

2025/2026

OCTOBER-FEBRUARY

Compass Community Hub Curriculum

NEW



Funded by
UK Government

Wedi ei ariannu gan
Llywodraeth y DU



Cyngor Bwrdeistref Sirol
MERTHYR TYDFUL
MERTHYR TYDFIL
County Borough Council





Welcome

Compass Community Hub provides FREE learning and support to anyone aged 16+ living in the UK, whatever your employment circumstances.

Compass Community Hub is located in the Gurnos, Merthyr Tydfil and is funded by the UK Government's Shared Prosperity Fund.

Our range of training and support can help you learn something new, make new friends or increase your work related skills for employability. Our various workshops, courses and community events are offered on various days and times throughout the week.

*courses & workshop dates and times are subject to change

Contact Details

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Email:

compass.communityhub@merthyr.gov.uk

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Address: 17-20 Penydre

Gurnos

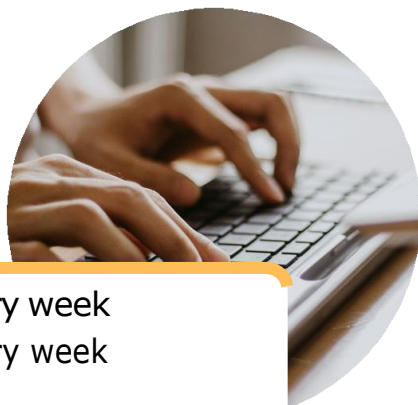
Merthyr Tydfil

CF47 9DY

International Certificate of Digital Literacy (ICDL)

Formally known as ECDL.

Whether you are an absolute beginner or already working with computers, ICDL will help develop your skills.



Tuesday | 10am-12pm | Every week

Thursday | 10am-12pm | Every week

(We also offer a variety of **online sessions** that vary each month).

ICT Skills

Want to develop your ICT skills? Decide what you want to learn in these sessions.

Monday | 10am-12pm | Every week

Tuesday | 4pm-6pm | Every week

Wednesday | 10am-12pm | Every week

Family Tree

Discover your roots, share stories and build your family tree with our expert guidance. Explore this history using 'Ancestry.com'.

Wednesday | 1pm-3pm | 1st Wednesday of every month



FREE



Digital Creativity

Whether you are a beginner or looking to boost your creative skills, this course is perfect for you.

Wednesday | 2pm-4pm | **Starts:** 4th February | 4 weeks

Online Safety

Learn the fundamentals of online safety including how to create strong passwords, recognise scams and keep your personal information secure.

Wednesday | 2pm-4pm | 19th November
Tuesday | 1pm-3pm | 10th March

Office 365

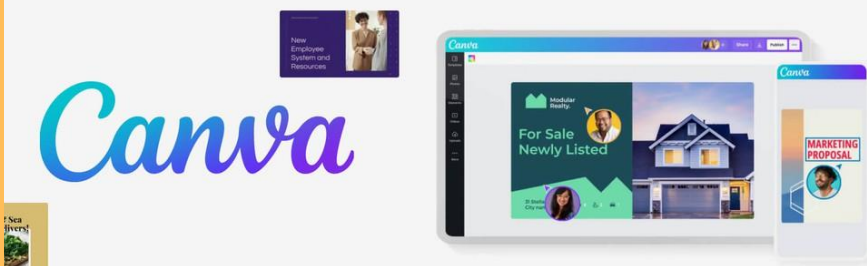
Unlock the power of Office 365 in this beginner friendly workshop. You will learn how to navigate essential apps like Word, Excel, PowerPoint, Outlook and Teams.

Tuesday | 1pm-3pm | 11th November

Getting Started with Canva

Discover the power of visual storytelling in this hands-on workshop using Canva. Whether you're designing social media posts, flyers, presentations, or personal projects, this session will guide you through the basics of layout, typography, colour, and branding. Learn how to use templates, upload your own images, and customise designs to suit your needs.

Monday | 1pm-3pm | 22nd December
Tuesday | 1pm-3pm | 24th March



Boosting Productivity with AI

Step into the future of work with this dynamic workshop exploring how artificial intelligence can supercharge your productivity. This session introduces the practical uses of generative AI tools like ChatGPT, image generators, and video editors. Learn how to streamline tasks, enhance content creation, and tailor AI tools to suit your needs

Monday | 2pm-4pm | 20th October
Monday | 2pm-4pm | 26th January



Video Editing with CapCut

Dive into the world of digital storytelling with this beginner-friendly workshop designed to help you master CapCut, a powerful and accessible video editing app. Explore creative techniques, learn how to tailor content for different platforms, and leave with the skills to produce polished, engaging videos.

Monday | 4:30pm-6:30pm | 27th October

Using Social Media for Success

Unlock the power of social media to grow your business in this interactive workshop designed for entrepreneurs, small business owners, and organisations. Explore the strengths of different platforms—from Facebook and Instagram to LinkedIn and TikTok—and learn how to tailor your content to reach the right audience.

