2019/20
Adult Learning
For life, for work, for wellbeing

www.torfaen.gov.uk/adultcommunitylearning
www.facebook.com/torfaenACL
Welcome

Learning in the local community has changed the lives of many adults across Torfaen and you could be one of them!

Each year over 1600 people choose to learn with Torfaen Adult Community Learning.

Together we share your passion for learning, which is why we provide a vast range of courses that enable you to enjoy lifelong opportunities, for you to enhance a skill, try something new or to improve your future prospects.

We have a wide range of part-time courses, workshops and classes on offer including arts and crafts, music, health, photography and digital media.

You could also improve your reading, writing and maths, learn how to use a computer, speak a new language, or even gain a qualification to help you get into work.

Your local centres

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, Trosmant 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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Language Courses Page 11
Lifestyle and Leisure Courses Pages 12-14
Employability Projects Page 15
Clubs Page 16
You can enrol on a course by telephoning or visiting a centre 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.

**COURSE INFORMATION GUIDE - see course pages for specific course information**

**How can I enrol?**

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

**WELSH LANGUAGE DELIVERY**

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

**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.

**DISCLAIMER**

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.

**Fees explained**

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 course fee. 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. 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 at enrolment.

**HOW TO PAY**

You can pay with a credit or debit card, cheque, cash or a Torfaen Adult Community Learning gift voucher.

Our European funded projects may be able to support your learning costs and help with fees and charges. Please see page 15.

**ADDITIONAL FEES**

Where indicated:

*Centre User Membership fees apply

**additional examination/registration fees apply

**CANCELLATIONS AND REFUNDS**

Torfaen Adult Community Learning reserves the right to cancel and change courses. In such cases, a full or proportionate refund will 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.

**Additional Information**

**WELSH LANGUAGE DELIVERY**

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

**ENROL NOW CALL 01633 647647 www.torfaen.gov.uk/adultlearningbrochure**
Essential skills are needed for success, work, learning and life. They are the foundational skills that make it easier to learn all other skills. Whatever your starting point, we can help.

**English**

Improve your confidence in speaking, listening, reading and writing. Work on spelling, punctuation and grammar. Topics include letter writing, reports, writing creatively, research, discussion and presentation skills.

**Maths**

Improve your confidence in basic number skills including the use of fractions, decimals and percentages. Learn how to use the metric system for DIY projects, interpret graphs and tables, and understand and use basic financial information.

**Digital Skills**

Learn how to use your computer, laptop or tablet effectively. Whether you are a complete beginner or a more experienced user, our courses will help you to make the most of technology. Gain an understanding of your digital footprint and learn to stay safe online. Learn how to download apps, shop online, share photos and videos and set up an email account.

**ESOL - English Speakers of other Languages**

These courses are designed to meet the needs of people whose first language is other than English. Courses are available for complete beginners and for those who wish to develop their English. Improve your confidence in speaking, listening, reading and writing skills. Learn about life in the UK. Learners will be taught in small, friendly groups through a variety of engaging activities such as group discussions, language games, puzzles and role play.

**Family Learning**

Family Learning courses run regularly in many schools in Torfaen. We offer parents and carers opportunities to find out how they can support their children in learning and at the same time develop their own skills. Groups are fun and friendly and courses include Helping your child to learn to read, Helping your child to develop listening skills, Using poetry and rhyme with a child and Developing a child’s knowledge of number.

**ILS - Independent Living Skills**

Torfaen Adult Community Learning offers courses for adults with a range of learning disabilities and difficulties. ILS courses are designed to develop core skills such as confidence, communication, social skills and skills to live independently. Learning takes place in small groups in a fun and friendly environment.

All Essential Skills courses are FREE*
Essential Skills

All Essential Skills courses are FREE*

Struggle with reading? Puzzled by percentages? Feeling left behind in a digital world? Want to help your children with their homework? Want to improve your job prospects? Want to do more with your computer?

Essential Skills courses are available day and evening throughout Torfaen
Ring for details or advice and guidance on a course to suit you
01633 647647

These are examples of some of our courses

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Venue</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improve your English</td>
<td>Pontypool CEC</td>
<td>Tu</td>
<td>10/09/2019</td>
<td>10.00-12.00</td>
<td>38 weeks</td>
</tr>
<tr>
<td>Improve your English</td>
<td>Power Station</td>
<td>Th</td>
<td>12/09/2019</td>
<td>18.30-20.30</td>
<td>38 weeks</td>
</tr>
<tr>
<td>Improve your Maths</td>
<td>Power Station</td>
<td>M</td>
<td>09/09/2019</td>
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<td>12/09/2019</td>
<td>13.00-15.00</td>
<td>38 weeks</td>
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<tr>
<td>Digital Skills</td>
<td>Pontypool CEC</td>
<td>Tu</td>
<td>10/09/2019</td>
<td>10.00-12.00</td>
<td>38 weeks</td>
</tr>
<tr>
<td>Digital Skills</td>
<td>Power Station</td>
<td>Th</td>
<td>12/09/2019</td>
<td>16.00-18.00</td>
<td>38 weeks</td>
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<tr>
<td>ESOL</td>
<td>Power Station</td>
<td>Tu</td>
<td>10/09/2019</td>
<td>18.00-20.00</td>
<td>38 weeks</td>
</tr>
<tr>
<td>ILS Pottery</td>
<td>Croesyceiliog CEC</td>
<td>W</td>
<td>25/09/2019</td>
<td>10.00-12.00</td>
<td>15 weeks</td>
</tr>
</tbody>
</table>

Infororn Days

Come along for an informal chat about our wide range of essential skills courses.

