# TORFAEN ADULT COMMUNITY LEARNING

# COURSE GUIDE

Make Time to Learn!



# WELCOME

Welcome to the latest adult community learning brochure which I hope you will find useful.

There are many opportunities in Torfaen for adults and families who want to invest in learning and education to make a better future. The Torfaen Adult Community Service continues to support its communities to develop and learn new skills, and this term we have new courses and more opportunities for you to make a difference to your lives. You may gain skills for work, get a qualification, or learn with us to improve your health and wellbeing.

Visit one of our local friendly learning centres and sign up today for a better future.

Angela Price, Group Leader Skills Development, Employability & ACL

### **About Us**

At Torfaen Adult Community Learning we pride ourselves on delivering high quality lessons that are fun and enjoyable for our learners.

Our dedicated tutors will share their years of expertise and experience with you and inspire you to take your skills to the next level.

We offer a variety of courses at different locations and times, meaning that you can choose a course at a time and place that is convenient for you.

Many of our learners find great fulfilment in continuing their learning. Learning can keep you focused or give you new experiences which you can share with your friends and family. It provides a gratifying sense of accomplishment too.

As a leading provider of community learning in the borough, we ensure that our courses are of the highest quality.

We follow both nationally recognised awarding body and recreational frameworks, which are delivered by experienced and dedicated tutors.

### **Equality and Diversity**

We are committed to fairness and equality of access and opportunity for all learners. We are against discrimination in any form and have a commitment to making our courses inclusive and available to all. We promote equality and diversity across all of the service areas.

### Safeguarding

We are committed to safeguarding all our learners, staff, volunteers and centre users. We want you to feel safe and not threatened by the environment or other people, and we have policies and procedures in place to deal with any safeguarding concerns raised. Learners are encouraged to report any concerns they may have.















# HOW TO ENROL

### By phone or in person

You can enrol on a course by telephoning 01633 647647 or by visiting one of our centres where our team will be happy to provide you with further information and assist you to enrol.

During term time, our opening hours are Monday to Thursday 8.30am to 9.15pm and Friday 8.30am to 4.00pm. During school holidays, our opening times are Monday to Thursday 8.30am to 4.30pm and Friday 8.30am to 4.00pm.

## Paying for your course

You can pay with a credit or debit card over the phone or in person at any of our centres.

Where there is a fee and to guarantee a place on your chosen course, you will need to pay a minimum of 50% of the tuition fee (**non refundable**). The remaining balance can be paid at any time before the commencement of the course, but no later than 4 weeks after the start date. All course places will be allocated on a first come, first served basis.

#### NOTE: Courses that are 8 weeks or less must be paid in full to secure a place.

Torfaen Adult Community Learning reserves the right to cancel and change courses.

In such cases, a full or proportionate refund may be given. Classes that do not reach the required number of learners will not start.

Once enrolled on a course, learners are liable for all costs.

No refunds are given unless the course is cancelled.

### **Financial Support**

You may be entitled to financial support to help pay for your course through the Council's Skills and Employability programme - Torfaen Works. For more information, please turn to page 13 or to find out if you are eligible, please call the team on 01633 647743.

### **Accessibility**

Our centres are fully accessible.

To ensure that your visit goes well, please contact us in advance of your visit and we will make every effort to support you with your learning.

### **Welsh Language**

Courses are available in Welsh and English. Please indicate your preference when you enrol.

### **Additional Fees**

Centre user membership fees apply to all courses of two sessions or more.

### Please Note

Torfaen Adult Community Learning takes all reasonable steps to provide the services and courses described in this guide. However, it does not guarantee the provision of such services.

The provision of courses is dependent on there being sufficient demand. The information provided in this brochure is, to the best of our knowledge, accurate at the time of going to print.

We accept no liability for any errors or omissions and we reserve the right to alter, amend or remove courses listed without notice.