Monday | 4pm-6pm | 13th October
Wednesday | 2pm-4pm | 26th November
Tuesday | 4pm-3pm | 31st March

Introduction to Vlogging

Step into the world of digital storytelling with this hands-on workshop designed to help you start your vlogging journey. Learn the basics of planning, filming, and editing engaging video content for platforms, explore techniques for building confidence on camera, connecting with your audience, and sharing your passions through video.

Monday | 1pm-3pm | 30th March



TikTok Toolkit: How to Grow Your Audience & Go Viral

Step into the world of short-form video and learn how to make your mark on TikTok! Explore what makes content popular, how to identify and engage your target audience, and discover tips for using trends, hashtags, and editing tools effectively. Whether you're starting from scratch or looking to boost your reach, this session will help you create content with confidence.

Tuesday | 4pm-6pm | 17th February



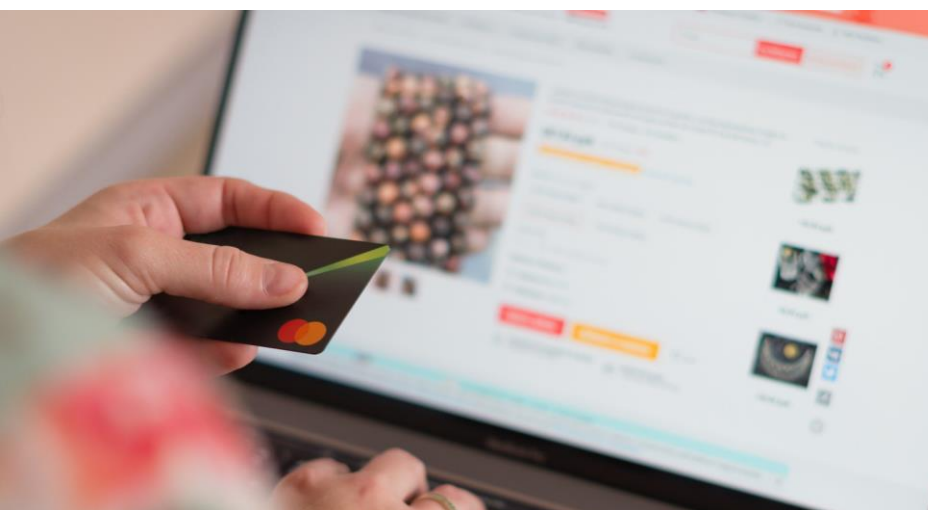
FREE

07

Online Shopping Made Simple

Discover the convenience and safety of online shopping in this practical workshop designed for beginners. Whether you're looking to buy groceries, gifts, or everyday essentials, this session will guide you through the process.

Wednesday | 2pm-4pm | 3rd December



Wellbeing in Your Pocket: Healthy Habits with Tech

Discover how technology can support your health and wellbeing in this practical and empowering workshop. Explore a range of apps designed to help with sleep, mindfulness, fitness, nutrition, and mental health. Learn how to set realistic goals, track progress, and build positive habits using digital tools.

Monday | 4pm-5pm | 19th January



FREE

08

Digital Scrapbooking

Turn your everyday photos into beautiful, lasting memories in this hands-on digital scrapbooking workshop. Learn how to organise, edit, and creatively present the images stored on your phone or tablet using free and easy-to-use digital tools. Whether you're capturing family moments, holidays, or personal milestones, this session will guide you through layouts, themes, and storytelling techniques to bring your memories to life.

Tuesday | 1pm-3pm | 3rd February



Jar of Joy

Celebrate positivity and creativity in this inspiring workshop where you will design and create your own sets of affirmation cards using digital tools and Cricut technology. Explore uplifting language, design your cards using ICT software, and then personalise jars with vinyl decals using a Cricut machine to store their creations.

Monday | 2pm-4pm | 15th December
Monday | 10am-12pm | 16th February



FREE

09

Messy Hands Pottery

It's your time to get creative with clay and learn techniques such as: pinch pots, coiling techniques, slab techniques and throwing a pot on the wheel.

Monday | 10am-12pm | Weekly

Tuesday | 5pm-7pm | Weekly

Wednesday | 1pm-3pm | Weekly

(Pottery tutor will discuss course duration with you).



Adult and Child Pottery

It's time for the family to come together and explore air dry clay crafts, allowing for quality time to be spent together, making memories last

Seasonal pottery sessions will be delivered with Halloween being the focus in October and Christmas being the focus during November & December.

Monday | 4pm-5pm | Weekly

(Pottery tutor will discuss course duration with you).



FREE

10



Adult and Child Stitch & Sew

Looking for something fun to do with the children? Our Parent and Child Stitch & Sew sessions are perfect for ages 7 – 16, creating special moments whilst learning valuable life skills. You will learn hand sewing skills and work together on a beginner friendly project.