Thursday 22 August 2019 1pm - 7pm, The Settlement, Pontypool NP4 8AT
Wednesday 28 August 2019 1pm - 7pm, The Power Station, Cwmbran NP44 4SY

ENROL NOW CALL 01633 647647

www.torfaen.gov.uk/adultlearningbrochure
Learn how to use your computer, laptop and tablet computer effectively. Whether you are a complete beginner or a more experienced user, our courses will help you to make the most of the technology. Understand your digital footprint and stay safe online. Learn how to download apps, shop online, share photos and videos and set up an email account. Learning at a gentle pace with patient and experienced tutors, we will help you to get to grips with your chosen device.

<table>
<thead>
<tr>
<th>Digital Skills courses are available day and evening throughout Torfaen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ring for details or advice and guidance on a course to suit you, 01633 647647</td>
</tr>
</tbody>
</table>

### Online basics
Learn how to search and explore the internet, keep in touch with email and use public services online.

- Using the internet
- Using online forms
- Using emails
- Using search engines

### Online safety
If you are already using the internet you may need to think about staying safe online.

- Keeping your device safe
- Being safe online
- Keeping your personal data safe

### New for 2019/2020

<table>
<thead>
<tr>
<th>Course Title</th>
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<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Finding a job online</td>
<td>Power Station</td>
<td>M</td>
<td>09/09/2019</td>
<td>10.00-12.00</td>
<td>7 weeks</td>
</tr>
<tr>
<td>Digital skills for the workplace</td>
<td>Power Station</td>
<td>M</td>
<td>04/10/2019</td>
<td>10.00-12.00</td>
<td>7 weeks</td>
</tr>
<tr>
<td>My council services online</td>
<td>Power Station</td>
<td>M</td>
<td>06/01/2020</td>
<td>10.00-12.00</td>
<td>7 weeks</td>
</tr>
<tr>
<td>Managing your money online</td>
<td>Power Station</td>
<td>M</td>
<td>02/03/2020</td>
<td>10.00-12.00</td>
<td>7 weeks</td>
</tr>
<tr>
<td>Email and connecting with others online</td>
<td>Power Station</td>
<td>M</td>
<td>11/05/2020</td>
<td>10.00-12.00</td>
<td>7 weeks</td>
</tr>
</tbody>
</table>

All Essential Skills courses are FREE*
Our highly successful GCSE Maths and English courses are the gateway to a brighter future. They could be your passage to new career goals or entry to higher education. These intensive courses require regular attendance and extra work at home.

**GCSE Maths**
For GCSE Maths you will need to have a good basic understanding of mathematical principles. You will follow the WJEC set syllabus and topics will include number, data handling, algebra and shape.

**GCSE English**
For GCSE English you will need to be a good reader, be confident about writing, be able to express your ideas and respond in a discussion. You will follow the WJEC set syllabus which will include reading and evaluating texts critically, summarising and synthesising information and ideas, writing effectively using standard English, grammar, punctuation and spelling.

<table>
<thead>
<tr>
<th>Course Title</th>
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<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>GCSE English Resit</td>
<td>Power Station</td>
<td>Th</td>
<td>12/09/19</td>
<td>17.00-19.00</td>
<td>7 weeks</td>
<td>£91.00</td>
</tr>
<tr>
<td>GCSE English</td>
<td>Power Station</td>
<td>M</td>
<td>09/09/19</td>
<td>18.00-20.30</td>
<td>32 weeks</td>
<td>£226.00</td>
</tr>
<tr>
<td>GCSE English</td>
<td>Pontypool CEC</td>
<td>W</td>
<td>11/09/19</td>
<td>18.00-20.30</td>
<td>32 weeks</td>
<td>£226.00</td>
</tr>
<tr>
<td>GCSE English</td>
<td>Pontypool CEC</td>
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<td>18.00-20.30</td>
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</tr>
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</table>

### Not quite GCSE ready?
Are you considering sitting GCSE maths or English in the future, but right now lack the confidence? The courses below will cover the basic skills required, with progression to GCSE once you are ready.

<table>
<thead>
<tr>
<th>Course Title</th>
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<th>Time</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prepare for GCSE English</td>
<td>Power Station</td>
<td>M</td>
<td>09/09/19</td>
<td>13.00-15.00</td>
<td>38 weeks</td>
<td>FREE</td>
</tr>
<tr>
<td>Prepare for GCSE Maths</td>
<td>Power Station</td>
<td>Th</td>
<td>12/09/19</td>
<td>10.00-12.00</td>
<td>38 weeks</td>
<td>FREE</td>
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<tr>
<td>Prepare for GCSE Maths</td>
<td>Pontypool CEC</td>
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<td>38 weeks</td>
<td>FREE</td>
</tr>
</tbody>
</table>
City & Guilds is a global leader in skills development, providing nationally recognised qualifications across a variety of sectors that are valued by employers across the world.

Agored Cymru is committed to developing talent in Wales, for Wales. With a portfolio of over 400 nationally recognised qualifications across a wide range of subjects from Counselling to Data Analytics, Agored Cymru is committed to ensuring that learners of all ages and abilities maximise their potential.