# **ESSENTIAL SKILLS**

Update your skills for life, for work, to be able to help your children with their homework or to gain a qualification

Our courses are available day and evening throughout Torfaen
You can join our classes any time during the year

All Essential Skills courses are FREE\*

To find out more information and choose the right course for you,

01633 647647

call

# Invest in your future

#### Improve your Maths

Gain confidence in arithmetic, fractions, decimals and percentages, graphs, area and volume. These courses also focus on practical numeracy skills for everyday life, including problem solving, financial management, budgeting and making sense of statistics.

### Improve your English

Become a confident communicator for everyday life situations and in the workplace. Develop your reading, writing, speaking and listening skills.

### **Prepare for GCSE**

Are you considering sitting GCSE Maths or English in the future but don't feel quite ready? These courses will cover the skills required to access GCSE classes in the future.

### **Family History for Beginners**

Have you always wanted to research your family history but don't know where to start? Our introductory course will help you plan a strategy and show you how to access a range of online resources.

### **ESOL - English for Speakers of Other Languages**

These courses meet the needs of people whose first language is not English. Classes are available for complete beginners and for those who wish to develop their English and learn about life in the UK.

Improve your confidence in speaking, listening, reading and writing. Learn in small, friendly groups through a variety of engaging activities such as group discussions, language games, puzzles and role play.

### **Digital Skills**

Improve your confidence in navigating the digital world.

\* Centre user group membership fees apply

# **ESSENTIAL SKILLS**

Here are a selection of the courses we have on offer.

Can't see what you are looking for?

Contact us on 01633 647647 for advice and guidance on suitable courses

					3		
COURSE CODE	DAY	START TIME	END TIME	LEVEL		FEE	VENUE
Improve you	ı <mark>r Maths</mark>						
SES006	Wed	13:00	15:00	Mixed levels		FREE*	Pontypool CEC
SEP011	Thu	10:00	12:00	Mixed levels		FREE*	Power Station
SES008	Thu	13:00	15:00	Mixed levels		FREE*	Pontypool CEC
Improve you	ır Englis	h					
SEC011	Mon	10:00	12:00	Entry level		FREE*	Croesyceiliog CEC
SES015	Thu	13:00	15:00	Entry level		FREE*	Pontypool CEC
ESOL - Eng	lish for S	Speakers o	f Other L	anguages			
SES001	Mon	13:00	15:00	Improvers		FREE*	Pontypool CEC
SES034	Tue	18:00	20:00	Conversation		FREE*	Power Station
SEP001	Tue	18:00	20:00	Mixed levels		FREE*	Power Station
SEP004	Wed	13:00	15:00	Beginners		FREE*	Power Station
ILS Numera	cy throu	gh Cooker	у				
SEC002	Mon	13:00	15:00	Independent L	iving Skills	FREE*	Croesyceiliog CEC
Digital Skills	6						
SES018	Mon	15:30	17:30	Mixed levels		FREE*	Pontypool CEC
Digital Drop	In						
SEP032	Mon	11:30	13:30	All		FREE	Cwmbran Library
SES029	Thu	10:00	12:00	All		FREE	Pontypool/ Blaenavon Library
COURSE CODE	DAY	START TIME	END TIME	START DATE	DURATION	FEE	VENUE
IT Skills							
SEP028	Tue	13:00	15:00	23/04/2023	12 weeks	FREE*	Power Station







\* Centre user group membership fees apply

# LEARN AT YOUR LEISURE

#### Prefer to learn in your own time and at your own pace?

We are excited to announce our new online learning platform. Our flexible learning courses are a new way for you to learn.

Choose from a wide range of subjects and improve your employability skills or develop your personal skills and professional knowledge.

This flexible learning method is personally tailored to support you to improve your individual skills by using a combination of online learning and tutorials.

Flexible learning is perfect if you can't commit to a class every week but like the idea of learning a new skill, in the comfort of your own home.

Costs and duration vary from course to course. A certificate of training can be downloaded on completion of a course.

