

Adult Learners' Week 20 - 26 September 2021

# Free Live Taster Sessions

Change your story



**Working Wales**

#changeyourstory

LIMITED PLACES

**BOOK NOW**

CLICK ON THE WEBLINK BUTTONS

## MONDAY 20 SEPTEMBER 2021

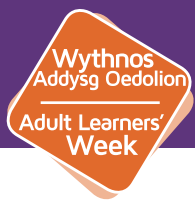
LEARNING PROVIDER	EVENT	TIME	PLATFORM / LOCATION	WEBLINK BUTTON:
Community Music Wales	<b>Create your own music &amp; lyrics</b>	2pm - 3pm	Online via Zoom email to book you place	<b>EMAIL</b>
Muddy Care CIC	<b>How to manage well mental health and wellbeing whilst living with chronic health conditions.</b>	7pm - 9pm	Online via Zoom	
Muddy Care CIC	<b>How to manage living in a COVID environment well when you are extremely clinically vulnerable.</b>	7pm - 9pm	Online via Zoom	
Caia Park Partnership	<b>Adult Learners' Week open taster sessions</b>	10am - 3pm	Caia Park Partnership, Prince Charles Road, Wrexham, LL13 8TH	
Cardiff Council Adult Learning: Learning for Life/ Learning for Work	<b>Introduction to Italian for Beginners</b>	1pm - 2:30pm	Ely and Caerau Hub, Cowbridge Road West, Ely, Cardiff, CF5 5BQ	
Torfaen Adult Community Learning	<b>Introduction to Child Psychology</b>	7pm - 8pm	Online via Microsoft teams. The link will be issued to those who have registered. Email to book your place or call 01633 647647	<b>EMAIL</b>

Events are completely free to attend. Learning and Work Institute and partners would never ask for personal details such as bank details. When the event is live, please do not click on any links that you are unsure of and report any suspicious activity straight away.

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LEARNING PROVIDER	EVENT	TIME	PLATFORM / LOCATION	WEBLINK BUTTON:
Chwarae Teg	<b>Be inspired. Hear from refugee and asylum seeking women sharing their stories of learning</b>	10am - 11am	Online via YouTube	
Learn Cymraeg	<b>Welsh Taster Session</b>	12:30pm - 1:30pm	Facebook Live	
Dysgu Bro Ceredigion	<b>Introduction to Animate</b>	5pm - 7pm	Online - email to book your place	<b>EMAIL</b>
First Campus	<b>Evaluation of Adult Creative Writing and Animation Programme</b>	10:30am - 11:15am	Online via Microsoft Teams	<b>EMAIL</b>
Parents Learning Group	<b>Skills Session</b>	8:30am - 10:30am	Cathays High School, Crown Way, Cardiff CF14 - Email to book your place	<b>EMAIL</b>
Parents Learning Group	<b>Fitness session</b>	10:30am - 11:30am	Cathays High School, Crown Way, Cardiff CF14 - Email to book your place	<b>EMAIL</b>
Unite Wales Union Learning Fund	<b>Mental Health Awareness</b>	10am - 12:30pm	Online via Zoom	

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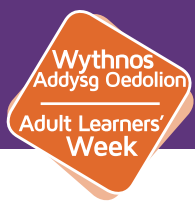
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## TUESDAY 21 SEPTEMBER 2021