Highfield is a global leader in compliance and work-based learning qualifications with over 250 qualifications designed to enhance the career prospects of learners by covering multiple sectors.

BCS ensures the digital journey of learners is positive and challenging for a variety of levels and abilities. With a wide range of qualifications in IT, BCS is able to raise standards and help learners realise their potential in the technology industry. Through nationally recognised core standards BCS help broaden skills and expertise in IT to enable learners to unlock their potential through best practice standards used worldwide.

With over 10,000 members across 60 countries, IAB is one of the most prestigious bodies for finance and bookkeeping. Regulated by Ofqual, IAB is both a government-approved and statutory supervisory body. Setting world-class standards, it offers learners worldwide the chance to gain the very best financial qualifications – as well as lifelong skills.

RSPH is a national awarding body that provides vocational health-related qualifications across the U.K. RSPH is able to award regulated qualifications in a range of subjects including wellbeing, health improvement and substance misuse.

WJEC is an examination board with over 65 years’ experience in delivering qualifications. WJEC is the largest examination board in Wales specialising in GCSE, AS and A level qualifications to a wide range of diverse students.

British Safety Council is a trusted leader in health, safety and environmental management. For over sixty years British Safety Council have been a trusted guide to excellent health, safety and environmental management standards across the U.K and beyond.

AIM Awards is an international awarding organisation offering a large number of regulated qualifications at different levels in a range of subjects. Our suite of counselling qualifications are fully accredited by AIM and are nationally recognised in a variety of sectors.
## City & Guilds

### Supporting Teaching & Learning in Schools - Award Level 2
If you are considering a career within a school or educational establishment this is an ideal start. Requires school placement hours in addition to attending class.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Start</th>
<th>Finish</th>
<th>Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>DGC002</td>
<td>W</td>
<td>18.00</td>
<td>20.30</td>
<td>30 weeks</td>
<td>£306.50</td>
</tr>
<tr>
<td>DGC004</td>
<td>Th</td>
<td>12.30</td>
<td>15.00</td>
<td>30 weeks</td>
<td>£306.50</td>
</tr>
<tr>
<td>DGC003</td>
<td>Th</td>
<td>18.00</td>
<td>20.30</td>
<td>30 weeks</td>
<td>£306.50</td>
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</table>

### Supporting Teaching & Learning in Schools - Certificate Level 2
Building on level 2 award learning, the certificate qualification also requires school placement hours in addition to attending class.

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<tr>
<th>Code</th>
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<th>Start</th>
<th>Finish</th>
<th>Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>DGC005</td>
<td>Th</td>
<td>09.30</td>
<td>12.30</td>
<td>30 weeks</td>
<td>£381.50</td>
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</table>

### Counselling Skills - Certificate Level 2
This foundation course highlights how the functions in counselling skills can improve your interactions with other people and develop your listening and understanding skills.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Start</th>
<th>Finish</th>
<th>Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>FGS007</td>
<td>Th</td>
<td>16.00</td>
<td>18.00</td>
<td>12 weeks</td>
<td>£137.75</td>
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</table>

### Supporting Teaching & Learning in Schools Information day
Thursday 20 August 2019, 10am - 3pm, Croesyceiliog CEC
Come along for more information on the requirements and content of the course.
You will need to attend the whole session.

### Agored Cymru

### Counselling Skills - An Introduction
This course introduces learners to the skills and attitudes necessary in counselling and the difference between counselling and other helping services.

<table>
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<td>16.00</td>
<td>18.00</td>
<td>12 weeks</td>
<td>£137.75</td>
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</table>

### Computerised Book Keeping - Award Level 1
Learn the basics of using commercially available accounting software to set up a computerised accounting system, process business transactions and produce reports.

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<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Start</th>
<th>Finish</th>
<th>Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>PIS001</td>
<td>W</td>
<td>18.30</td>
<td>20.30</td>
<td>15 weeks</td>
<td>£147.00</td>
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</tbody>
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### Agored Cymru

### Counselling Skills - Certificate Level 2
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<td>W</td>
<td>18.30</td>
<td>20.30</td>
<td>15 weeks</td>
<td>£147.00</td>
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### BCS

### IT Workshops Levels 1 & 2**
Learn or improve your knowledge of using Microsoft Word, Excel, PowerPoint or Access. Level 1 or 2 qualifications optional.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Start</th>
<th>Finish</th>
<th>Duration</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>PIC001</td>
<td>M</td>
<td>12.30</td>
<td>14.30</td>
<td>10 weeks</td>
<td>£41.50</td>
</tr>
</tbody>
</table>

Power Station

### IT Workshops Levels 1, 2 & 3**
Learn or improve your knowledge of using Microsoft Word, Excel, PowerPoint or Access. Level 1, 2 or 3 qualifications optional.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Start</th>
<th>Finish</th>
<th>Duration</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>PIS003</td>
<td>Th</td>
<td>18.30</td>
<td>20.30</td>
<td>10 weeks</td>
<td>£41.50</td>
</tr>
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</table>

Power Station

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ENROL NOW CALL 01633 647647

www.torfaen.gov.uk/adultlearningbrochure
Nutrition for Health - Cooking and Diabetes - Award Level 2
This practical cooking course looks at the key role food plays in the prevention and management of diabetes.

Croesyceiliog CEC
FGC013 - M  10.00 - 12.00  6 weeks  30/09/19  £69.50
FGC012 - W  18.30 - 20.30  6 weeks  02/10/19  £69.50

Substance Misuse - Award Level 2
Increase your knowledge and understanding of why people misuse substances, the personal and social consequences of this and how individuals can be helped and supported with regard to substance misuse.

