



gain new skills

meet people



be inspired



enrol now



ACL

Adult Community Learning
Merthyr Tydfil



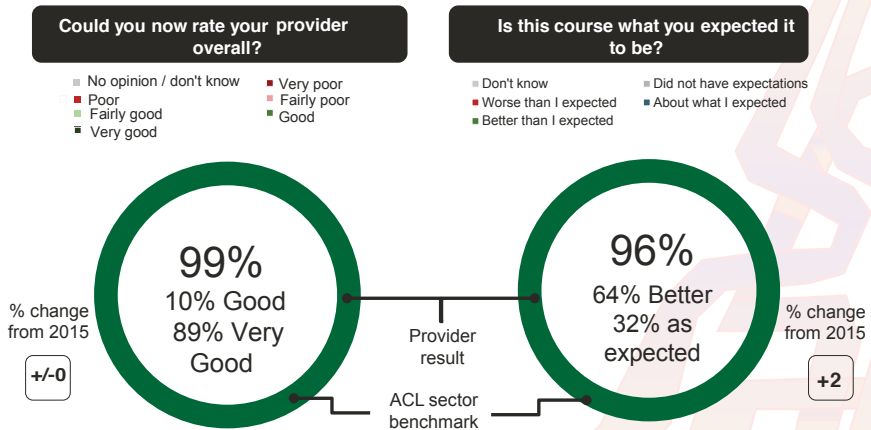
What you thought of our courses and provision

Each year Adult Community Learning collect learner voice data, the 2016 results indicates that 89% of learners who completed the evaluation thought the provision was very good.

The survey also shows that 85% say that the responsiveness to learners is 'very good'. This includes areas such as respect from staff, listening and acting on learner views.

For more information on how your voice can be heard please contact Adult Education on 01685 724910

Table 1
Learner Voice Survey Result 2016



Welcome to Merthyr Tydfil Adult Community Learning Partnership Joint Curriculum 2016-2017



Keep Learning

Try something new

Rediscover an old interest

Sign up for that course now

There has never been a better time to take an adult learning class in Merthyr Tydfil. Our learners have always valued our service and praised the wide variety of courses we offer, the excellent teaching and our friendly staff.

To find out more about course fees contact organisations direct.

Can't find a course that interests you?

If you have a group of 10 like minded individuals who share your passion for learning we could possibly put on a course that suits your needs! **Don't be afraid to ask**, call the team on **01685 724910** and we will do our best to help.

Different ways to enrol

1. Select your course

There are many to choose from in this brochure, so if you need more information to decide which one is right for you, either check our website or give one of our centres a call.

2. Contact us to enrol

All courses are available through the medium of Welsh. Please contact us for further information.

Computer Skills

First time using a computer? Where to start? Learn the basics of keyboard, mouse and computer terminology to become more confident to explore the many benefits of using the internet

- Help and advice on how to become connected
- Job searching – help using the Universal Job Match
- Support to create CVs and Email CVs and job applications
- On-line help for Universal Credit, housing benefit and Job Seekers Allowance
- Skype – keep in touch with family and friends
- On-line shopping - save money - price comparison websites
- Money saving apps
- Buy & Sell on Ebay
- Educational Apps on Tablets/ipads/ipods/iphones and other smart phones
- Help your children with their homework
- How to set-up and use your tablet
- Help to restore photographs
- Internet Safety/Privacy and Protection – help you and your children stay safe on-line
- Create simple Powerpoint presentations

Contact: Adult Education
01685 724910

- Computers Classes - Entry Level to Level 1, 2 and 3
- European Computer Driving Licence (ECDL)

Contact: Adult Education
01685 724910

Contact: WEA/YMCA Cymru
01495 369869

Contact: 3Gs Development Trust, Communities First
(North Cluster) 01685 350888

Contact: Gellideg Foundation Group, Communities First
(Mid Cluster) 01685 383929

Contact: VAMT, Communities First (South Cluster)
01443 690178

- Know your Computer - Level 1
- Contact: Merthyr and the Valleys Mind Information and Advice
Centre : 01685 353944/353991