Below is a selection of some of our most popular courses.

To see a full list of available courses please visit our website:

https://www.torfaen.gov.uk/en/EducationLearning/AdultCommunityEducation/Online-Courses/Online-Courses.aspx

#### **HEALTH AND SAFETY**

Abrasive Wheels
Alcohol Personal Licence Holder
Allergen Awareness
Asbestos Awareness
Basic Fire Safety Assessment

CDM Awareness

Food Hygiene
Electrical Safety
Licensed Premises Staff Training
Manual Handling
Covid-19 Safe Workplace
First Aid

Prevent Duty
Safeguarding Adults
Safeguarding Children
Slips, Trips and Falls
Working at Heights
Working in Confined Spaces

#### **BUSINESS SKILLS**

Facebook for Business
Linked In for Business
Leadership Skills
Customer Service
Cyber Security
Developing Teamwork

Managing Meetings

Managing Sickness and Absence

Negotiation

Objective Setting

Presentation Skills

Project Management

Alcohol Personal Licence Holder
Cyber Security
Disciplinary Procedures
Drug and Alcohol Awareness
Effective Delegation
Project Management

#### **HEALTH AND SOCIAL CARE**

Autism Awareness
Dementia Awareness
Diabetes Awareness
Mental Health Awareness
Health and Safety in Care Setting
Paediatric First Aid

Duty of Care
End of Life Care
Epilepsy Awareness
Infection Control
Learning Disability Awareness
Person-Centred Care

Positive Handling in Schools
Safe Handling of Medicines
Sharps Awareness
Stroke Awareness
Understanding your Role in Care
Your Personal Development

# QUALIFICATIONS AND SKILLS FOR EMPLOYMENT

Gain nationally recognised qualifications to open doors to employment and further education opportunities

#### **Level 2 Award in First Aid Essentials**

This regulated and nationally recognised qualification enables learners to gain the skills and knowledge needed to administer safe, prompt, effective first aid in situations which can arise when providing care. During this one day course, learners will develop the skills and knowledge needed to deal with a range of first aid situations, including: managing an unresponsive casualty, CPR, choking, external bleeding, shock and minor injuries.

COURSE CODE	DAY	START TIME	END TIME	START DATE	DURATION	FEE	VENUE
DGC033	Tue	09:00	16:30	14/05/2024	1 Day	FREE	Blaenavon Rugby Club
DGP019	Wed	09:00	16:30	12/06/2024	1 Day	FREE	Power Station
DGC037	Fri	09:00	16:30	12/07/2024	1 Day	FREE	Croesyceiliog CEC

### **Level 3 Emergency Paediatric First Aid**

This regulated and nationally recognised qualification provides learners with the opportunity to develop the basic skills and knowledge needed to deal with a range of emergency paediatric first aid situations which could arise when looking after children.

#### Intended Audience:

• Those who have gained a level 2 or 3 childcare qualification and have entered into an early years setting and wish to be included in the staff to child ratios to comply with the EYFS requirements.

Anyone who cares for infants and children, such as parents, guardians, grandparents or those who have an involvement with infants and children, and wants to learn key paediatric first aid skills.

COURSE CODE	DAY	START TIME	END TIME	START DATE	DURATION	FEE	VENUE
DGS007	Fri	09:00	16:30	17/05/2024	1 Day	FREE	Pontypool CEC
DGC034	Fri	09:00	16:30	07/06/2024	1 Day	FREE	Croesyceiliog CEC
DGP020	Mon	09:00	16:30	29/07/2024	1 Day	FREE	Power Station

### **Level 2 Food Safety in Catering**

This course teaches the essentials of food safety in the preparation and handling of food.