Power Station
FGP007 - M  18.30 - 20.30  3 weeks  04/11/19  £72.00

Understanding Mental Wellbeing for Practitioners - Award Level 2
This course will give you the knowledge and understanding of the principles of mental wellbeing, the effect of mental wellbeing on the individual and how mental wellbeing can be maintained or improved.

Pontypool CEC
FGS003 - F  09.00 - 16.30  1 day  04/10/19  £57.75
FGS002 - W  18.30 - 20.30  4 weeks  13/11/19  £63.50

Understanding Emotional Wellbeing for Practitioners - Award Level 2
Learners will explore the impact emotional wellbeing has on our physical and social health by examining how resilience is developed and its importance in dealing with adversity.

Pontypool CEC
FGS001 - Tu  18.30 - 20.30  4 weeks  01/10/19  £80.50

Understanding Dementia - Award Level 2
This course is designed to enhance learners knowledge of dementia and to help them understand that the experience and progression of dementia is unique to the individual.

Power Station
FGP011 - F  09.00 - 16.30  1 day  27/09/19  £66.75

Understanding Emotional Wellbeing for Practitioners - Award Level 2

Infection Prevention and Control for Special Procedures Practitioners - Award Level 2
Are you a tattoo artist, acupuncturists or micro blading professional? This course is designed for special procedures practitioners who need to demonstrate their knowledge and understanding of infection prevention in the interest of public health and safety.

COMING SOON, REGISTER YOUR INTEREST

Highfield

Education and Training (EATs) - Award Level 3
The level 3 Award in Education and Training gives people the knowledge and confidence to teach in the post 16 education sector. This could be as a trainer in the private training industry or as a teacher/lecturer in further education settings.

Croesyceiliog CEC
DGC007 - M  09.30 - 12.30  15 weeks  30/09/19  £167.55
DGC008 - Th  18.00 - 21.00  15 weeks  03/10/19  £167.55

Power Station
DGP007 - M  18.00 - 21.00  15 weeks  30/09/19  £167.55

Food Safety in Catering - Award Level 2
This course is for individuals who are, or intend to be, food handlers working in the catering sector.

Croesyceiliog CEC
FGC005 - Sa  09.00 - 16.30  1 day  19/10/19  £46.65

Health and Safety in a Social Care Setting - Award Level 2
This qualification is designed to provide learners with knowledge of the basic health and safety practices essential in a health and social care environment.

Croesyceiliog CEC
FGC011 - W  09.00 - 16.30  1 day  02/10/19  £46.65

Highfield e-Learning

At Torfaen Adult Community Learning, we understand the importance of high quality, flexible training options that fit with your life. Our new e-learning suite of qualifications provides a flexible and versatile learning platform, which enables learners to study around their lifestyle. With a wide range of accredited courses, online e-learning enables you to learn at a time and place to suit you.

<table>
<thead>
<tr>
<th>Course</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction to Allergens</td>
<td>£45.50</td>
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<tr>
<td>Personal License Holders</td>
<td>£49.00</td>
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<tr>
<td>Manual Handling</td>
<td>£43.25</td>
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<tr>
<td>Health and Safety Level 2</td>
<td>£49.00</td>
</tr>
<tr>
<td>Customer Service level 2</td>
<td>£49.00</td>
</tr>
<tr>
<td>Food Safety Level 2</td>
<td>£49.00</td>
</tr>
<tr>
<td>Understanding Stewarding at Spectator Events Level 2</td>
<td>£89.00</td>
</tr>
</tbody>
</table>
**Languages**

**French**

**French Beginners Year 1**
No prior knowledge required. For absolute beginners wishing to learn a foreign language. No accreditation. Topics to include; introducing yourself, alphabet and numbers, family, directions, food and drink. Learn in an informal, friendly environment.

*Croesyceiliog CEC*

FLC001 - M - 19.00 - 21.00 - 15 weeks - 23/09/19 - £130.50

**French Intermediate Year 4**
Sound basic knowledge required. No accreditation. Topics include talking about current affairs, culture, reinforcement of past and future tenses.

*Croesyceiliog CEC*

FLC003 - Tu - 19.00 - 21.00 - 15 weeks - 24/09/19 - £130.50

**German**

**German Beginners Year 1**
No prior knowledge required. For absolute beginners wishing to learn a foreign language. No accreditation. Topics to include; introducing yourself, alphabet and numbers, family, directions, food and drink. Learn in an informal, friendly environment.

*Croesyceiliog CEC*

FLC005 - M - 19.00 - 21.00 - 15 weeks - 23/09/19 - £130.50

**German Improvers Year 3**
Some prior knowledge required. No accreditation. Topics include property, travel, health, past and future tenses.

*Croesyceiliog CEC*

FLC007 - Tu - 19.00 - 21.00 - 15 weeks - 24/09/19 - £130.50

**Italian**

**Italian Beginners Year 1**
No prior knowledge required. For absolute beginners wishing to learn a foreign language. No accreditation. Topics include introducing yourself, alphabet and numbers, family, directions, food and drink. Learn in an informal, friendly environment.

*Power Station*

FLP001 - Tu - 19.00 - 21.00 - 15 weeks - 24/09/19 - £130.50

**Italian Improvers Year 3**
Some prior knowledge required. No accreditation. Topics include property, travel, health, past and future tenses.

