

# COURSES FOR ADULTS

Education  
Prospectus  
2022-23



**VALE COURSES**  
*Bringing learning to life!*



01446 773831



valecourses.org

**VC**  
ValeCourses  
Adult Learning



# Welcome

## Vale Courses at the Old Hall

Vale Courses operate from Old Hall, Cowbridge which is a grade II listed building, with its delightful gallery, inspiring classrooms, pop-up shop and beautiful gardens.

Our wide-ranging courses are designed to enhance wellbeing and offer high quality opportunities to discover and develop interests which enrich quality of life. Courses also take place at accessible community venues across the Vale of Glamorgan. Courses cover Arts, Crafts, Languages and much more, taking place during the day, evening and at weekends.

### VISIT THE OLD HALL, COWBRIDGE

Old Hall has lots to offer, why not pay us a visit? Don't forget to also visit the Old Hall Gardens and the Physic Garden - free admission.

#### Art Gallery @ The Old Hall

Call in and browse - **FREE ADMISSION**. A friendly and welcoming gallery on the ground floor of Old Hall. Open since 1975 and continues to support Welsh and local artists as well as a selection of new talent from the community.

Also, keep up to date with the Vale Makers as they showcase their pieces and use the Old Hall for their Vale Maker's Market.

If you would like to exhibit in our gallery or hire a glass cabinet, then please get in touch.

#### Pop Up Shop @ The Old Hall

Visit or hire our Pop Up Shop for local artists and makers.

Located on the ground floor with its own front door onto the High Street. Expand your business idea and find new customers quickly with our Pop Up Shop in the Old Hall, Cowbridge.

Hire our Pop Up Shop for £15 per day for a minimum of 5 days. Interested? Please get in touch.

Are you looking to book a room or venue?

Rooms are available for hire at the Old Hall, Cowbridge for meetings, training and workshops. Please get in touch.

### CONTACT US

 **01446 773831**

Email: [valecourses@valeofglamorgan.gov.uk](mailto:valecourses@valeofglamorgan.gov.uk)  
[www.valecourses.org](http://www.valecourses.org)





# Getting Started

## Your guide to enrolling

Vale Courses is part of Adult Community Learning in the Vale of Glamorgan.

### HOW TO ENROL

Telephone our team on 01446 773831 to book your place on a course using a card payment. Remember to book early as courses fill up quickly and we wouldn't want you to miss out.

### REFUNDS

Refunds are not normally given except when we close a course. Every effort is made to avoid cancelling or shortening courses.

*The Vale Council reserves the right to change tutors, courses and times at any time.*

### DISABILITY

Please let us know if you have a disability which may affect participation in your chosen course prior to enrolling.

### TERM DATES

#### TERM 1

26 September to 9 December 2022

Half term: 31 October to 4 November 2022

#### TERM 2

16 January to 31 March 2023

Half term: 20 to 24 February 2023

#### TERM 3

17 April to 3 July 2023

Half term: 29 May to 2 June 2023



**valeconnect**

Signup for regular email updates at  
[www.valecourses.org](http://www.valecourses.org)