Health, Public Services & Care

- Counselling
- Psychology
- Child Development and Play - Level 1

Contact: WEA / YMCA Cymru
01495 369869

- Volunteer in Care - Level 1
- Pathways to Care – Level 1
- Confidence and Well-being – Level 1
- Self-Management of Long Term Conditions - Level 1
- * Introduction to Stress Management - Level 2
- Mental Health Awareness - Level 1

Contact: Merthyr and the Valleys Mind Information and Advice
Centre : 01685 353944/353991

- 12 week Healthy Balanced Lifestyle/Nutrition course
- 6 week Healthy Eating on a budget course
- Stress control workshops

Contact: Communities First North Cluster (3gs)
01685 350888

Business & Administration

- Business Administration Level 1 and 2

Contact: Adult Education
01685 724910

- Mathematics
- English
- Award in Education and Training
Learning Sector

- Community Learning Reps

Contact: WEA / YMCA Cymru
01495 369869

Foundation For Work

- Create A Digital Story
- Literacy & Numeracy

Contact: WEA / YMCA Cymru
01495 369869

- Skills Clubs and Essential Skills for Work & Life

Contact: Adult Education
01685 724910

- Skills for Employment
- Work Clubs

Contact: Communities First Mid Cluster
01685 383929

- Work Clubs

Contact: Communities First North Cluster (3gs)
01685 350888

Independent Living Skills

- Healthy Eating Through Practical Cooking Skills – Level 1

Contact: Merthyr and the Valleys Mind Information and Advice Centre : 01685 353944/353991

- Pathways to Independence – Entry Level 2 and 3
- Workskills – Pre-Entry – Level 1
- Skills Development – Entry Level 1, 2 and 3
- Steps to Success – Entry Level 1, 2 and 3
- New Opportunities – Entry Level 1 and 2
- Life Skills – Entry Level 1 and 2

Contact: The College Merthyr Tydfil
01685 726000

Media, Arts & Crafts

- Art - A 20 week course which will examine the techniques used in modern art.

Contact: Adult Education
01685 724910

Retail And Commercial Enterprise

- Food Hygiene
- First Aid Paediatric
- Money Matters (Financial Assistance)
- Food Nutrition
- Manual Handling
- First Aid

Contact: WEA / YMCA Cymru
01495 369869

- Customer Service in a Retail Environment – Level 1

Contact: Merthyr and the Valleys Mind Information and Advice
Centre : 01685 353944/353991

- First Aid
- Level 1 & 2 Food Hygiene
- Manual Handling
- Health And Safety

Contact: Gellideg Foundation Group
Communities First Mid Cluster (Mid Valley)
01685 383929

- First Aid
- Level 1 & 2 Food Hygiene
- Manual Handling
- Health And Safety

Contact: VAMT Communities First South Cluster
(Lower Valley)
01443 690178

- First Aid
- Paediatric First Aid
- Mental Health First Aid
- Level 2 Food Safety
- Manual Handling
- Learning in the Outdoors for young adult males

Contact: Communities First North Cluster (3gs)
01685 350888

Languages And Culture

The Welsh Language courses for adults are provided at different levels (Entry, Foundation, Intermediate, Advanced, and Proficiency) and can be accessed throughout the County Borough. Classes meet either once or twice a week and are available at different times of day. If you have children under 7, there are Welsh for the Family courses available.

Mae cyrsiau Cymraeg ar gael ar lefelau gwahanol (Mynediad, Sylfaen, Canolradd, Uwch, Hyfedredd) mewn nifer o leoliadau ar draws y sir. Mae'r dosbarthiadau'n cwrdd unwaith neu ddwywaith yr wythnos ac maen nhw ar gael ar adegau gwahanol yn ystod y dydd. Os ydych chi'n siarad Cymraeg yn barod ond eisiau gwell, mae dosbarth i chi hefyd.

Contact/Cysylltwch â: Welsh for Adults/Cymraeg i Oedolion
01443 483600/www.southwales.ac.uk/learnwelsh

- Spanish through the medium of Welsh
- Lip Reading Classes
- Sign Language For Beginners

Contact: WEA / YMCA Cymru
01495 369869

ESOL - English For Speakers Of Other Languages

Adult Education offers Part Time English Classes (for speakers of other languages)

- Basic English - Entry Level 1 & 2
- Cambridge Exams
- PET – English Preliminary English Test - Entry Level 3
- FCE – Cambridge First Certificate in English – Level 1

Contact: [Adult Education](#)
[01685 724910](tel:01685724910)

The College Merthyr Tydfil offers a range of courses on English for Speakers of Other Languages (ESOL) and International English Language Testing System (IELTS) offering learners the chance to begin or improve English. Many of our students progress to full-time or part-time courses at the college, studying business, engineering, childcare, tourism, computers and sport. Some continue to university to study civil engineering, sociology and architecture amongst other subjects.