COURSE	CODE DAY	START TIME	END TIME	START DATE	DURATION	FEE	VENUE	
DGC038	3 Tue	09:00	16:30	16/04/2024	1 Day	FREE	Croesyceiliog CEC	

### **Introduction to Teaching Assistants**

This course is a first step for those who are interested in working in schools to support children and teachers and want to know more. It will give you an insight into what will be involved if you are considering enrolling on the full Teaching Assistant qualification in September.

COURSE CODE	DAY	START TIME	END TIME	START DATE	DURATION	FEE	VENUE
SEC010	Tue	19:00	21:00	30/04/2024	8 weeks	FREE*	Croesyceiliog CEC
SES031	Wed	09:30	11:30	01/05/2024	8 weeks	FREE*	Pontypool CEC

\* Centre user group membership fees apply





# **Torfaen Adult Community Learning**





### RSPH Level 1 Award in Health and Safety in a Construction Environment

This qualification is suitable for everyone seeking employment in labouring occupations in the construction industry who is looking to obtain their Labourer's Green Card.

Successful achievement of this qualification will demonstrate an individual's knowledge and understanding of the health and safety requirements of a construction site and, together with achievement of the CITB Operative Health, Safety and Environment Test\*, will enable individuals to obtain the Construction Skills Certification Scheme (CSCS) Labourers' Green Card.

**Step 1**: Complete the online training, progress tests and practice assessments.

**Step 2**: Book and complete the paper based, multi-choice test, available in a local test centre.

\*Available at our test centre in Pontypool, Torfaen.





For more information, call 01633 647647 or email course.enq@torfaen.gov.uk

# **NEW FOR 2024**



Register your interest today



### **NEW COURSE NOW AVAILABLE**

### For individuals who practice:

- Acupuncture
- Ear and Body Piercing
- Electrolysis

- Microblading
- Aesthetics
- Tattooing

DO YOU WORK WITH NEEDLES?

LEVEL 2 AWARD IN INFECTION PREVENTION AND CONTROL FOR SPECIAL PROCEDURES PRACTITIONERS

This qualification is for Special Procedures Practitioners either employed, self-employed or as practitioners managing a business.





# RESERVE YOUR PLACE TODAY!

To book your place, please contact us on 01633 647647 or email course.enq@torfaen.gov.uk



Organised and Delivered by: Torfaen Adult Community Learning Awarding Body: RSPH - Royal Society of Public Health





Teach Adults.
Make a Difference.
Education & Training
Qualifications starting
Spring 2024!

### Register your interest today

Through interactive training sessions students will learn how to design lesson plans, prepare and deliver engaging training sessions, assess learners and present a micro teach training session.



## **Education and Training Level 3 - Online**

### **Course Dates**

January 2024: Mon 22nd, Tues 23rd Jan; Thur 1st & Fri 2nd Feb February 2024: Mon 12th, Tues 13th; Tue 20th & Wed 21st Feb Duration: 9.00am to 4.00pm across 4 days.

This award has been designed for individuals who would like to work or currently work for Independent Training Providers, Community/Further Education, Private/Public Freelance Trainers and those who are required to train others within their job role. Or you may simply be looking for a career change.

There are no prior qualifications required to complete the course, but you will need to be able to complete the workbook electronically.

Use of a computer will be necessary to type up the workbook. Microsoft Teams is also required for the live sessions.







Tel: 01633 647743

Email: employability@torfaen.gov.uk
Facebook: Facebook.com/Torfaenworks





# Employment & Skills Shop Cwmbran Town Centre

Unit 5 Monmouth Walk, Cwmbran Town Centre (opposite Club 3000 Bingo)



Day	Opening	Closing		
Monday	10.00am	4.00pm		
Tuesday	10.00am	4.00pm		
Wednesday	10.00am	4.00pm		
Thursday	11.00am	4.00pm		
Friday	10.00am	4.00pm		

- Find out about the employability support available to you in Torfaen
- Access funding for training and qualifications
- Job searching, CV writing, support with application forms, and interview skills and preparation
- Meet our dedicated team of Employment & Progression Coaches and Employer Liaison Officers
- Find out about the health and wellbeing support we offer to help you on your employment journey

01633 647743 | employability@torfaen.gov.uk









For employed and unemployed people in Torfaen.