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# COURSE PROGRAMME 2022/23

Course Title	Starts	Day	Time	Wks	Cost	Venue
					£	
<b>ART</b>						
Acrylics on the Pier	28/09/22	WED	1300-1500	10	101.00	Penarth Pier Pavilion
Autumn Leaves in Ink and Pencils	19/11/22	SAT	1000-1600	1	35.00	Old Hall Cowbridge
Drawing and Painting Found Objects	26/09/22	MON	1000-1200	15	151.50	Old Hall Cowbridge
Drawing and Painting Mixed Media	27/09/22	TUE	1000-1200	15	151.50	Old Hall Cowbridge
Drawing and Painting Mixed Media	27/09/22	TUE	1900-2100	10	101.00	Old Hall Cowbridge
Drawing and Painting Mixed Media	28/09/22	WED	1000-1200	15	151.50	Village Hall Treoes
Drawing and Painting Mixed Media	28/09/22	WED	1330-1530	15	151.50	Village Hall Treoes
Drawing and Painting Mixed Media	29/09/22	THU	1000-1200	15	151.50	Old Hall Cowbridge
Drawing and Painting Mixed Media	29/09/22	THU	1300-1500	15	151.50	Old Hall Cowbridge
Drawing and Painting Mixed Media	27/09/22	TUE	1000-1200	10	101.00	Castleland
Drawing and Painting Mixed Media	27/09/22	TUE	1430-1630	10	101.00	Wick Village Hall
Drawing and Painting Mixed Media	28/09/22	WED	1300-1500	10	101.00	Wick Village Hall
Drawing and Painting Mixed Media for Beginners	30/09/22	FRI	1000-1200	10	101.00	Village Hall Treoes
Drawing and Painting Watercolours	26/09/22	MON	1900-2100	15	151.50	Google Classrooms
Drawing and Painting Watercolours	27/09/22	TUE	1300-1500	10	101.00	Castleland
Flowers in Indian Ink and Gouache Wash Off	25/03/23	SAT	1000-1600	1	35.00	Old Hall Cowbridge
Hand Coloured Lino Festive Cards	03/12/22	SAT	1000-1600	1	35.00	Old Hall Cowbridge
Hand Printing	27/09/22	TUE	1330-1530	5	50.50	Old Hall Cowbridge
Hand Printing	08/11/22	TUE	1330-1530	5	50.50	Old Hall Cowbridge
Introduction to Hand Printing	27/09/22	TUE	1600-1800	5	50.50	Old Hall Cowbridge
Introduction to Hand Printing	08/11/22	TUE	1600-1800	5	50.50	Old Hall Cowbridge
Life Drawing	27/09/22	TUE	1300-1500	10	136.00	Old Hall Cowbridge
Life Drawing	27/09/22	TUE	1900-2100	10	136.00	Old Hall Cowbridge
Night Scene in Acrylic ink and Oil Pastel	26/11/22	SAT	1000-1600	1	35.00	Old Hall Cowbridge
Painting Flowers in Watercolour	27/09/22	TUE	1000-1200	10	101.00	Zoom Online
Painting in Pen & Watercolour Wash	30/09/22	FRI	1330-1530	5	50.50	Village Hall Treoes
Painting in Pen & Watercolour Wash	11/11/22	FRI	1330-1530	5	50.50	Village Hall Treoes
Portraiture	26/09/22	MON	1300-1500	15	151.50	Old Hall Cowbridge
Portraiture	30/09/22	FRI	1000-1200	15	151.50	Old Hall Cowbridge
Portraiture	30/09/22	FRI	1230-1430	10	101.00	Old Hall Cowbridge
Still Life Drawing Techniques	04/03/23	SAT	1000-1600	1	35.00	Old Hall Cowbridge
Textured Watercolour & Acrylic	18/03/23	SAT	1000-1600	1	35.00	Old Hall Cowbridge
Watercolours on the Pier	28/09/22	WED	1000-1200	10	101.00	Penarth Pier Pavilion
<b>COMPUTERS</b>						
Get Digital - Computers for Beginners	29/09/22	THU	1300-1500	10	101.00	Old Hall Cowbridge
Get Digital - Computers for Beginners	29/09/22	THU	1500-1700	10	101.00	Penarth Library
Get Digital - Computers for Improvers	19/01/23	THU	1300-1500	10	101.00	Old Hall Cowbridge
Get Digital - Computers for Improvers	19/01/23	THU	1500-1700	10	101.00	Penarth Library
<b>CRAFTS</b>						
An Introduction to Die-Cutting	19/11/22	SAT	1000-1600	1	40.00	Old Hall Cowbridge
Beads & Jewellery Techniques for Christmas Decorations	26/11/22	SAT	1000-1600	1	40.00	Old Hall Cowbridge
Colourful Aluminium Jewellery	18/03/23	SAT	1000-1600	1	47.00	Old Hall Cowbridge
Design & Make Beaded Hair Pieces for Weddings	18/03/23	SAT	1000-1600	1	40.00	Old Hall Cowbridge
Design & Make Corded Surf Bracelets	04/03/23	SAT	1000-1600	1	40.00	Old Hall Cowbridge
Design & Make Earrings	25/03/23	SAT	1000-1600	1	40.00	Old Hall Cowbridge
Design & Make Updating Your Own Jewellery	19/11/22	SAT	1000-1600	1	40.00	Penarth Learning Community
Frenchic Painting Furniture	03/12/22	SAT	1000-1600	1	60.00	Palmerston Centre Barry