Thursday | 4pm-5pm | **Starts:** 2nd October | 4 weeks

Thursday | 4pm-5pm | **Starts:** 6th November | 4 weeks

Thursday | 4pm-5pm | **Starts:** 4th December | 3 weeks

Thursday | 4pm-5pm | **Starts:** 22nd January | 2 weeks

Thursday | 4pm-5pm | **Starts:** 5th February | 4 weeks

Thursday | 4pm-5pm | **Starts:** 5th March | 4 weeks

Needle Felting

You'll dive into the art of transforming fluffy wool into delightful decorations. This course offers something for everyone.

Friday | 1pm-3pm | **Starts:** 3rd October | 4 weeks

Friday | 1pm-3pm | **Starts:** 7th November | 4 weeks

Friday | 1pm-3pm | **Starts:** 5th December | 3 weeks

Friday | 1pm-3pm | **Starts:** 9th January | 4 weeks

Friday | 1pm-3pm | **Starts:** 13th February | 3 weeks

Friday | 1pm-3pm | **Starts:** 6th March | 4 weeks



FREE

Polymer & Metal Clay Jewellery Making

Learn how to create stunning pieces using polymer clay, metal clay and sea glass! What you'll learn: design preparation and planning, hands on techniques for crafting unique earrings and pendants.

Tues | 1pm-3pm | **Starts:** 7th October | 4 weeks
Tues | 1pm-3pm | **Starts:** 4th November | 4 weeks
Tues | 1pm-3pm | **Starts:** 2nd December | 4 weeks
Tues | 1pm-3pm | **Starts:** 6th January | 4 weeks
Tues | 1pm-3pm | **Starts:** 3rd February | 4 weeks
Tues | 1pm-3pm | **Starts:** 3rd March | 4 weeks

Advanced Jewellery Making: Clay Jewellery & Wire-Wrapping



During this workshop we will look at more advanced techniques producing polymer clay jewellery and producing faux gemstones using a variety of polymer clay craft making techniques, finishing the workshop learning wire wrapping techniques to make a finished beautiful pendant.

Tues | 4pm-6:30pm | **Starts:** 7th October | 4 weeks
Tues | 4pm-6:30pm | **Starts:** 4th November | 4 weeks
Tues | 4pm-6:30pm | **Starts:** 2nd December | 4 weeks
Tues | 4pm-6:30pm | **Starts:** 6th January | 4 weeks
Tues | 4pm-6:30pm | **Starts:** 3rd February | 4 weeks
Tues | 4pm-6:30pm | **Starts:** 3rd March | 4 weeks

Seasonal Crafts: Halloween

From creepy paper crafts to fang-tastic felt projects, you will leave with boo-tiful creations and a few new tricks up your sleeve. Costumes welcome, imagination encouraged, and fun guaranteed!

Thursday | 4pm-5:30pm | **Starts:** 2nd Oct | 4 weeks
Monday | 12:30pm-3pm | 27th Oct

Seasonal Crafts: Christmas

Our Christmas Craft Workshops are perfect for anyone who loves turning tinsel, glue, and imagination into seasonal magic.

Tuesday | 10am-12pm | **Starts:** 4th Nov | 4 weeks
Thursday | 5pm-7pm | **Starts:** 6th Nov | 4 weeks
Tuesday | 10am-12pm | **Starts:** 2nd Dec | 3 weeks
Friday | 10am-12m | **Starts:** 5th Dec | 3 weeks
Friday | 10am-12pm | 12th Dec

Seasonal Crafts: Spring

Explore a variety of spring-themed projects using materials like paper, fabric, natural elements, and mixed media. From floral decorations to nature-inspired keepsakes, this session is perfect as a relaxing way to welcome you into the season.



FREE

13

Tuesday | 10am-1pm | 3rd March

Beaded Jewellery Making Workshop

A beginner's guide to beaded jewellery.
Design your own bracelets, earrings, necklaces and rings which will accompany any outfit perfectly.

Monday | 12:30pm-3pm | 6th October

Friday | 11am-1pm | 28th November

Friday | 10am-12pm | 30th January

Friday | 10am-12pm | 20th February

Monday | 1pm-3pm | 23rd March



Dream Catcher Craft

A dreamcatcher is a tradition used to rid us of bad dreams and let the good ones shine through. Join this course and discover the art of weaving a beautiful, personalised dreamcatcher, using a variety of cords, beads and feathers.

Friday | 10am-12pm | Starts: 6th February | 2 weeks



FREE

14

WELLBEING

Health & Wellbeing

Step into a transformative journey of self-discovery and personal empowerment. This health and wellbeing course is designed to gently guide you back to yourself, helping you understand and manage anxiety, quiet your inner critic, and cultivate a resilient, growth-oriented mind-set. Through interactive learning and supportive practices, you will build the tools to nurture your self-worth, strengthen confidence, and unlock the calm clarity that lives within.