# Whatever your employment situation, we can help!

For employed and unemployed people in Torfaen.

Employment & Skills Shop, Cwmbran Town Centre

Employment & Progression Team to support you on your journey

Free training & qualifications

Health & wellbeing support for employment

Access to our exclusive gym at Croesyceiliog CEC

Employer Liaison
Team working
with local
employers



Opportunities to access volunteering and work experience placements

Supported employment, paid placements









# LIFESTYLE AND LEISURE

Our Lifestyle and Leisure courses offer you the chance to take up a new hobby or fine-tune your existing creative skills. You will receive expert support and guidance from our tutors, allowing you to unlock your hidden talents in a friendly, informal environment whilst working towards your own goals. Participating in creative arts and crafts activities may help improve your mental health and wellbeing, reduce stress and help regain focus in an often challenging world. Think of all the skills and new friendships you can develop.

### **Arts and Crafts Courses**

Discover your creative side by joining one of our arts and crafts courses. Come and experience the joy of designing, creating and making hand crafted objects for yourself or as a gift to give to family and friends.

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COURSE CODE	DAY	START TIME	END TIME	START DATE	DURATION	FEE	VENUE		
Ceramics a	nd Pott	ery							
FAC075	Sat	10:00	15:00	20/04/2024	1 Session	£27.25*	Croesyceiliog CEC		
FAC083	Sat	10:00	15:00	18/05/2024	1 Session	£27.25*	Croesyceiliog CEC		
FAC086	Sat	10:00	15:00	15/06/2024	1 Session	£27.25*	Croesyceiliog CEC		
FAC088	Sat	10:00	15:00	20/07/2024	1 Session	£27.25*	Croesyceiliog CEC		
Beginners Sewing Workshop									
FAS018	Thu	12:30	16:30	09/05/2024	1 Session	£22.00*	Pontypool CEC		
The Sewing	g Hub								
FAS017	Thu	12:30	16:30	25/04/2024	1 Session	£17.00	Pontypool CEC		
FAS019	Thu	12:30	16:30	23/05/2024	1 Session	£17.00	Pontypool CEC		
FAS020	Thu	12:30	16:30	27/06/2024	1 Session	£17.00	Pontypool CEC		
FAS021	Thu	12:30	16:30	18/07/2024	1 Session	£17.00	Pontypool CEC		
Upcycling -	Jars a	nd Paper Fl	owers						
FAC142	Sat	10:00	14:00	20/04/2024	1 Session	£27.00*	Croesyceiliog CEC		
Woodturnir	ng								
FAC076	Mon	09:30	12:00	22/04/2024	11 Weeks	£157.43	Croesyceiliog CEC		
FAC077	Mon	13:00	15:30	22/04/2024	11 Weeks	£157.43	Croesyceiliog CEC		
FAC078	Mon	18:30	21:00	22/04/2024	11 Weeks	£157.43	Croesyceiliog CEC		
FAC081	Tue	09:30	12:00	23/04/2024	12 Weeks	£171.60	Croesyceiliog CEC		
FAC079	Tue	13:00	15:30	23/04/2024	12 Weeks	£171.60	Croesyceiliog CEC		
FAC080	Tue	18:30	21:00	23/04/2024	12 Weeks	£171.60	Croesyceiliog CEC		
FAC085	Sat	10:00	15:00	20/04/2024	1 Session	£40.35*	Croesyceiliog CEC		
FAC084	Sat	10:00	15:00	18/05/2024	1 Session	£40.35*	Croesyceiliog CEC		
FAC089	Sat	10:00	15:00	20/07/2024	1 Session	£40.35*	Croesyceiliog CEC		

### **Photography**

Do you want to learn about the world of photography? Learn how to enhance your photography skills by developing a deeper understanding of different styles, techniques, camera basics and applying them to your practice.