# COURSE PROGRAMME 2022/23

Course Title	Starts	Day	Time	Wks	Cost	Venue
					£	
<b>CRAFTS (cont.)</b>						
Frenchic Painting Furniture	25/03/23	SAT	1000-1600	1	60.00	Old Hall Cowbridge
Jewellery Making and Design for Beginners & Improvers	26/09/22	MON	1900-2100	10	101.00	Penarth Learning Community
Jewellery Making and Design for Beginners & Improvers	29/09/22	THU	0930-1200	10	126.25	Penarth Pier Pavilion
Jewellery Making and Design for Beginners & Improvers	29/09/22	THU	1330-1530	10	101.00	Palmerston Centre Barry
Pottery and Ceramics	26/09/22	MON	1400-1600	10	116.00	Palmerston Centre Barry
Pottery and Ceramics	03/12/22	SAT	1000-1600	1	35.00	Palmerston Centre Barry
Sugarcraft Cake Decorating	29/09/22	THU	1000-1200	10	101.00	Zoom Online
Sugarcraft Cake Decorating	29/09/22	THU	1900-2100	10	101.00	Zoom Online
Upholstery	26/09/22	MON	1900-2100	10	101.00	Palmerston Centre Barry
Upholstery	27/09/22	TUE	1000-1200	10	101.00	Palmerston Centre Barry
Woodwork & Carpentry	26/09/22	MON	1900-2100	10	101.00	Penarth Learning Community
Woodwork (Beginners) Make a Stool	04/03/23	SAT	1000-1600	1	60.00	Penarth Learning Community
<b>GENERAL</b>						
An Introduction to Creative Writing	27/09/22	TUE	1400-1600	10	101.00	Penarth Pier Pavilion
Chinese Style Cookery	04/03/23	SAT	1000-1600	1	35.00	Penarth Learning Community
Indian Cookery	26/09/22	MON	1900-2100	10	101.00	Penarth Learning Community
Moving Forward with Creative Writing	26/09/22	MON	1900-2100	10	101.00	Zoom Online
Pastries and Desserts from around the world	07/11/22	MON	1830-2100	5	63.00	Penarth Learning Community
Pastries and Desserts from around the world	27/02/23	MON	1830-2100	5	63.00	Penarth Learning Community
Taste of Mediterranean Cookery	26/09/22	MON	1830-2100	5	63.00	Penarth Learning Community
Taste of Mediterranean Cookery	16/01/23	MON	1830-2100	5	63.00	Penarth Learning Community
The Art of Macarons (Beginners)	19/11/22	SAT	1000-1600	1	35.00	Penarth Learning Community
<b>HEALTH AND FITNESS</b>						
Body Toning 55+	28/09/22	WED	0945-1115	10	75.00	Lee Hall Dinas Powys
Introduction to Mindfulness	25/03/23	SAT	1000-1600	1	35.00	Old Hall Cowbridge
Mindful Morning Retreat	26/11/22	SAT	1000-1300	1	25.00	Old Hall Cowbridge
Mindful Movement for Beginners	28/09/22	WED	1730-1900	10	75.75	Old Hall Cowbridge
Mindful Movement for Improvers	28/09/22	WED	1930-2100	10	75.75	Old Hall Cowbridge
Mindful Movement Workshop for Beginners	19/11/22	SAT	1000-1300	1	25.00	Old Hall Cowbridge
Mindful Movement Workshop for Beginners	03/12/22	SAT	1000-1600	1	35.00	Palmerston Centre Barry
Mindful Retreat Day with Mindful Movement	04/03/23	SAT	1000-1600	1	35.00	Old Hall Cowbridge
Tai Chi Shibashi	26/09/22	MON	1000-1130	8	60.00	Trinity Church Penarth
Tai Chi Shibashi	19/11/22	SAT	1000-1300	1	21.00	Penarth Learning Community
Yoga	26/09/22	MON	1000-1130	10	75.00	Old Hall Cowbridge
Yoga	28/09/22	WED	1330-1500	10	75.00	Old Hall Cowbridge
<b>LANGUAGES</b>						
French 4 (Intermediate 2)	26/09/22	MON	0930-1130	15	151.50	Old Hall Cowbridge
French 4 (Intermediate 3)	29/09/22	THU	1200-1400	15	151.50	Old Hall Cowbridge
French 5 (Upper Intermediate 1)	26/09/22	MON	1300-1500	15	151.50	Old Hall Cowbridge
French 5 (Upper Intermediate 2)	30/09/22	FRI	0930-1130	15	151.50	Old Hall Cowbridge
French 5 Advanced (Advanced 3)	28/09/22	WED	1000-1200	15	151.50	Old Hall Cowbridge
French 5 Advanced (Advanced 3)	29/09/22	THU	0930-1130	15	151.50	Old Hall Cowbridge
French 5+ (Upper Intermediate 3)	27/09/22	TUE	1215-1415	15	151.50	Old Hall Cowbridge
French for Beginners	27/09/22	TUE	1900-2100	15	151.50	Old Hall Cowbridge
French for Beginners	29/09/22	THU	1900-2100	15	151.50	Palmerston Centre Barry