*Power Station*

FLP003 - Th - 19.00 - 21.00 - 18 weeks - 26/09/19 - £156.00

**Spanish**

**Spanish Beginners Year 1**
No prior knowledge required. For absolute beginners wishing to learn a foreign language. No accreditation. Topics to include; introducing yourself, alphabet and numbers, family, directions, food and drink. Learn in an informal, friendly environment.

*Croesyceiliog CEC*

FLC009 - Th - 10.00 - 12.00 - 15 weeks - 26/09/19 - £130.50

*Power Station*

FLP004 - W - 19.00 - 21.00 - 15 weeks - 25/09/19 - £130.50

**Spanish Improvers Year 2**
Basic knowledge is required. No accreditation. Topics include; expanding vocabulary for food, directions, accommodation, improving conversational skills and starting to use the past tense, basic grammar. Learn in an informal, friendly environment.

*Croesyceiliog CEC*

FLC011 - Tu - 10.00 - 12.00 - 15 weeks - 24/09/19 - £130.50

FLC013 - Th - 19.00 - 21.00 - 15 weeks - 26/09/19 - £130.50

**Spanish Improvers Year 3**
Some prior knowledge required. No accreditation. Topics include property, travel, health, past and future tenses.

*Croesyceiliog CEC*

FLC015 - W - 19.00 - 21.00 - 15 weeks - 25/09/19 - £130.50

**Spanish Intermediate Year 4**
Sound basic knowledge required. No accreditation. Topics include talking about current affairs, culture, reinforcement of past and future tenses.

*Croesyceiliog CEC*

FLC017 - Tu - 18.30 - 20.30 - 15 weeks - 24/09/19 - £130.50

FLC019 - W - 10.00 - 12.00 - 15 weeks - 25/09/19 - £130.50

ENROL NOW CALL 01633 647647  www.torfaen.gov.uk/adultlearningbrochure
Lifestyle and Leisure

Ceramics and Pottery

Pottery Workshop
This day workshop introduces you to the skills required in pottery and ceramics which will allow you to create your own project. Ideal for a beginner or those with a little more experience.
Croesyceiliog CEC
FAC028  Sa  10.00 - 15.00  1 day  21/09/19  £26.25

Ceramics for All
This course introduces or expands the skills required in pottery and ceramics work. Ideal for absolute beginners or those with more experience. Discover pleasure and relaxation through creating your own projects.
Croesyceiliog CEC
FAC020  M  13.15 - 15.15  15 weeks  23/09/19  £130.50
FAC022  Tu  18.30 - 20.30  15 weeks  24/09/19  £130.50
FAC024  W  13.15 - 15.15  15 weeks  25/09/19  £130.50
FAC026  Th  19.00 - 21.00  15 weeks  26/09/19  £130.50

An Introduction to Mexican Street Food
Spice up your life and come on down to our mouth watering Mexican Street Food course.
Croesyceiliog CEC
FAC002  Sa  10.00 - 14.00  1 day  19/10/19  £17.00

Cookery

Asian Inspirations - Oriental Cooking for Beginners
From Vietnamese dumplings to bold Korean curries, this course will allow you to transform your pallet and add the wow factor to your culinary skills.
Croesyceiliog CEC
FAC003  Tu  18.30 - 20.30  4 weeks  01/10/19  £35.50

Bread Making - Everything you Knead to Know
On this course you will explore a variety of breads and cooking techniques that are simple and transferable to use in your own home.
Croesyceiliog CEC
FAC004  Tu  18.30 - 20.30  4 weeks  12/11/19  £35.50

Dusty Knuckles - Baking for Beginners
Get ready to work with your hands to turn fresh ingredients into delicious items of food. This course is perfect for those with a sweet tooth or those who want to shake up their party platters.
Croesyceiliog CEC
FAC006  Sa  10.00 - 14.00  1 day  16/11/19  £17.00

An Introduction to Mexican Street Food
Croesyceiliog CEC
FAC002  Sa  10.00 - 14.00  1 day  19/10/19  £17.00

Cake Decorating and Sugar Craft
Learn skills and techniques to decorate cakes achieving a professional finish. Make sugar roses and other flowers, learn piping, painting and modelling techniques.
Power Station
FAP001  M  19.00 - 21.00  10 weeks  23/09/19  £86.50

Sushi Workshop
Learn the art of making healthy, fresh and tasty sushi from scratch. You will learn to work with rice, nori, fish and vegetables.
Croesyceiliog CEC
FAC011  Sa  10.00 - 14.00  1 day  21/09/19  £17.00

Ceramics - Remembrance Day Poppies
This day workshop introduces you to the skills required in ceramics which will allow you to create Remembrance Poppies. Ideal for a beginner or those with a little more experience.
Croesyceiliog CEC
FAC019  Sa  10.00 - 15.00  1 day  19/10/19  £26.25

Ceramics - Christmas Decorations
This course introduces you to the skills required in pottery and ceramics. These skills will allow you to create your own glazed Christmas decorations. Ideal for beginners or those with a little more experience.
Croesyceiliog CEC
FAC017  Sa  10.00 - 15.00  1 day  16/11/19  £26.25

Ceramics and Pottery
Ceramics - Remembrance Day Poppies
Croesyceiliog CEC
FAC019  Sa  10.00 - 15.00  1 day  19/10/19  £26.25

