

Get back on Track!

Fully funded courses

New Courses Jan - Mar 2021

VALE OF GLAMORGAN

FREE COURSES TO HELP YOU:

- | | |
|-----------------------------------|----------------------------------|
| • Gain skills and qualifications | • Get help with jobsearch |
| • Build your confidence | • Improve your English and Maths |
| • Boost your health and wellbeing | • Employability Skills |

Palmerston Centre will be open with procedures in place to ensure safety, hygiene and social distancing. Courses in the wider community have been postponed and will resume as soon as possible.

How can I Enrol?

Enrolments will be taken by appointment only. Please email or telephone in the first instance to register your interest. Please note that priority will be given to eligible learners.

Flexible Learning opportunities!

Look out for our Distance Learning Courses ★ with the opportunity to learn at your own pace, with online support and tutorials! This flexible way of learning is an ideal way to fit around your family and work commitments. Support will be available to help you learn using your digital devices.

DIGITAL SKILLS WORKSHOPS



ECDL
European
Computer
Driving
Licence

DIGITAL SKILLS WORKSHOPS ★(distance learning available)

Accredited Computer Workshops at all levels. You will be able to complete a range of Agored Cymru units or ECDL at levels 1, 2 & 3 (advanced), including word processing, presentations, spreadsheets, databases, desktop publishing, and internet and email. Workshops take place at various times of the morning, afternoon and evening at the following venues:

- Palmerston Centre
- Vale Learning Centre
- St Athan
- Llantwit Major

Please contact 01446 733762 and we will allocate a course to suit your needs. (places available)

SATURDAY DIGITAL SKILLS WORKSHOP ★(distance learning available)

Ideal for those in employment who would like to update their digital skills.

Sat 10-12noon (10 wks) Vale Learning Centre, Barry Library (places available)

📞 01446 733762 TO BOOK YOUR PLACE

Continued....

DIGITAL SKILLS WORKSHOPS (Cont.)

DIGITAL SKILLS FOR THE OFFICE ★(distance learning available) Using Digital Skills for business; general office skills e.g. invoicing, petty cash claims, financial income and expenditure, etc.

Tue, 12.30-2.30pm (10 wks) Palmerston Centre, Barry (places available)

DIGITAL DEVICES AND TOOLS ★(distance learning available) Get the best from your digital devices, iPads, tablets, smart watches, cameras, phones and digital assistants.

Wed 7-9pm (10 wks) Palmerston Centre, Barry (places available)

DIGITAL LITERACY ★(distance learning available) Learn how to keep safe online, and how to use a range of devices, digital techniques, apps and tools.

Wed 12.30-2.30pm (10 wks) Palmerston Centre, Barry (places available)

DIGITAL DROP IN Computers available with help and support for applying for jobs online, word processing your CV, using your devices, using Zoom and other platforms for interview.

Thu 12-2pm Palmerston Centre, Barry

INTRODUCTION TO ZOOM Learn how to get set up on Zoom with a one to one tutorial, followed a group practice to get confident at using Zoom and other meeting platforms. You will need a suitable device to access Zoom. Contact Palmerston Centre to book your place (01446 733762)

ESSENTIAL SKILLS

ESSENTIAL SKILLS WORKSHOPS (Maths & English) ★(distance learning available)

Workshops take place at various times of the morning, afternoon and evening at the following venues:

• Palmerston Centre • Vale Learning Centre (Contact 01446 736466 or 733762 and we will allocate you a course.)

MONEYWISE

Starts Thu 14 Jan 12.30-2.30pm (5 wks) Palmerston Centre, Barry

SKILLS FOR THE WORKPLACE



EMPLOYABLE ME! (includes CV Writing, Customer Service, Health & Safety, Fire Safety and First Aid)

Starts Mon 11 Jan 9.30-4pm (5 wks, 1 day workshops) Palmerston Centre, Barry

Starts Fri 15 Jan 9.30-4pm (5 wks, 1 day workshops) Palmerston Centre, Barry

INTRODUCTION TO CHILDCARE

Starts Wed 13 Jan, 9.30-11.30am (10 wks) Palmerston Centre, Barry

#IT'S ALL ABOUT YOU! THE PERSONAL DEVELOPMENT TOOLKIT



PERSONAL DEVELOPMENT TOOLKIT (Build your Confidence, Manage your Stress, Time Management, Coping with Anger, Communication and Counselling) ★(distance learning available)

Starts Mon 11 Jan or Tue 12 Jan, 12.30-2.30pm (10 wks) Palmerston Centre, Barry

BRITISH SIGN LANGUAGE ★(distance learning only)

Part 1 Starts Mon 11 Jan, 6.30-8.30pm (10 wks) Palmerston Centre, Barry

Part 2 Starts Thu 14 Jan, 1-3pm (15 wks) Palmerston Centre, Barry

INFORMAL LEARNING



WOODWORK

Starts Tue 12 Jan, 9.30-11.30am (5 wks) Palmerston Centre, Barry

SUGARCRAFT SKILLS ★(distance learning only)

Starts Thu 14 Jan, 12.30-2.30pm (10 wks) Palmerston Centre, Barry

GROW YOUR OWN FRUIT & VEG ★(distance learning available)

Starts Thu 14 Jan, 9.30-11.30am (10 wks) Palmerston Centre, Barry

COURSES FOR HEALTH & WELLBEING (for those with an experience of mental health)



POTTERY AND CERAMICS

Starts Mon 11 Jan, 3-5pm (10 wks) Palmerston Centre, Barry (places available)

CONFIDENCE BUILDING

Starts Thu 14 Jan, 1-3pm (5 wks) Palmerston Centre, Barry

COURSES THROUGH THE MEDIUM OF WELSH

CAFFI CYMRAEG ★(distance learning only)

Starts Sat 16 Jan, 10-12noon (10 weeks) Palmerston Centre, Barry (places available)

CLUBS (contact Palmerston Centre 01446 733762 for more info)

MENS SHED CLUBS

Timber Shack Fri 1-3pm (weekly) (places available)

Guitar Group Fri 1-3pm (weekly) (places available)

OTHER VALE OF GLAMORGAN LEARNING PROVIDERS



Vale Courses

A wide variety of leisure courses for adults at venues across the Vale, including Art, Textiles, ICT, Languages,

Cookery, Music & Dance, and more!
Visit valecourses.org
to download the latest brochure.



Vale Learning Centre

FREE basic skills courses for adults in reading, writing, maths and

computing. We also offer ESOL courses for people who want to learn English.
Visit valeofglamorgan.gov.uk/vlc
to download the latest brochure.



Learn Welsh - The Vale

A wide range of provision, from courses for absolute beginners to

proficiency. Wherever you are on your journey to fluency, let us help you on your way!
Visit learnwelsh.cymru
to download the latest brochure.



www.gbotfree.org



www.facebook.com/gbotfree



www.twitter.com/valegbot

Cadoc Crescent, Barry CF63 2NT | Tel 01446 733762 | www.gbotfree.org