COURSE CODE	DAY	START TIME	END TIME	START DATE	DURATION	FEE	VENUE		
Moving Off Auto – Photography for Improvers									
FGP015	Thu	19:00	21:00	02/05/2024	8 Weeks	£69.50	Power Station		

<sup>\*</sup> Ingredients/Materials included in course cost

<sup>\*\*</sup> Ingredients for the first session only included in the course cost

### **Cookery Courses**

Explore different cultures and their traditional cuisine through our world cookery courses. Learn about good food choices, healthy foods, balancing your diet and cost effective cooking. Have a go at baking your own bread and cakes, and decorating them to impress your family and friends.

COURSE CODE	DAY	START TIME	END TIME	START DATE	DURATION	FEE	VENUE
Asian Inspir	ations						
FAC122	Wed	18:30	20:30	19/06/2024	4 Weeks	£40.50**	Croesyceiliog CEC
Cake Decor	ating and	d Sugarcra	ıft				
FAP005	Mon	19:00	21:00	15/04/2024	10 Weeks	£86.50	Power Station
Bread Makir	ng Day						
FAC123	Tue	10:30	15:00	16/07/2024	1 Session	£27.13*	Croesyceiliog CEC
Fakeaway/T	akeaway	/					
FAC116	Tue	18:30	20:30	14/05/2024	4 Weeks	£40.50**	Croesyceiliog CEC
Indian Cook	ery						
FAC111	Tue	10:30	12:30	09/04/2024	2 Weeks	£22.00**	Croesyceiliog CEC
Indian Cook	erv - Int	roduction t	to essenti	al Indian Sp	oices		
FAC146	Thu	18:00	20:30	09/05/2024	3 Weeks	£38.38**	Croesyceiliog CEC
Indian Cook	erv - Au	thentic Ind	lian side d	dishes			
FAC147	Thu	18:00	20:30	06/06/2024	3 Weeks	£38.38**	Croesyceiliog CEC
Indian Cook	erv - Au	thentic Ind	lian main	dishes			
FAC148	Thu	18:00	20:30	27/06/2024	3 Weeks	£38.38**	Croesyceiliog CEC
Italian Cuisi	ne Made	Easy					
FAC118	Wed	18:30	20:30	15/05/2024	4 Weeks	£40.50**	Croesyceiliog CEC
FAC120	Tue	18:30	20:30	18/06/2024	4 Weeks	£40.50**	Croesyceiliog CEC
Mexican Co	okery						
FAC114	Wed	18:30	20:30	10/04/2024	2 Weeks	£22.00**	Croesyceiliog CEC
FAC129	Sat	10:30	14:30	18/05/2024	1 Session	£25.00*	Croesyceiliog CEC
FAC121	Wed	10:30	12:30	19/06/2024	4 Weeks	£40.50**	Croesyceiliog CEC
Pastries and	d Buns						
FAC130	Sat	10:00	14:30	15/06/2024	1 Session	£27.13*	Croesyceiliog CEC
Perfect Pies	;						
FAC124	Wed	10:30	14:30	17/07/2024	1 Session	£25.00*	Croesyceiliog CEC
Sweet Heat	Jamaica	n Cookery	,				
FAC115	Tue	10:30	12:30	14/05/2024	4 Weeks	£40.50**	Croesyceiliog CEC
Thai Cooker	у						
FAC112	Tue	18:30	20:30	09/04/2024	2 Weeks	£22.00**	Croesyceiliog CEC
Vegetarian I	Delights						
FAC119	Tue	10:30	12:30	18/06/2024	4 Weeks	£40.50**	Croesyceiliog CEC
Welsh Cuisi	ne						
FAC117	Wed	10:30	12:30	15/05/2024	4 Weeks	£40.50**	Croesyceiliog CEC
*	Ingredients/M	Materials included	l in course cost	** Ingredients	for the first session o	nly included in the	course cost

#### **General Education**

Take a look at some of the interesting general education courses on offer and learn something new.

