anyone looking to try out new creative pathways prior to higher education at university, considering a change of career direction or looking to expand their knowledge of creative media pathways.

Free Garth Olwg LLC
 LEVEL 2: Mondays
 LEVEL 3: Mondays

 Starts:

 12:00^{pm} - 2:00^{pm}
 26/09/2022
 15 wks

 12:00^{pm} - 2:00^{pm}
 07/11/2022
 15 wks

Expressive Arts in Health & Wellbeing (Level 2)

Level 2: A five week introduction to multi - arts for health and wellbeing and the relationship between the arts (art, music, drama, writing, movement) and nature certified with Agored Cymru's level 2 in Education for Sustainable Development and Global Citizenship.

Week 1: Creative writing; *Week 2:* drawing and painting; *Week 3:* Textiles; *Week 4:* Music and dance, *Week 5:* Performing arts *Please bring a notebook/sketchbook, pencils and pens and paints on week two.*

Level 3: A twenty-five week broad based multi-arts and health foundation in running arts workshops for health and wellbeing. Covers expressive arts techniques and therapeutic arts techniques in a wide range of settings using multi arts (art, music, drama, movement, writing). Considers legislation, health and safety and wellbeing through arts engagement. Materials are provided. Certified with Agored Cymru's level 3 Expressive Arts in Health. Suitable for anyone wishing to run arts workshops professionally or improving their own wellbeing through creativity, go on to study higher education at university or change career direction.

> Garth Olwg LLC **D** LEVEL 2: Mondays

> LEVEL 3: Mondays

3:00^{pm} - 5:00^{pm} 3:00^{pm} - 5:00^{pm} Starts:

26/09/2022 5 wks 07/11/2022 25 wks

Free

Art for Wellbeing

15 minute guided meditation, followed by 10 minutes journaling and 1hour 30 minutes mixed media art project to music.

Please bring sketchbook, pencils, pens and your choice of mediums.



Appreciation of Literature

On this course we will explore different genres of literature written in the English Language including poetry, fiction - novels, plays etc.

From page to performance poetry and classic to modern fiction, we explore a wide range of texts during the course. Each week we research a topic for discussion in class. Come and join us for a lively discussion!

E Free

Garth Olwg LLC Wednesdays 6:00^{pm} - 8:00^{pm} 28/09/2022 15 wks

Starts:

Creative Writing

Get creative with varied weekly writing tasks and share your writing in a nurturing and supportive environment.

Explore fiction, nonfiction and poetry to challenge yourself or simply use the class to develop a writing habit. Join one of these friendly groups and get that writing out of your head and onto the page.

£

	Virtual/Online		Starts:
ree	• weanesdays	4:00 ^{pm} - 6:00 ^{pm}	28/09/202

Garth Olwg LLC Thursdays 6:00^{pm} - 8:00^{pm}

22 | 15 wks Starts:

29/09/2022 15 wks

Upcycling Clothes

Upcycle and revamp your wardrobe by altering hems necklines, or adding pockets or buttons or use patchwork to transform old items into new!

Please bring scissors and sewing kits for hand work. Sewing machines are provided.



Sugar Craft

This is a beginner's class working with sugar paste making a selection of sugar flowers, 3D figures and cake toppers suitable for decoration on celebration cakes and cupcakes.

Free

Free

Canolfan Pennar

Starts: • Wednesdays 1:00^{pm} - 3:00^{pm} 28/09/2022 15 wks

Floral Art

Using artificial flowers, you'll make a selection of floral displays. From garlands to pots, baskets and vases to be enjoyed around the home.

> **Canolfan Pennar** Starts: Fridays 10:00^{am} - 12:00^{pm} 30/09/2022 10 wks

Adult Community Education 2022

Handmade Gifts for Christmas

Handmade cards using fabric, wreaths, table pieces, tree decorations, stockings.

Garth Olwg LLC	Starts:
● Wednesdays 12:00 ^{pm} - 2:00 ^{pm}	28/09/2022 10 wks
Canolfan Pennar	Starts:
● Tuesdays 11:15ª ^m - 1:15 ^{pm}	27/09/2022 10 wks
PenrhiwceiberTuesdays2:00pm - 4:00pm	Starts: 27/09/2022 10 wks
Porth PlazaFridays12:30pm - 2:30pm	Starts: 30/09/2022 10 wks

Guitar: Improvers

Designed for players who already know a few chords, this course offers a supportive environment with a bespoke songbook, online videos and a group of friendly peers. Learn a repertoire of songs every term and improve your playing by jamming with an ensemble.

Great for guitarists who want to improve or simply want to play songs with like-minded people.