Thursday | 5pm-7pm | **Starts:** 2nd October | 4 weeks

Monday | 1pm-3pm | **Starts:** 3rd November | 4 weeks

Tuesday | 10am-1pm | **Starts:** 2nd December | 4 weeks

Wednesday | 11am-1pm | **Starts:** 7th January | 4 weeks

Thursday | 5pm-7pm | **Starts:** 5th February | 4 weeks

Mindfulness

These short sessions will enable you to take time out and focus on your own wellbeing.

Wednesday | 10am-11am | Every week



FREE

15

Art with Mindfulness

Step into a space where creativity meets calm, the magic lies in the process, not the product—Where art and mindfulness meet, whether it's painting, sculpting, doodling or collage-making, the act of creating helps you to slow down the mental chatter and reconnect with the present moment.

Wednesday | 11am-12:30pm | **Starts:** 1st Oct | 4 weeks

Friday | 10am-12pm | 23rd January | Taster Session

Wednesday | 11am-1pm | **Starts:** 4th March | 3 weeks



Watercolours for Wellbeing

Take time for yourself, slow down and reconnect through the gentle art of watercolour painting. This relaxing workshop invites you to explore colour, texture, and expression while focusing on mindfulness and emotional wellbeing.

Tuesday | 10am-1pm | 17th March

Crystal Workshop

This beginner-friendly workshop invites you to explore the energetic language of healing stones—learning how to choose, cleanse, and connect with crystals that resonate with your path. A beautiful starting point for anyone drawn to the quiet magic of Earth's treasures.

Tuesday | 10am-1pm | 3rd March

Crystal Balancing

This comprehensive and interactive workshop is designed to empower you with the knowledge and skills to harness the vibrational energy of crystals for personal wellness and spiritual growth.



Tuesday | 10am-1pm | 10th March

Crystal Pendant Wrapping

Discover the art of wire wrapping in this hands-on workshop where creativity meets craftsmanship. Learn essential techniques to transform raw crystals into stunning pendants. Whether you are a beginner or looking to refine your skills, you'll leave with your own handcrafted jewellery and the confidence to keep creating.

£
FREE
17

Friday | 11am-1pm | 7th November

Tuesday | 10am-1pm | 24th March

Managing Anxiety

Do you sometimes get stressed? Or feel anxious in your daily life? This workshop will help you to learn coping mechanisms to help you deal with these feelings.

Tuesday | 1pm-3pm | 14th October
Monday | 1pm-3pm | 30th March

Confidence Building



Would you like to feel more self confident? Self-confidence can be learned and this workshop will help you learn ways to develop it.

Wednesday | 11am-1pm | 17th December

Nurturing Your Child's Confidence

This confidence & connection workshop will allow you to join fellow parents and guardians for a welcoming session focused on boosting children's confidence and emotional resilience.

Share personal experiences and explore supportive strategies.

Tuesday | 12pm-2pm | 21st October
Tuesday | 12pm-2pm | 28th October
Thursday | 10am-12pm | 5th March
Thursday | 10am-12pm | 12th March



FREE

18



Introduction to Digital Photography

This course will cover a range of photography genres such as landscape, wildlife and portrait.

Monday | 1pm-3pm | **Starts:** 6th Oct | 4 weeks

Monday | 1pm-3pm | **Starts:** 3rd Nov | 4 weeks

Monday | 1pm-3pm | **Starts:** 1st Dec | 4 weeks

Monday | 1pm-3pm | **Starts:** 5th Jan | 4 weeks

Monday | 1pm-3pm | **Starts:** 2nd Feb | 4 weeks

Monday | 1pm-3pm | **Starts:** 2nd Mar | 4 weeks

Advanced Digital Photography & Photo Editing

During this workshop session, you will cover more advanced levels of digital photography including camera settings and an in depth on camera equipment, low light photography, flash photography and photo editing techniques and methods using photoshop.

Friday | 1pm-3pm | **Starts:** 3rd Oct | 4 weeks

Friday | 1pm-3pm | **Starts:** 7th Nov | 4 weeks

Friday | 10am-12:30pm | **Starts:** 5th Dec | 3 weeks

Friday | 10am-12:30pm | **Starts:** 9th Jan | 4 weeks

Friday | 10am-12:30pm | **Starts:** 6th Feb | 4 weeks

Friday | 10am-12:30pm | **Starts:** 6th Mar | 4 weeks



FREE

19

Environmental Sustainability (Level 1)

Environmental Courses & Workshops

Develop your knowledge on environmental awareness and sustainability.