COURSE CODE	DAY	START TIME	END TIME	START DATE	DURATION	FEE	VENUE		
Astronomy									
FGC005	Wed	19:00	21:00	24/04/2024	10 Weeks	£86.50	Croesyceiliog CEC		
FGP014	Fri	13:00	15:00	26/04/2024	10 Weeks	£86.50	Power Station		
Psychology									
FGP013	Fri	10:00	12:00	03/05/2024	8 Weeks	£69.50	Power Station		
Introduction	to Britis	sh Sign La	nguage						
FGC006	Wed	13:00	15:00	01/05/2024	8 Weeks	£69.50	Croesyceiliog CEC		
Introduction	Introduction to Complimentary Therapies								
Introduction	to com	piliticitaly	Therapic	,3					
DGC039	Tue	18:30	20:30	23/04/2024	10 Weeks	£41.50	Croesyceiliog CEC		

### Writing

Ever wondered what it would be like to write some poetry, create a short story, write stories for children, essays or articles? Try our creative writing course and gain the knowledge to be able to do it all.

COURSE CODE	DAY	START TIME	END TIME	START DATE	DURATION	FEE	VENUE
Creative Wri	ting						
FAP006	Fri	10:00	12:00	26/04/2024	10 Weeks	£86.50	Power Station

### Casual part-time opportunities for inspiring individuals

Torfaen Adult Community Learning offer courses in a variety of different curriculum areas to adult learners aged 16 and over.

We are always interested in talking to tutors with experience in teaching, particularly in the following areas:

- Community Outreach confidence building / employability skills / basic IT for jobseekers
- Family Learning helping parents gain confidence in their English and maths skills and supporting parents with early years development
- ALDD working with adults with learning difficulties and disabilities
- Essential skills literacy and numeracy
- Digital skills
- GCSE maths and English
- English for Speakers of Other Languages
- Vocational qualifications
- Creative Studies
- Languages
- Health and Fitness

Do you, or someone you know, have an adult teaching qualification or are you a qualified teacher?

Do you, or someone you know, have a skill that you think others might like to learn, but have no formal teaching skills or experience?

We can support you to gain an introductory teaching qualification and teaching experience through our mentoring and support scheme.

Courses are held in community venues and adult learning centres throughout Torfaen and are usually 2-3 hours per week. Courses can range from one day to 38 weeks. Some courses are term time and some continue throughout the year. Courses are delivered during the day and in the evenings and sometimes on weekends.

Talk to us today If you would like to know more or would like to have an informal chat about joining our 'pool' of sessional, part time tutors. Call 01633 647647 or email <a href="mailto:power.station@torfaen.gov.uk">power.station@torfaen.gov.uk</a> where a member of our team wil be pleased to help.



# **Torfaen Adult Community Learning**

# RESTART A HEART

AND

# PAEDIATRIC FIRST AID

Fully funded non-accredited courses

At The Power Station, NP44 4SY

**RESTART A HEART** 

DGP015T23 Friday 19th April 2024 10:00 - 12:00

DGP017T23 Wednesday 29th May 2024 10:00 - 12:00

PAEDIATRIC FIRST AID

DGP016T23 Friday 19th April 2024 13:00 - 15:00

DGP018T23 Wednesday 29th May 2024 13:00 - 15:00

## At Croesyceiliog CEC, NP44 2HF

**RESTART A HEART** 

DGC035T23 Monday 17th June 2024 10:00 - 12:00

PAEDIATRIC FIRST AID

DGC036T23 Monday 17th June 2024 13:00 - 15:00

## At Pontypool CEC, NP4 8AT

RESTART A HEART

DGS008T23 Friday 5th July 2024 10:00 - 12:00

**PAEDIATRIC FIRST AID** 

DGS009T23 Friday 5th July 2024 13:00 - 15:00

These workshops are fully funded for anyone aged 16 or over.