Ceramics - Christmas Decorations
Croisyceiliog CEC
FAC017  Sa  10.00 - 15.00  1 day  16/11/19  £26.25

Asian Inspirations - Oriental Cooking for Beginners
Croesyceiliog CEC
FAC003  Tu  18.30 - 20.30  4 weeks  01/10/19  £35.50
### Fashion and Textiles

**Advanced Dressmaking Skills**  
This course will help you to learn new techniques and develop your own projects including pattern drafting and alteration.  
**Croesyceiliog CEC**  
**FAC058**  
**Tu** - 9.00 - 12.00  
**15 weeks**  
**26/09/19**  
£130.50

**Introduction to Sewing**  
An introduction into hand and machine sewing.  
**Croesyceiliog CEC**  
**FAC062**  
**Th** - 12.30 - 14.30  
**4 weeks**  
**03/10/19**  
£35.50

**Redesign and Reimagine: Upcycling Clothing**  
This course lets your imagination run free and teaches you the skills needed to upcycle your wardrobe.  
**Croesyceiliog CEC**  
**FAC001**  
**W** - 12.30 - 14.30  
**8 weeks**  
**02/10/19**  
£69.50

**Upcycling Furniture - Painting Techniques**  
Upcycle furniture items using chalk paint, distressing techniques, gilding using metal leaf and metallic rubs, stencilling and decoupage.  
**Power Station**  
**FAP011**  
**M** - 18.30 - 20.30  
**4 weeks**  
**11/11/19**  
£35.50

**Dressmaking for All**  
Learn how to make your own clothes, how to read a commercial pattern, choose the right fabric and construction techniques.  
**Croesyceiliog CEC**  
**FAC060**  
**Tu** - 9.30 - 11.30  
**15 weeks**  
**24/09/19**  
£130.50

**Festiwool - Crochet and Knitting for All**  
Learn to knit, crochet or both. Suitable for beginners or those wishing to improve their existing skills.  
**Pontypool CEC**  
**FAS001**  
**M** - 10.00 - 12.00  
**6 weeks**  
**04/11/19**  
£52.50

**Dressmaking for All**  
Learn how to make your own clothes, how to read a commercial pattern, choose the right fabric and construction techniques.  
**Croesyceiliog CEC**  
**FAC060**  
**Tu** - 9.30 - 11.30  
**15 weeks**  
**24/09/19**  
£130.50

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**Pontypool CEC**  
**FAS001**  
**M** - 10.00 - 12.00  
**6 weeks**  
**04/11/19**  
£52.50

**Festiwool - Crochet and Knitting for All**  
Learn to knit, crochet or both. Suitable for beginners or those wishing to improve their existing skills.  
**Pontypool CEC**  
**FAS001**  
**M** - 10.00 - 12.00  
**6 weeks**  
**04/11/19**  
£52.50

### History and Science

**Ancestry - Find your Family**  
Learn how to access census and historical records to search for the information you require.  
**Croesyceiliog CEC**  
**FIC001**  
**Sa** - 10.00 - 14.00  
**1 day**  
**19/10/19**  
£20.00

**Introduction to Egyptology**  
Gain an insight into the fascinating world of Ancient Egypt. Discuss pharaohs, hieroglyphics, mythology and pyramids during this one day workshop.  
**Croesyceiliog CEC**  
**FGC009**  
**Sa** - 10.00 - 14.00  
**1 day**  
**21/09/19**  
£17.00

**Astronomy**  
The course is aimed at those who have no knowledge of astronomy, as well as those who would like to extend the knowledge they have. All you need is a little curiosity.  
**Croesyceiliog CEC**  
**FAC100**  
**M** - 19.00 - 21.00  
**10 weeks**  
**23/09/19**  
£86.50

**Egyptology - Ancient Egypt Rediscovered**  
You will gain an in-depth understanding of Ancient Egypt’s archaeology, art, religion, history and society through 6 weeks of study.  
**Pontypool CEC**  
**FAS001**  
**M** - 18.30 - 20.30  
**6 weeks**  
**30/09/19**  
£52.50

### Jewellery

**Wire Jewellery Making for Beginners**  
Learn wirework, stringing and linking. Learn to use a range of tools and materials to create original jewellery designs.  
**Croesyceiliog CEC**  
**FAC037**  
**Tu** - 19.00 - 21.00  
**10 weeks**  
**24/09/19**  
£86.50

**Wire Jewellery Making for Improvers**  
Improve your wirework, stringing and linking skills. Expand your use of tools and materials to create original jewellery designs.  
**Croesyceiliog CEC**  
**FAC040**  
**W** - 19.00 - 21.00  
**10 weeks**  
**25/09/19**  
£86.50

**Wire Jewellery Workshops**  
Learn wirework, stringing and linking. Learn to use a range of tools and materials to create original jewellery designs.  
**Croesyceiliog CEC**  
**FAC043**  
**Sa** - 10.00 - 14.30  
**1 day**  
**21/09/19**  
£22.00

**Gemology - The Wonder of Gems**  
Gemology is the study of gemstones. From precious stones such as diamonds, rubies, sapphires and emeralds to semi precious stones like amethyst and topaz. Learn about colour, clarity and rarity of gems.  
**Croesyceiliog CEC**  
**FAC084**  
**Tu** - 19.00 - 21.00  
**10 weeks**  
**24/09/19**  
£86.50