To book call 01446 773831

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Course Title	Starts	Day	Time	Wks	Cost	Venue
					£	
<b>LANGUAGES (cont.)</b>						
French for Beginners	30/09/2022	FRI	1300-1500	15	151.50	Old Hall Cowbridge
French Table Ronde (Top Advanced)	27/09/2022	TUE	0930-1130	15	151.50	Old Hall Cowbridge
French Table Ronde (Top Advanced)	27/09/2022	TUE	1430-1630	15	151.50	Zoom Online
German Advanced	27/09/2022	TUE	1530-1730	15	151.50	Old Hall Cowbridge
German Intermediate	29/09/2022	THU	1530-1730	15	151.50	Old Hall Cowbridge
Italian 2	29/09/2022	THU	1900-2100	15	151.50	Old Hall Cowbridge
Italian 2	26/09/2022	MON	1900-2100	15	151.50	Penarth Learning Community
Italian 4	29/09/2022	THU	1400-1600	15	151.50	Old Hall Cowbridge
Italian for Beginners	28/09/2022	WED	1000-1200	15	151.50	Old Hall Cowbridge
Italian for Beginners	29/09/2022	THU	1600-1800	15	151.50	Old Hall Cowbridge
Practica Español	27/09/2022	TUE	1000-1200	15	151.50	Old Hall Cowbridge
Practica Español	28/09/2022	WED	1300-1500	15	151.50	Old Hall Cowbridge
Spanish 3	27/09/2022	TUE	1830-2030	15	151.50	Zoom Online
Spanish 4	27/09/2022	TUE	1300-1500	15	151.50	Old Hall Cowbridge
Spanish 5	29/09/2022	THU	1300-1500	15	151.50	Trinity Church Penarth
Spanish 5+	26/09/2022	MON	1300-1500	15	151.50	Old Hall Cowbridge
Spanish Advanced / Tertulia	26/09/2022	MON	1000-1200	15	151.50	Old Hall Cowbridge
Spanish Advanced / Tertulia	29/09/2022	THU	1000-1200	15	151.50	Trinity Church Penarth
Spanish for Beginners	28/09/2022	WED	1000-1200	15	151.50	Old Hall Cowbridge
Spanish for Beginners	28/09/2022	WED	1830-2030	15	151.50	Zoom Online
<b>PERSONAL DEVELOPMENT</b>						
Counselling Skills Level 2	26/09/22	MON	1800-2100	20	350.00	Palmerston Centre Barry
Counselling Skills Level 2	18/01/23	WED	1800-2100	20	350.00	Palmerston Centre Barry
Intro to Counselling (Counselling Skills Level 1)	27/09/22	TUE	1830-2100	10	163.00	Palmerston Centre Barry
Intro to Counselling (Counselling Skills Level 1)	19/01/23	THU	1830-2100	10	163.00	Palmerston Centre Barry
<b>PHOTOGRAPHY</b>						
Abstract Photography	29/11/22	TUE	1000-1600	1	35.00	Old Hall Cowbridge
Abstract Photography	22/03/23	WED	1000-1600	1	35.00	Old Hall Cowbridge
Black and White Photography	15/11/22	TUE	1000-1600	1	35.00	Old Hall Cowbridge
Black and White Photography	08/03/23	WED	1000-1600	1	35.00	Old Hall Cowbridge
Creative Photography with your Digital Camera	18/10/22	TUE	1000-1600	1	35.00	Old Hall Cowbridge
Creative Photography with your Digital Camera	08/02/23	WED	1000-1600	1	35.00	Old Hall Cowbridge
Digital Photography for Beginners	04/10/22	TUE	1000-1600	1	35.00	Old Hall Cowbridge
Digital Photography for Beginners	25/01/23	WED	1000-1600	1	35.00	Old Hall Cowbridge
<b>TEXTILES</b>						
Dressmaking (all levels)	27/09/22	TUE	1830-2100	10	126.25	Old Hall Cowbridge
Dressmaking (all levels)	29/09/22	THU	1000-1230	10	126.25	Old Hall Cowbridge
Dressmaking (all levels)	29/09/22	THU	1830-2100	10	126.25	Old Hall Cowbridge
Festive Patchwork Table Runner for Beginners	19/11/22	SAT	1000-1600	1	35.00	Old Hall Cowbridge
Needle Felted Succulent Plant & Pot	12/11/22	SAT	1000-1600	1	42.00	Old Hall Cowbridge
Needle Felting for Beginners	04/03/23	SAT	1000-1600	1	42.00	Old Hall Cowbridge
Patchwork Small Lap Quilt in a Day for Beginners	04/03/23	SAT	1000-1600	1	35.00	Old Hall Cowbridge
Sewing Machine & Pattern for Beginners - Cushion Cover	12/11/22	SAT	1000-1600	1	35.00	Old Hall Cowbridge
Sewing Machine & Pattern for Beginners - Cushion Cover	26/11/22	SAT	1000-1600	1	35.00	Old Hall Cowbridge
Sewing Machine & Pattern for Beginners - Cushion Cover	18/03/23	SAT	1000-1600	1	35.00	Old Hall Cowbridge