To book a place call 01633 647647.





Multiply is a UK Government funded project to help adults 19+ without GCSE
Maths at grade C (or equivalent) to improve their numeracy skills.

If you already have your GCSE Maths, don't worry,

contact us for more information .

Multiply courses are FREE!

# HOW CAN YOU IMPROVE YOUR NUMERACY SKILLS?

Does the thought of doing maths at work or at home make you anxious?

Multiply are here to help support you, your family and the community to become more confident with maths and numeracy.

Our courses can give you the confidence you need to improve these skills, at a pace that suits you.









- Free courses for Children and Families
- Free courses for Employment
- Free courses for Health and Wellbeing
- Free courses for Crafts and Creativity

Register your interest today!
Call 01633 647743 or email multiply@torfaen.gov.uk

Tel: 01633 647743

Email: multiply@torfaen.gov.uk

Facebook: Facebook.com/TorfaenACL





# **ROOM HIRE**

Torfaen Adult Community Learning centres are able to offer room hire at competitive rates. We have rooms for one-to-one meetings, rooms to cater for gatherings of 10 to 20 persons, and large conference facilities for up to 80 persons. There is a training kitchen in Croesyceiliog CEC too. We can offer the use of interactive smart screens and photocopying facilities.

Rooms are available during the daytime, evenings and weekends.

If you would like more information on the hire of our facilities please call 01633 647647 and a member of our team will be pleased to help with your enquiry.

# **CLUBS**

Torfaen Adult Community Learning supports a wide range of popular clubs.

If you would like to join a club or would like further information, please telephone the club contact details shown below.

Centre	Club	Day	Time	Contact
	Cake Decorating and Sugarcraft Club	Monday	19.00 - 21.00	01291 624391 valhcawales@hotmail.co.uk
	Cwtchy Quilting	Tuesday	12.00 - 15.00 19.00 - 21.00	01873 880424 michy8@btinternet.com
Croesyceiliog	Cwmbran Woodcarvers and Turners	Wednesday	10.00 - 12.00	01633 960142
CEC	Crow Valley Wood Turners www.crowvalleywoodturners.org.uk	Thursday	19.00 - 21.00	info@crowvalleywoodturners .org.uk
	Watercolours with Rosemary	Thursday	13.30 - 15.30	01633 679219
	Bobbin Along	Fortnightly Tuesday	19.00 - 21.00	07882 874420
	Green Valley Quilters	3rd Saturday	10.30 - 15.00	01633 865291
	Gwent Creative Stitch and Textiles	3rd Saturday	10.00 - 15.30	01633 267507 Margaret.jenkins3@ntlworld.com
	Yoga Club	Wednesday	11.30 - 13.00	01495 742600
Pontypool	Retired Men Bowls Club	Monday	13.30 - 15.30	01495 742600
CEC	Parchment Club	Tuesday	13.00 - 15.00	01495 785745
	Watercolours with Rosemary	Wednesday	13.00 - 15.00	01633 679219
Power Station	Crochet Club	Monday	10.30 - 12.30	01633 862863

Is your club looking for a new venue?
Call 01633 647647 or email <a href="mailto:power.station@torfaen.gov.uk">power.station@torfaen.gov.uk</a>

# **Stay Connected**



### **Croesyceiliog Community Education Centre**

The Highway, Croesyceiliog,

Cwmbran, NP44 2HF

Phone: 01633 647700

Email: croesy.commed@torfaen.gov.uk



### **Pontypool Community Education Centre**

The Settlement, Trosnant Street,

Pontypool, NP4 8AT

Phone: 01495 742600

Email: thesettlement@torfaen.gov.uk



#### **The Power Station**

Blenheim Road, St Dials, Cwmbran. NP44 4SY

Phone: 01633 647647

Email: power.station@torfaen.gov.uk

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