**Silver Jewellery**  
Learn how to design and make your own pieces of silver jewellery.  
**Croesyceiliog CEC**  
**FAC032**  
**W** - 19.00 - 21.00  
**15 weeks**  
**25/09/19**  
£130.50

**Wire Jewellery Workshops**  
Learn wirework, stringing and linking. Learn to use a range of tools and materials to create original jewellery designs.  
**Croesyceiliog CEC**  
**FAC043**  
**Sa** - 10.00 - 14.30  
**1 day**  
**16/11/19**  
£22.00

**Wire Jewellery Workshops**  
Learn wirework, stringing and linking. Learn to use a range of tools and materials to create original jewellery designs.  
**Croesyceiliog CEC**  
**FAC043**  
**Sa** - 10.00 - 14.30  
**1 day**  
**16/11/19**  
£22.00

### Contact Information

ENROL NOW  CALL 01633 647647  www.torfaen.gov.uk/adultlearningbrochure
<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>An Introduction to Classical Music</strong></td>
<td>Learn the styles and genres from some of the leading global composers, both past and present.</td>
<td>Power Station</td>
</tr>
<tr>
<td>FGP002</td>
<td>Th 9.00 - 11.00</td>
<td>6 weeks</td>
</tr>
<tr>
<td>Croesyceiliog CEC</td>
<td></td>
<td>19.00 - 21.00</td>
</tr>
<tr>
<td>FGC001</td>
<td>Sa 10.00 - 12.00</td>
<td>1 Day</td>
</tr>
<tr>
<td><strong>Painting and Drawing</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Watercolours and Drawing Techniques - Beginners</strong></td>
<td>Learn some tips and basic drawing techniques that will enable you to paint with watercolours in the subject of your choice.</td>
<td>Croesyceiliog CEC</td>
</tr>
<tr>
<td>FAC090</td>
<td>Tu 19.00 - 21.00</td>
<td>10 weeks</td>
</tr>
<tr>
<td><strong>Photography</strong></td>
<td></td>
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<tr>
<td><strong>Moving Off Auto - Photography for Beginners</strong></td>
<td>Learn to use the settings on your camera. Using photography concepts such as aperture, shutter speed, lighting exposure.</td>
<td>Power Station</td>
</tr>
<tr>
<td>FGP013</td>
<td>W 18.30 - 20.30</td>
<td>4 weeks</td>
</tr>
<tr>
<td><strong>Music</strong></td>
<td></td>
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<tr>
<td><strong>Guitars for Beginners</strong></td>
<td>Learn to play simple melodies and chords, play duets and in small ensembles.</td>
<td>Croesyceiliog CEC</td>
</tr>
<tr>
<td>FAC096</td>
<td>Th 19.00 - 21.00</td>
<td>15 weeks</td>
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<tr>
<td><strong>Guitars for Improvers</strong></td>
<td>Some previous knowledge needed. If you can strum a few cords already this is the course for you.</td>
<td>Croesyceiliog CEC</td>
</tr>
<tr>
<td>FAC098</td>
<td>W 19.00 - 21.00</td>
<td>15 weeks</td>
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<tr>
<td><strong>Psychology</strong></td>
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<tr>
<td><strong>An Introduction to Child Psychology</strong></td>
<td>As your child grows, their unique personality will develop. Understanding child psychology will help you to gather knowledge on how a child's mind works and why they behave and react the way they do.</td>
<td>Power Station</td>
</tr>
<tr>
<td>FGP001</td>
<td>W 19.00 - 21.00</td>
<td>8 weeks</td>
</tr>
<tr>
<td><strong>Writing</strong></td>
<td></td>
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<tr>
<td><strong>Creative Writing</strong></td>
<td>Learn to write poetry, short stories, writing for children, essays and articles, in a friendly group environment.</td>
<td>Power Station</td>
</tr>
<tr>
<td>FAP012</td>
<td>F 10.00 - 12.00</td>
<td>10 weeks</td>
</tr>
<tr>
<td><strong>Sign Language</strong></td>
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<tr>
<td><strong>British Sign Language</strong></td>
<td>Our BSL course will teach you how to communicate using hand and body movement, lip patterns and facial expressions.</td>
<td>Pontypool CEC</td>
</tr>
<tr>
<td>FGS004</td>
<td>Tu 18.30 - 20.30</td>
<td>10 weeks</td>
</tr>
<tr>
<td>FGP008</td>
<td>Th 18.30 - 20.30</td>
<td>10 weeks</td>
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<tr>
<td><strong>Woodturning</strong></td>
<td></td>
<td></td>
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<tr>
<td><strong>Woodturning</strong></td>
<td>Learn or improve your techniques on a lathe or band saw and the use of hand tools to create your own individual project.</td>
<td>Croesyceiliog CEC</td>
</tr>
<tr>
<td>FAC063</td>
<td>M 09.30 - 12.00</td>
<td>12 weeks</td>
</tr>
<tr>
<td>FAC066</td>
<td>M 18.30 - 21.00</td>
<td>12 weeks</td>
</tr>
<tr>
<td>FAC069</td>
<td>Tu 09.30 - 12.00</td>
<td>12 weeks</td>
</tr>
<tr>
<td>FAC072</td>
<td>Tu 18.30 - 21.00</td>
<td>12 weeks</td>
</tr>
<tr>
<td><strong>Woodturning Day School</strong></td>
<td>Learn or improve your techniques on a lathe or band saw and the use of hand tools to create your own individual project.</td>
<td>Croesyceiliog CEC</td>
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<tr>
<td>FAC075</td>
<td>Sa 10.00 - 15.00</td>
<td>1 day</td>
</tr>
<tr>
<td>FAC076</td>
<td>Sa 10.00 - 15.00</td>
<td>1 day</td>
</tr>
<tr>
<td>FAC077</td>
<td>Sa 10.00 - 15.00</td>
<td>1 day</td>
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</tbody>
</table>
I want a job but...