Monday & Wednesday | 9:30am-12:30pm & 1pm-5pm | 6th & 8th October
Monday & Wednesday | 9:30am-12:30pm & 1pm-5pm | 3rd & 5th November
Monday & Wednesday | 9:30am-12:30pm & 1pm-5pm | 1st & 3rd December
Monday & Wednesday | 9:30am-12:30pm & 1pm-5pm | 5th & 7th January
Monday & Wednesday | 9:30am-12:30pm & 1pm-5pm | 2nd & 4th February
Monday & Wednesday | 9:30am-12:30pm & 1pm-5pm | 2nd & 4th March

Fix & Flip Furniture Workshop

Engage in basic furniture repairs and upcycling items of your small furniture items with the intention of carrying out basic repairs and/or repurposing the items so they can be given a new lease of life.

Thursday | 10am-12pm | **Starts:** 2nd Oct | 4 weeks
Thursday | 10am-12:30pm | **Starts:** 6th Nov | 4 weeks
Thursday | 10am-12:30pm | **Starts:** 4th Dec | 3 weeks
Thursday | 10am-12:30pm | **Starts:** 8th Jan | 4 weeks
Thursday | 10am-12:30pm | **Starts:** 5th Feb | 4 weeks
Thursday | 10am-12:30pm | **Starts:** 5th Mar | 4 weeks


FREE
20

CSCS Induction

CSCS induction is required as the first step towards gaining CSCS, to assess your ability to complete the course.

Tuesday | 1pm-3pm | Every week

Health & Safety in a Construction Environment (Level 1)

If you're working towards your CSCS card, this qualification is the pre-requisite to ensure that you can get it.

Tuesday or Wednesday | 9:30am-4pm
(Various dates available on a monthly basis)



CITB Support

CITB mock sessions in readiness for the CITB exam. We can also help you book your CITB test and order your CSCS card.

Monday | 1pm-3pm | Every week



FREE

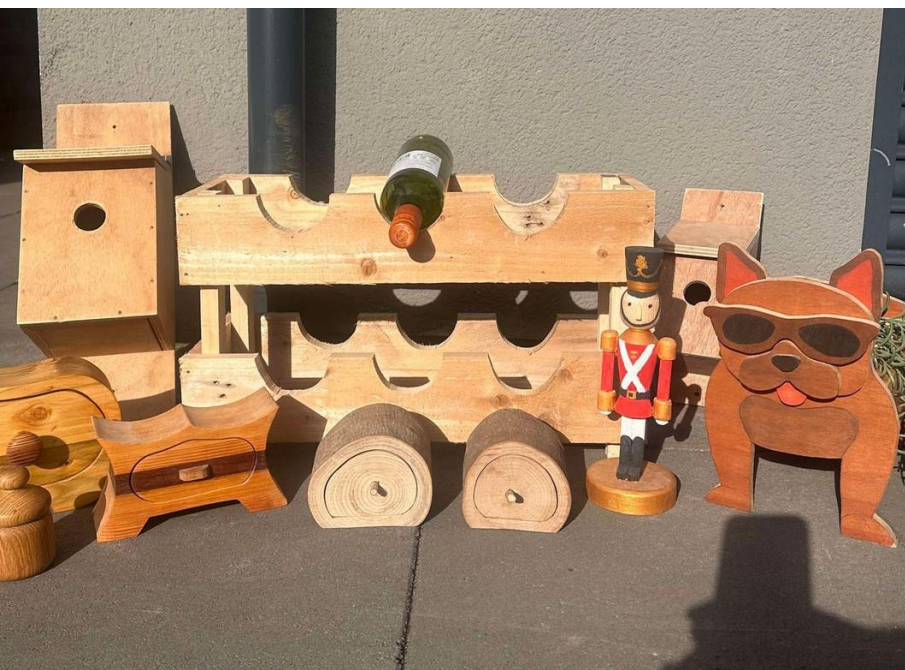
21

Rustic Wine Rack

This course will help you identify tools and equipment required to construct a rustic wine rack which you will be able to take home & enjoy in your own home.

Mon | 9:30am-12:30pm | **Starts:** 10th Nov | 5 weeks

Mon | 9:30am-12:30pm | **Starts:** 26th Jan | 5 weeks



Animal Planter

This course will help you identify tools and equipment to construct an animal planter to take away. A perfect gift for a dog lover!

Mon | 9:30am-12:30pm | **Starts:** 6th Oct | 5 weeks

Mon | 9:30am-12:30pm | **Starts:** 15th Dec | 5 weeks



FREE

22

Construct a Bandsaw Box

At our weekly workshop sessions, you'll have the opportunity to learn how to use a band saw in a hands-on, supportive environment.

Whether you're a beginner or have some experience, this is the perfect chance to gain practical skills and confidence in using this versatile tool.

Tues | 9:30am-12:20pm | **Starts:** 7th Oct | 4 weeks

Tues | 9:30am-12:20pm | **Starts:** 4th Nov | 4 weeks

Tues | 9:30am-12:20pm | **Starts:** 2nd Dec | 4 weeks

Tues | 9:30am-12:20pm | **Starts:** 6th Jan | 4 weeks

Tues | 9:30am-12:20pm | **Starts:** 3rd Feb | 4 weeks

Tues | 9:30am-12:20pm | **Starts:** 3rd Mar | 4 weeks



Carpentry Taster Sessions

Try Your Hand at Carpentry – No Experience Needed! Curious about woodworking but not ready to commit to a full course? Our one-off taster carpentry workshop is the perfect way to dip your toes into the world of woodcraft. In just a few hours, you'll get hands-on with basic tools, learn simple techniques.