LEARNING PROVIDER	EVENT	TIME	PLATFORM / LOCATION	WEBLINK BUTTON:
Community Music Wales	<b>Create your own Music and Lyrics</b>	7pm - 8pm	Online via Zoom - Email to book your place	<a href="#">EMAIL</a>
Aneurin Leisure Adult Community Learning	<b>Cooking for Adults with Independent Living Skills</b>	2:15pm - 4:15 pm	Online via Zoom	<a href="#">EMAIL</a>
Swansea College of Art, UWTSO	<b>Workshop 1: Post Garden Mini Collages (Surface Pattern &amp; Textiles)</b>	10am - 4:30pm	The Quadrant - Dillwyn St, Swansea SA1 3QW - numbers for workshops will be restricted by the capacity of the delivery space but drop in participation will be available	
Swansea College of Art, UWTSO	<b>Workshop 2: Make a Statement! Typography and Stencilling (Graphic Design and Fine Art)</b>	10am - 4:30pm	The Quadrant - Dillwyn St, Swansea SA1 3QW - numbers for workshops will be restricted by the capacity o f the delivery space but drop in participation will be available	
Cardiff Council Adult Learning: Learning for Life/ Learning for Work	<b>Drawing Amazing Animals</b>	10am - 12pm	Ely Hub, Cowbridge Road, Ely, Cardiff CF5 5BQ	
Learning Pembrokeshire (North)	<b>Open Day Health &amp; Wellbeing Taster Sessions</b>	1:30pm - 3:30pm	Fishguard Community Learning Centre - Ysgol Bro Gwaun, Heol Dyfed, Fishguard SA65 9DT Email to book your place	<a href="#">EMAIL</a>
Digital Communities Wales	<b>Learning Welsh with digital tools</b>	2pm - 3pm	Online via Zoom	

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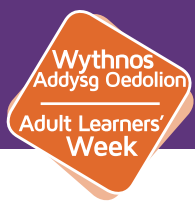
## TUESDAY 21 SEPTEMBER 2021

LEARNING PROVIDER	EVENT	TIME	PLATFORM / LOCATION	WEBLINK BUTTON:
Football Association of Wales Trust	<b>Learn more about football coaching, volunteering and making connections</b> <b>Access to resources and an e-learning module</b>	6pm - 8pm	Online via Zoom	
City and County of Swansea Lifelong Learning Service	<b>Wow with Watercolour!</b>	11am - 12pm & 12pm - 1pm	The Arc - Action Resource Centre, 45 Broughton Avenue, Portmead, SA5 5JS	
Unlocked Learning Cymru	<b>The Environment and You</b>	10.30am - 12pm	Microsoft Teams Email to book your place	<b>EMAIL</b>
Coleg Menai	<b>Gardening for Beginners</b>	10am - 12pm	Email to book your free place	<b>EMAIL</b>
Coleg Menai	<b>Slow Sewing</b>	10am - 12pm	Online - email to book you place	<b>EMAIL</b>
Vale Learning Network	<b>Get into Construction</b>	10am - 3pm	Palmerston Centre Cadoc Cres, Barry, CF63 2NT - Email to book your place or call 07874156318	<b>EMAIL</b>
Vale Learning Network	<b>Jewellery making</b>	12:30pm - 2:30pm	Palmerston Centre Cadoc Cres, Barry, CF63 2NT - Email to book your place or call 01446 733762	<b>EMAIL</b>
Vale Learning Network	<b>'Human Library' 21st Century Schools Project</b>	10am - 12pm	Barry Library, 160 Kings Square, Barry CF63 4RW - Call to book your place 01446 422425	

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# Live Free Taster Sessions



## WEDNESDAY 22 SEPTEMBER 2021



LEARNING PROVIDER	EVENT	TIME	PLATFORM / LOCATION	WEBLINK BUTTON:
Wales Council for Deaf People	<b>Deaf/Deafblind Awareness Sessions</b>	9.30am - 12.30pm	Glenview House, Court House St, Pontypridd CF37 1JY. Live classroom from our offices in Pontypridd	
Aneurin Leisure Adult Community Learning	<b>Staying Safe online</b>	2pm - 3pm	Online via Zoom	<b>EMAIL</b>
Cardiff Council Adult Learning: Learning for Life/ Learning for Work	<b>Have a Go Technology Session</b>	4pm - 6pm	Online - the link will be sent out 24 hours before the session starts	
Cardiff Council Adult Learning: Learning for Life/ Learning for Work	<b>Interview Skills</b>	10am - 12pm	Online - the link will be sent out 24 hours before the session starts	
Football Association of Wales Trust	<b>Learn more about football coaching, volunteering and making connections Access to resources and an e-learning module</b>	10am - 12.30pm	Newport International Sports Village, Newport NP19 4RA	
City and County of Swansea Lifelong Learning Service	<b>New to Needlecraft</b>	11am - 12pm & 12pm - 1pm	The Arc - Action Resource Centre, 45 Broughton Avenue, Portmead, SA5 5JS	
TAPE Community Music and Film	<b>2D animation (traditional and digital)</b>	10:30am - 12pm 1pm - 2:30pm 3pm - 4:30pm	TAPE Community Music and Film - Berthes Rd, Old Colwyn, Colwyn Bay LL29 9SD Email to book your free place	<b>EMAIL</b>
Merthyr Tydfil Adult Community Learning	<b>Free Film Showing of PRIDE</b>	6:30pm - 9pm	Theatr Soar, Pontmorlais W, Merthyr Tydfil CF47 8UB - Please email to book your place or call 079849309574	<b>EMAIL</b>

