

Free COURSES FOR ADULTS

Starting April 2024

Improve your skills and gain qualifications
and build your confidence!



**** COURSES ARE SUBJECT TO ELIGIBILITY ****

| Course Title | Start | Day | Time | Wks | Venue |
|--------------|-------|-----|------|-----|-------|
|--------------|-------|-----|------|-----|-------|

EMPLOYABILITY

| | | | | | |
|-----------------------------|---------------|-----|--------------|-------|-------------------|
| British Sign Language Pt 1 | 15-Apr | MON | 4-6pm | 10 | Live online |
| British Sign Language Pt 1 | 16-Apr | TUE | 12.30-2.30pm | 10 | Live online |
| Confidence Building | 15-Apr | MON | 9.30-3.30pm | 1 | Barry JCP |
| Customer Service | 22-Apr | MON | 9.30-3.30pm | 1 | Barry JCP |
| Health & Safety/Fire Safety | 29-Apr | MON | 9.30-3.30pm | 1 | Barry JCP |
| First Aid | 13-May | MON | 9.30-3.30pm | 1 | Barry JCP |
| Manual Handling | 20-May | MON | 9.30-3.30pm | 1 | Barry JCP |
| Health & Safety/Fire Safety | 17-Apr/5-Jun | WED | 9.30-3.30pm | 1 Day | Palmerston Centre |
| First Aid | 24-Apr/12-Jun | WED | 9.30-3.30pm | 1 Day | Palmerston Centre |
| Customer Service | 1-May/19-Jun | WED | 9.30-3.30pm | 1 Day | Palmerston Centre |
| Working at Heights | 8-May/26-Jun | WED | 9.30-3.30pm | 1 Day | Palmerston Centre |
| Manual Handling | 15-May/3-Jul | WED | 9.30-3.30pm | 1 Day | Palmerston Centre |
| Food Hygiene | 7-Jun | FRI | 9.30-3.30pm | 1 Day | Palmerston Centre |
| Intro to Comp Therapies | 19-Apr | FRI | 12.30-2.30pm | 10 | Palmerston Centre |
| Intro to Hair & Beauty | 19-Apr | FRI | 9.30-11.30am | 10 | Palmerston Centre |
| Intro to Volunteering | 9-May | THU | 9.30-12.30pm | 3 | Palmerston Centre |
| Intro to Childcare | 18-Apr | THU | 9.30-11.30am | 10 | Palmerston Centre |

ESSENTIAL SKILLS

| | | | | | |
|------------------|--------|-----|--------------|----|-------------------|
| Maths Workshop | 8-Apr | MON | 12.30-2.30pm | 12 | Palmerston Centre |
| English Workshop | 11-Apr | THU | 12.30-2.30pm | 12 | Palmerston Centre |

To book ☎ 01446 733762

gbotfree.org

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| DIGITAL SKILLS | | | | | |
| Get Creative with Canva | 17-Apr | WED | 4-6pm | 1 | Palmerston Centre |
| Get into Google | 24-Apr | WED | 4-6pm | 1 | Palmerston Centre |
| Get into iPads | 15-May | WED | 4-6pm | 1 | Palmerston Centre |
| Get Safe Online | 1-May | WED | 4-6pm | 1 | Palmerston Centre |
| Video Creation | 8-May | WED | 4-6pm | 1 | Palmerston Centre |
| Everyday Digital Apps | 17-Apr | WED | 12.30-2.30pm | 5 | The POD |
| Digital Beginners | 17-Apr | WED | 12.30-2.30pm | 10 | Palmerston Centre |
| Digital Beginners | 18-Apr | THU | 10-12noon | 10 | Barry Library |
| ICDL Workshops Lev 1,2,3 | w/c 8-Apr | Various | Various | 10 | Palmerston/Library |
| Digital Workshop | 8-Apr | MON | 10-12noon | 10 | St Athan GP |
| Digital Workshop | 8-Apr | MON | 12.30-2.30pm | 10 | CF61, Llantwit |
| Digital Jobseekers | 11-Apr | THU | 10-12noon | 10 | Penarth JCP |
| Digital Jobseekers | 16-Apr | TUE | 10-12noon | 5 | Barry JCP |
| Digital Support Drop-in | w/c 8-Apr | Various | Various | wkly | Palmerston Centre |

HEALTH AND WELLBEING

| | | | | | |
|-------------------------|--------|-----|--------------|------|-------------------|
| Confidence & Wellbeing | 16-Apr | TUE | 9.30-11.30am | 10 | Palmerston Centre |
| Grow Your Own Veg | 8-Apr | MON | 10-12noon | 10 | Palmerston Centre |
| Men Shed CLUB | 12-Apr | FRI | 1-3pm | 10 | Palmerston Centre |
| Pottery & Ceramics | 15-Apr | MON | 4-6pm | 10 | Palmerston Centre |
| Sew Simple Skills | 11-Apr | THU | 1-3pm | 10 | Palmerston Centre |
| Sugarcraft Skills | 18-Apr | THU | 12.30-2.30pm | 10 | Live online |
| Woodwork 1 New Learners | 19-Apr | FRI | 9.15-10.45am | 10 | Palmerston Centre |
| Woodwork 2 Improvers | 19-Apr | FRI | 11-12.45pm | 10 | Palmerston Centre |
| Cooking on a Budget | 15-Apr | MON | 12.30-2.30pm | 5 | Palmerston Centre |
| Your Space Drop-in | 12-Apr | FRI | 1-3pm | Wkly | Palmerston Centre |

Palmerston Community Learning Centre
Cadoc Crescent
Barry CF63 2NT



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