£

FREE

23

Monday | 9:30am-12:30pm | **Through March**

Bricklaying

This workshop is perfect for beginners who are eager to learn the fundamentals of bricklaying. You'll start by mastering basic skills such as preparing the mortar, setting a level course and laying bricks with precision.

Wednesday | 10am-12pm | 1st Oct | Taster Session
Tuesday | 10am-12pm | 14th Oct | Taster Session
Wednesday | 4pm-6pm | **Starts:** 5th Nov | 4 weeks
Tuesday | 10am-12pm | 9th Dec | Taster Session
Tuesday | 1pm-3pm | 13th Jan | Taster Session
Tuesday | 10am-12pm | 27th Jan | Taster Session
Friday | 10am-12pm | **Starts:** 6th Feb | 4 weeks
Wednesday | 4pm-6pm | 4th Mar | Taster Session
Friday | 10am-12pm | 27th Mar | Taster Session

Tiling

This session is perfect for beginners looking to dive into the world of tiling. You'll receive step-by-step guidance on how to effectively use a range of essential tools, equipment and materials needed for tiling walls.

Friday | 10am-12pm | 3rd Oct | Taster Session
Tuesday | 1pm-3pm | 23rd Dec | Taster Session
Friday | 10am-12pm | **Starts:** 9th Jan | 4 weeks
Tuesday | 10am-12pm | 10th Mar | Taster Session
Friday | 10am-12pm | 20th Mar | Taster Session



FREE

24

Plumbing

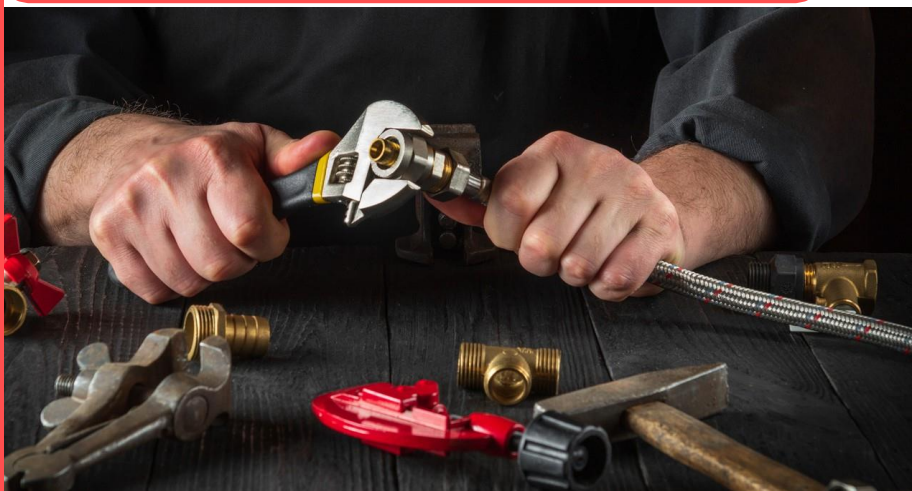
These taster sessions will allow you to learn the basics, including soldering a pipe, fitting an outside tap or hanging a radiator.

Tuesday | 1pm-3pm | 28th Oct | Taster Session

Wednesday | 4pm-6pm | **Starts:** 7th Jan | 4 weeks

Wednesday | 4pm-6pm | 18th Mar | Taster Session

Tuesday | 1pm-3pm | 24th Mar | Taster Session



Handyperson Course

Become more independent attacking your own jobs around the home with fixing and repairing jobs around plastering, plumbing, tiling, kitchens and bricklaying.

Friday | 10am-12pm | **Starts:** 10th Oct | 4 weeks

Friday | 9:30am-12pm | **Starts:** 7th Nov | 4 weeks

Wednesday | 4pm-6pm | **Starts:** 3rd Dec | 4 weeks

Wednesday | 4pm-6pm | **Starts:** 4th Febr | 4 weeks

Plastering

This workshop is perfect for beginners who are eager to learn the fundamentals of plastering. You'll learn what tools are needed, along with materials and the skills to plaster walls yourself.

Tuesday | 10am-12pm | 11th Nov | Taster Session
 Tuesday | 1pm-3pm | 25th Nov | Taster Session
 Friday | 9:30am-12pm | **Starts:** 5th Dec | 3 weeks
 Tuesday | 1pm-3pm | 10th Feb | Taster Session
 Tuesday | 10am-12pm | 24th Feb | Taster Session
 Wednesday | 4pm-6pm | 11th Mar | Taster Session
 Wednesday | 4pm-6pm | 25th Mar | Taster Session

Instruction Courses & Workshops



Tile Mosaics

Come and try your hand at tile mosaic art during these sessions and develop unique artwork to take home to display proudly.