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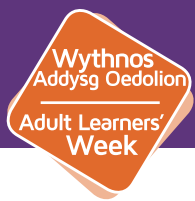
LEARNING PROVIDER	EVENT	TIME	PLATFORM / LOCATION	WEBLINK BUTTON:
Swansea Music Art Digital	<b>Being Safe and Confident Online</b>	11am - 12pm	Swansea Music Art Digital - 216 High Street, Swansea, SA1 1PE Email to book your place	<b>EMAIL</b>
Coleg Menai	<b>Photography taster</b>	1pm - 3pm	In person event, email to book your place	<b>EMAIL</b>
Dysgu Bro Ceredigion	<b>Introduction to Microsoft Word</b>	1:30pm - 2:30pm	Email to book your place	<b>EMAIL</b>
Dysgu Bro Ceredigion	<b>Introduction to Microsoft Excel</b>	10am - 11am	Email to book your place	<b>EMAIL</b>
Cardiff Metropolitan University	<b>Creative Writing</b>	10am - 12pm	Online - Email to book your place	<b>EMAIL</b>
Cardiff Metropolitan University	<b>Introduction to Psychology</b>	10am - 12pm	Online - Email to book your place	<b>EMAIL</b>
Vale Learning Network	<b>Photo Challenge</b>	1pm - 4pm	Penarth Pier, The Esplanade, Penarth CF64 3AU	<b>EMAIL</b>
Lark Design Make	<b>Sewing for beginners</b>	10am - 11am	Lark studio, 36 Dogfield street, CF24 4QZ - Email to book your place	
Grŵp Llandrillo Menai	<b>Planning your Future</b>	1pm - 1:15pm	Online via Facebook Live	

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## THURSDAY 23 SEPTEMBER 2021

LEARNING PROVIDER	EVENT	TIME	PLATFORM / LOCATION	WEBLINK BUTTON:
Wales Council for Deaf People	<b>British Sign Language Taster Sessions</b>	10am to 11am	Glenview House, Court House St, Pontypridd CF37 1JY	
Deeside Community Trust	<b>Have a Go tasters</b>	10am - 3pm	Prince Charles Road, Wrexham, LL13 8TH	
Menter Iaith Sir Caerffili	<b>Discussion Sessions for Welsh speakers and learners</b>	10am - 11:30am	In-person event - email to book your place	<b>EMAIL</b>
Digital Communities Wales	<b>Use the Internet to Learn New Skills</b>	2pm - 3pm	Online via Zoom	
Football Association of Wales Trust	<b>Learn more about football coaching, volunteering and making connections Access to resources and an e-learning module</b>	6pm - 8pm	Online via Zoom	
City and County of Swansea Lifelong Learning Service	<b>Fabulous Floristry!</b>	11am - 12pm & 12pm - 1pm	The Arc - Action Resource Centre, 45 Broughton Avenue, Portmead, SA5 5JS	
Chwarae Teg	<b>Women Rising: your journey Why it's worth investing in you</b>	10am - 11:30am	Online	