Aberdare Library	
IMPROVERS: Mondays	6:00 ^{pm} - 8:00 ^{pm}

Starts: 26/09/2022 15 wks

E Free

Llys Cadwyn

IMPROVERS: Tuesdays 5:00^{pm} - 6:45^{pm}

Starts: 27/09/2022 15 wks

Garth Olwg LLC

IMPROVERS: Thursdays 4:00^{pm} - 6:00^{pm}

26/09/2022 15 wks

Starts: 29/09/2022 15 wks

E Free

Emergency First Aid

Suitable for anyone wanting to learn the basics of first aid, to help them in their everyday life and how to deal with general first aid requirements.

£ 45	Canolfan Pennar • LEVEL 3: Friday	9:00ª ^m - 4:30 ^{pm}	Starts: 07/10/22	1 day
	Garth Olwg LLC LEVEL 3: Friday 	9:00 ^{am} - 4:30 ^{pm}	Starts: 21/10/22	1 day
	Tonypandy Library LEVEL 3: Friday 	9:30 ^{am} - 4:30 ^{pm}	Starts: 14/10/22	1 day

Food Safety in Catering

Covering all aspects of food safety suitable for anyone working in the food industry or preparing food for family and friends safely.

🔁 £30	Garth Olwg LLC • LEVEL 2: Friday	9:00ª ^m - 4:30 ^{pm}	Starts: ^{pm} 04/11/2022 1 day	
	Pontypridd Pavilion LEVEL 2: Friday	9:30ª ^m - 4:30 ^{pm}	Starts: TBC 1 day	



"All About Me" (A Healthy mind, a Healthy Body)

"All About Me" is an opportunity for you to meet others and reflect on your health, gaining tips and motivation to live a healthier lifestyle.

Free	Calon Taf ● Thursdays 9:30ª ^m - 1	Starts: 2:30 ^{pm} 13/10/2022 3 wks
	Garth Olwg LLC Fridays 9:30 ^{am} - 1	Starts: 2:30 ^{pm} 14/10/2022 3 wks

Personal Development

Personal Development is the perfect follow-on from the "All About Me" course, where you learn about what drives your behaviour and tips to get the best out of life. Goal focussed and insightful.

Free

 Online/Blended
 Starts:

 ● Tuesdays
 | 12:30^{pm} - 3:00^{pm}
 11/10/2022 | 10 wks

STEM Fun Introduction

STEM Fun explores the topics of Science, Technology, Engineering and Maths in a fun way. Encouraging a curious mind, you will appreciate the creation of things around you and will complete a task/experiment of your own.

Free

 Online/Blended
 Starts:

 ● Tuesdays
 | 9:30ªm - 12:00pm
 11/10/2022 | 8 wks

GARTH OLWG

St Illtyd Rd, Church Village, CF38 1RQ

I.T.

lpads ICDL course Computers

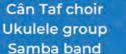
LANGUAGES

French - conversation German - beginners German - intermediate Welsh

CANGIAN INSUL FORM OR GOLDAN CHARMENT

CHILDREN & YOUNG PEOPLE

Little kickers Ballet, tap and modern dance Parent and toddlers Baby massage Drama club French club Arius - school of performing arts



INTERESTS

Knit & natter

Shiny Happy People

Super choir Gardening

UPCOMING COURSES

EXERCISE & FITNESS

Line dancing Yoga Pregnancy yoga Yang style Tai Chi Tai Chi Qigong Triple spiral Qigong

ARTS & CRAFTS

Sewing Flower arranging Felting Quilting Watercolour Camera club Embroidery Oil and acrylic Glass fusing



Canolfan Garth Olwg Centre
 gartholwglic
 01443 570075

www.garth-olwg.cymru ~ golcreception@rctcbc.gov.uk

Canolfan Garth Olwg Centre Events 2022-2023



There are ots of activities/workshops happening at the Centre! There is something for everyone.

- Craft workshops
- Mindfulness sessions
- History talks
- Zero waste workshops
- Shows for children and adults

www.bookwhen.com/gartholwg

Ganolfan Garth Olwg Centre
 gartholwglic
 01443 570075

St, Illtyd's Road, Church Village, CF38 1RQ









STARTERS

CV Updating	£0.00
Help To Find Jobs	£0.00
Help With Job Applications	£0.00
Help With Interview Skills	£0.00
Support To Remove Barriers To Work	£0.00

FRESH OFF THE GRILL

SIA (Security License) Training	£0.00
CSCS Card Training	£0.00
Care Industry Pathway	£0.00
PTS (Training To Work On The Rails)	£0.00
Hospitality Pathway	£0.00

SIDES AND FAVES*

Support with Transport Costs up to 4 Weeks	£0.00
Support with Clothes to start work	£0.00
Support with Childcare Costs	£0.00

*Full Menu Available on Request

Call 01443 425761 or email cfw@rctcbc.gov.uk