Wednesday | 3:30pm-6pm | **Starts:** 8th Oct | 4 weeks



FREE

26

UV Gel Nails

This course is suitable for beginners & existing nail technicians to learn skills and techniques in UV gel nails. (You will be expected to work on each other, therefore, all nail extensions/gel polish will need to be removed beforehand).

Wednesday | 1pm-3pm | **Starts:** 5th Nov | 4 weeks

Thursday | 5pm-7pm | **Starts:** 4th Dec | 3 weeks

Thursday | 5pm-7pm | **Starts:** 8th Jan | 4 weeks

Nail Art Workshop

Create beautiful nails in this relaxed, beginner-friendly workshop. Learn simple ways to create cool designs using polish, tools, and a little imagination. No experience needed!

Monday | 12:30pm-3pm | 13th October

Friday | 11am-1pm | 21st November



Hair Plaiting Workshop

A hands-on session where you'll learn how to create beautiful French plaits, Dutch braids, and simple updos.

Monday | 12:30pm-3pm 20th October

Friday | 10am-12pm | 27th March

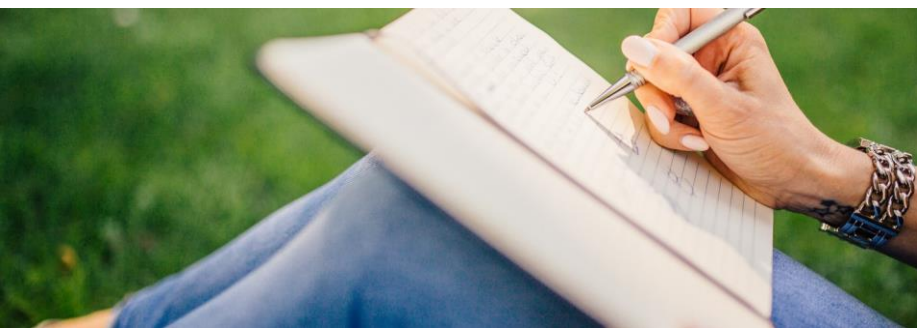
Write to Publish: Creating Articles for the Media

This practical and engaging course introduces you to the skills needed to research, plan, and write compelling articles for a range of media platforms. If you are an aspiring writer, blogger or a community reporter, this course is for you.

Tuesday | 10am-12pm | **Starts:** 7th Oct | 4 weeks

Tuesday | 10am-12pm | **Starts:** 6th Jan | 4 weeks

Monday | 4pm-6pm | **Starts:** 2nd Mar | 4 weeks



Herstory: Welsh Women in History

Celebrate the untold stories and remarkable achievements of Welsh women throughout history in this engaging and interactive workshop. You will explore the lives of trailblazers, activists, artists, and everyday heroines who helped shape Wales. Perfect if you are interested in history, heritage, and gender equality—this workshop invites you to discover, reflect, and share in the legacy of Welsh women.

Tuesday | 4:30pm-6:30pm | 6th January | Online



Retail in the Workplace (Entry 2)

Develop skills to improve your confidence when working in retail or looking to gain employment within the sector.

Tuesday | 10am-12pm | **Starts:** 4th Nov | 4 weeks

Monday | 1pm-3pm | **Starts:** 5th Jan | 4 weeks

Tuesday | 1pm-3pm | **Starts:** 3rd Feb | 4 weeks

Customer Service (Level 1)

If you would like to work within a customer focused job sector then this is the course for you.

Friday | 1pm-3pm | **Starts:** 3rd Oct | 4 weeks

Monday | 1pm-3pm | **Starts:** 1st Dec | 4 weeks

Wednesday | 1pm-3pm | **Starts:** 4th Feb | 4 weeks

Business Administration (Level 2)

Learn how to manage office diary systems, use office equipment efficiently, the variety of different mail systems and customer service in a business environment.

Thursday | 3pm-6pm | **Starts:** 8th Jan | 4 weeks

Train the Trainer (Level 2)

Whatever your field of expertise, Train the Trainer will help you plan and deliver sessions to educate and empower others. With the right mix of theory and practice, you will gain confidence to drive your career forward.

Monday | 1pm-3pm | **Starts:** 3rd Nov | 4 weeks

Monday | 4pm-6pm | **Starts:** 3rd Nov | 4 weeks

Team Leading (Level 2)

Our comprehensive course is designed to equip you with the essential tools and knowledge to excel at leading teams effectively. On completion, you will receive a recognised certificate to prove your leadership skills.

Monday | 1pm-4pm | **Starts:** 3rd Nov | 4 weeks

Monday | 9:30am-12:30pm | **Starts:** 5th Jan | 4 weeks

Health and Social Care (Level 1)

This course will cover all the basic aspects of the skills and knowledge to work in health and social care. You will also learn about employers expectations and have the opportunity to meet with potential employers.