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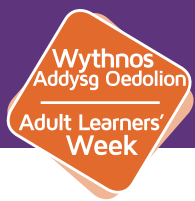
LEARNING PROVIDER	EVENT	TIME	PLATFORM / LOCATION	WEBLINK BUTTON:
Open University in Wales & Wales TUC	<b>Introduction to Social Prescribing</b>	2pm - 3pm	Online through Microsoft Teams	
Coleg Menai	<b>Photography taster</b>	1pm - 3pm	In-person event - email to book your place	<b>EMAIL</b>
Coleg Menai	<b>Gardening for Beginners</b>	1pm - 3pm	In-person event - email to book your place	<b>EMAIL</b>
Big Ideas Wales	<b>Can I Really Start My Own Business? Yes You Can! - The A-Z of Business skills</b>	2.30pm - 5.00pm	Online - Email to book your place	<b>EMAIL</b>
Careers Wales	<b>Introduction to Career Guidance</b>	10am - 11:30am	Online	
Parent Learning Group	<b>Team building skills</b>	9:30am - 2:30pm	Cathays High School, Crown Way, Cardiff CF14 - Please email to book your place	<b>EMAIL</b>

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## FRIDAY 24 SEPTEMBER 2021


LEARNING PROVIDER	EVENT	TIME	PLATFORM / LOCATION	WEBLINK BUTTON:
Aneurin Leisure Adult Community Learning	<b>Family Cooking for all ages and abilities</b>	4:15pm - 6:15pm	Live via Zoom - Numbers will be restricted to 8 and places must be booked	<b>EMAIL</b>
Cardiff Council Adult Learning: Learning for Life/ Learning for Work	<b>Microsoft Make Code Session</b>	12.30pm - 2.30pm	Ely and Careau Hub, Cowbridge Road West, Ely, Cardiff, CF5 5BQ	
Menter Iaith Sir Caerffili	<b>Arlunio Argraffu Lino - Lino Printing (through the medium of Welsh)</b>	10am - 2pm	In-person event - email to book your place	<b>EMAIL</b>
Cardiff Council Adult Learning: Learning for Life/ Learning for Work	<b>Basic First Aid, CPR and defibrillator training</b>	10am - 12pm	Ely and Caerau Hub, Cowbridge Road West, Ely, Cardiff, CF5 5BQ	
Cardiff Council Adult Learning: Learning for Life/ Learning for Work	<b>Introduction to Pottery</b>	12pm - 2pm	Llanover hall Arts Centre, Romily Road, Canton, Cardiff	
Cardiff Council Adult Learning: Learning for Life/ Learning for Work	<b>Learn how to Animate</b>	10am - 12pm	Central Library Hub, The Hayes, Cardiff, CF10 1FL	

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## FRIDAY 24 SEPTEMBER 2021

LEARNING PROVIDER	EVENT	TIME	PLATFORM / LOCATION	WEBLINK BUTTON:
Cardiff Council Adult Learning: Learning for Life/ Learning for Work	<b>Introduction to Spanish for Beginners</b>	1pm - 2:30pm	Llandaff North and Gabalfa Hub, College Road, Cardiff, CF14 2HU	
Cardiff Council Adult Learning: Learning for Life/ Learning for Work	<b>Creative Writing: Writing from Memories</b>	1pm - 2.30pm	Ely and Careau Hub, Cowbridge Road West, Ely, Cardiff, CF5 5BQ	
City and County of Swansea Lifelong Learning Service	<b>Creative Calligraphy!</b>	11am - 12pm & 12pm - 1pm	The Arc - Action Resource Centre, 45 Broughton Avenue, Portmead, SA5 5JS	
TAPE Community Music and Film	<b>Stop motion animation</b>	10.30am - 12pm 1pm - 2.30pm 3pm - 4.30pm	TAPE Community Music and Film - Berthes Rd, Old Colwyn, Colwyn Bay LL29 9SD Email to book your place	<b>EMAIL</b>
Vale Learning Network	<b>First aid for the Workplace</b>	9:30pm - 3:30pm	Palmerston Centre, Cadoc Cres, Barry CF63 2NT - Please email to book your place or call 01446 733762	<b>EMAIL</b>
Unite Wales Union Learning Fund	<b>Confidence Building &amp; Assertiveness</b>	1:15pm - 3:15pm	Online via Microsoft Teams	

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