...I haven’t worked for a while
...I’m applying for jobs but I’m not getting anywhere
...I need better qualifications
...I don’t know where to start
...my health is making it difficult

I have a job but...

...I need to earn more
...I want a change
...I need regular hours
...my health is making my job difficult
...I need to update my qualifications

If any of the above fit your situation, we can help.

01633 647743
employability@torfaen.gov.uk

Eligibility Criteria Apply
Torfaen Adult Community Learning supports a wide range of popular clubs.
If you would like to join or would like further information, please telephone the club contact number shown.

### Clubs

<table>
<thead>
<tr>
<th>Centre</th>
<th>Club</th>
<th>Day</th>
<th>Time</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Croesyceiliog</strong></td>
<td>Monday Painters</td>
<td>Monday</td>
<td>13.00 - 15.00</td>
<td>01633 679219</td>
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<tr>
<td>CEC</td>
<td>Cake Decorating and Sugarcraft with Val</td>
<td>Monday</td>
<td>19.00 - 21.00</td>
<td>01291 624391</td>
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<tr>
<td></td>
<td>Sugarcraft Club</td>
<td>Monday</td>
<td>19.00 - 21.00</td>
<td>01633 483431</td>
</tr>
<tr>
<td></td>
<td>Patchwork and Quilting</td>
<td>Monday</td>
<td>14.00 - 16.00</td>
<td>01633 868892</td>
</tr>
<tr>
<td></td>
<td>German Intermediate and Conversation</td>
<td>Monday</td>
<td>17.45 - 19.15</td>
<td><a href="mailto:karhowells@hotmail.com">karhowells@hotmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>19.30 - 21.00</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tuesday Painters</td>
<td>Tuesday</td>
<td>10.00 - 12.00</td>
<td>01633 862194</td>
</tr>
<tr>
<td></td>
<td>Cwtchy Quilting</td>
<td>Tuesday</td>
<td>12.00 - 15.15</td>
<td>01873 880424 <a href="mailto:michy8@btinternet.com">michy8@btinternet.com</a></td>
</tr>
<tr>
<td></td>
<td>Cwmbran Woodcarvers</td>
<td>Wednesday</td>
<td>10.00 - 12.00</td>
<td>01633 960142</td>
</tr>
<tr>
<td></td>
<td>Watercolours with Rosemary</td>
<td>Thursday</td>
<td>14.15 - 16.15</td>
<td>01633 679219</td>
</tr>
<tr>
<td></td>
<td>Crow Valley Wood Turners <a href="http://www.crowvalleywoodturners.org.uk">www.crowvalleywoodturners.org.uk</a></td>
<td>Thursday</td>
<td>19.00 - 21.00</td>
<td>01633 647700</td>
</tr>
<tr>
<td></td>
<td>Watercolours with Rosemary</td>
<td>Friday</td>
<td>10.00 - 12.00</td>
<td>01633 679219</td>
</tr>
<tr>
<td></td>
<td>Green Valley Quilters</td>
<td>3rd Saturday</td>
<td>10.30 - 15.00</td>
<td>01633 865291</td>
</tr>
<tr>
<td></td>
<td>Gwent Creative Stitch and Textiles</td>
<td>3rd Saturday</td>
<td>10.00 - 15.30</td>
<td>01633 267507</td>
</tr>
<tr>
<td><strong>Pontypool</strong></td>
<td>Parchment Card Creation</td>
<td>Tuesday</td>
<td>13.00 - 15.00</td>
<td>01495 742600</td>
</tr>
<tr>
<td><strong>CEC</strong></td>
<td>Watercolours with Rosemary</td>
<td>Wednesday</td>
<td>13.00 - 15.00</td>
<td>01495 742600</td>
</tr>
<tr>
<td></td>
<td>Yoga</td>
<td>Wednesday</td>
<td>13.45 - 15.45</td>
<td>01495 742600</td>
</tr>
<tr>
<td></td>
<td>Generation Tappers</td>
<td>Thursday</td>
<td>18.00 - 19.00</td>
<td>01495 742600</td>
</tr>
<tr>
<td></td>
<td>Rag Rugs</td>
<td>Thursday</td>
<td>19.00 - 21.00</td>
<td>01495 742600</td>
</tr>
<tr>
<td></td>
<td>Patchwork and Quilting</td>
<td>Friday</td>
<td>09.30 - 16.00</td>
<td>01495 742600</td>
</tr>
<tr>
<td><strong>Power Station</strong></td>
<td>Crochet Club</td>
<td>Monday</td>
<td>10.30 - 12.30</td>
<td>01633 862863</td>
</tr>
<tr>
<td></td>
<td>Art Club (Painting and Drawing)</td>
<td>Tuesday</td>
<td>09.15 - 12.15</td>
<td>07775 788352</td>
</tr>
</tbody>
</table>

If you are a club looking for a new venue, we have great facilities to hire. Please contact 01633 647647 for more information.