Wednesday | 9:30am-12:30pm | **Starts:** 1st Oct

Wednesday | 9:30am-12:30pm | **Starts:** 5th Nov

Wednesday | 9:30am-12:30pm | **Starts:** 3rd Dec

Wednesday | 9:30am-12:30pm | **Starts:** 7th Jan

Wednesday | 9:30am-12:30pm | **Starts:** 4th Feb

Wednesday | 9:30am-12:30pm | **Starts:** 4th Mar

(all Health & Social Care courses run over 4 weeks)



Lone Working

Stay safe and smart when working alone. This practical workshop equips lone workers with key safety strategies, legal insights, and tools for staying connected. Build awareness, boost confidence, and foster a safer work culture — wherever you are.

£
FREE
31

Friday | 9:30am-12:30pm | 10th October

Friday | 9:30am-12:30pm | 30th January

Safeguarding (Level 1)

In this session you'll explore different types of abuse and neglect, how to protect your service users and procedures for reporting safeguarding concerns.

Wednesday | 10am-12pm | **Starts:** 1st Oct | 4 weeks

Monday | 1pm-2pm | **Starts:** 1st Dec | 4 weeks

Friday | 10am-12pm | **Starts:** 6th Feb | 4 weeks



Counselling Skills & Strategies (Level 1)

Would you like to gain a basic understanding on counselling skills? This course will give you the first step into a career in counselling.

Monday | 10am-1pm | **Starts:** 2nd Feb | 4 weeks



Autism Awareness

As a parent or guardian, this workshop will raise awareness and allow you to develop a better understanding of autism.

Friday | 10am-12pm | 7th November

Friday | 1pm-3pm | 27th March

Dyslexia Awareness

As a parent or guardian, this workshop will help you to discover how online resources and digital tools can enhance learning for children with dyslexia. Whilst offering practical guidance and signposting to support services, helping you feel confident in navigating the journey ahead.



FREE

33

Thursday | 5pm-6pm | 12th March

Invent Your Future

Learn to let go of limiting beliefs, embrace resilience, and develop a growth mindset through positive self-talk. Discover how to navigate challenges with confidence and turn setbacks into opportunities.

Wednesday | 11am-2pm | 3rd December | Taster
 Tuesday | 1pm-4pm | **Starts:** 6th January | 4 weeks
 Thursday | 4pm-7pm | 26th March | Taster



Personal Licence Holders (Level 2)

This accredited course is designed for individuals working in, or preparing to work in, any role that involves the retail sale of alcohol.

You will gain essential knowledge of licensing law, responsibilities of personal licence holders, and the application process for premises licences. Upon successful completion of the course and exam, you will be eligible to apply for a personal licence, helping ensure responsible alcohol retailing and legal compliance.

Monday | 10am-4pm | 6th October
 Monday | 10am-4pm | 8th December
 Monday | 10am-4pm | 23rd February



FREE

34

Interview Techniques

Join our interactive interview workshop designed to help you stand out from the crowd. Learn how to build your interview answers effectively and present yourself to step into any interview feeling prepared and unstoppable!

Friday | 1pm-3pm | 24th October

Skills for Success Workshop

Ready to boost your job prospects? "Skills for Success" is designed to equip you with the tools and confidence to succeed.—like CV building, interview techniques, workplace communication, and professional mind-set development.

Whether you are just starting out or re-entering the job market, this empowering workshop helps you present your best self and make a strong first impression.

Tuesday | 11am-2pm | 7th October

Friday | 10am-2pm | 7th November

Wednesday | 11:30am-2:30pm | 10th December

Friday | 10am-1pm | 9th January

Friday | 10am-12pm | 27th February

Monday | 10am-1pm | 9th March

Tuesday | 10am-1pm | 31st March



Career Club @ Compass

Are you employed, on a zero-hour contract, looking to change job role or seeking additional hours at work? These sessions will help to support you with writing your CV, sending or replying to emails and applying for jobs online.

Friday | 12:30pm-2:30pm

3rd October, 17th October, 31st October,
14th November, 28th November,
12th December,
9th January, 23rd January,
6th February, 20th February,
6th March & 20th March



FREE

36



Learn Through the Outdoors

The Learn Through the Outdoors Programme provides a variety of indoor and outdoor activities to suit all abilities. The programme is for anyone 16+ who wants to improve wellbeing, health and confidence.

These activities include walking, climbing, canoeing, cycling, residentials, archery and campcraft. There are also visits to country parks, museums, castles and places of historical interest.

Transport is provided from 2 central pick up points and safety equipment is available for activities when needed.

If you would like to meet new people, boost your confidence, take part in activities, improve your mental health and learn new skills contact Compass Community Hub to find out more.

100% of our participants reported an improvement in their wellbeing due to attending this program.