- As part of the global market our students are employed across the world, but some chose to reinvest their newly acquired skills and establish their own businesses in the Merthyr Tydfil Borough.
- The following courses are available during 2014/2015:
 - Full-time ESOL Level 1 and 2, Entry 3 and Entry 2
 - Part-time IELTS

Contact: [Student Support - Freephone 0800 1693825](#)
or visit: www.merthyr.ac.uk/content/english-speakers-other-languages-esol

Communities First

Communities First is a Welsh Government anti-poverty programme which supports the most deprived communities in Wales. The programme is seeking to demonstrate positive outcomes for Merthyr Tydfil residents concentrating on three themes –

- Health
- Prosperous
- Learning

In Merthyr Tydfil the Communities First programme is co-ordinated on an area basis and delivered by 3 voluntary sector organisations, these being;

- North Cluster – 3Gs Development Trust located within the Community Building, 15 Chestnut Way, Gurnos, CF47 9SB

North Cluster Accredited courses include:

- First Aid
- Paediatric First Aid
- Mental Health First Aid
- Level 2 Food Safety
- Manual Handling
- Learning in the Outdoors for young adult males

North Cluster Non-accredited include:

- 12 week Healthy Balanced Lifestyle /Nutrition course
- 6 Week Healthy Eating on a Budget course
- Stress Control Workshops
(Techniques in Coping with Stress)
- Ready For Work Club
Helping people to develop confidence, employment related and basic IT skills to find work
- “Incredible Years”
(Parenting course)
- Family Programmes
(Available in local schools and community setting)

- Mid Cluster – Gellideg Foundation Group located at Winch Fawr House, Gellideg Estate CF48 1HA
- South Cluster - Communities First Office, Tram Road, Rear of Wesley Place, Merthyr Vale, CF48 4RS

Activities include learning for improving digital skills, work clubs, vocational qualifications, support to improve numeracy and literacy, physical activities, after school clubs, volunteering opportunities and support to improve health related issues.

To find out what other opportunities are available, please contact the Learning officer in the relevant organisations nearest to you

3Gs Development Trust (North Cluster) - 01685 350888

Gellideg Foundation Group (Mid Cluster) - 01685 383929

VAMT (South Cluster) - 01443 690178



Communities first Cymunedau yn gyntaf

Family Programmes

Do you have children in Primary School?

Confused about how they are being taught Maths and English?

Our Family Programmes courses provide mums, dads, grandparents and carers with information about how children are taught literacy and numeracy in school. We can provide you with practical ideas to help support learning at home.

Skills Clubs

Have You Heard About Skills Clubs?

They could help you with...

- Brushing up your skills in Maths and English
- Letter writing, form filling
- Budgeting
- Supporting your children with their school work

Why Skills Clubs?

Because:

- You can learn new skills or brush up your skills
- You can work at your own pace in a friendly informal environment
- You can join at any time at venues throughout the borough

Monday 9am – 12pm - Cwm Golau Integrated Children's Centre
Duffryn Road, Pentrebach, Merthyr Tydfil, 3 hours per week

Monday 1pm – 4pm - Soar
Pontmorlais, Merthyr Tydfil, 3 hours per week

Tuesday 9am – 12pm – Trinity Chapel, Tramroad, Rear of Wesley
Place, Merthyr Vale, Merthyr Tydfil, 3 hours per week

Wednesday 9am – 12pm - Goetre Primary School
Gurnos Estate, Merthyr Tydfil, 3 hours per week

Wednesday 1pm – 4pm - TTEC
Treharris, Merthyr Tydfil, 3 hours per week

Thursday 9am – 12pm – Neighbourhood learning Centre
17-20 PenyDre, Gurnos, Merthyr Tydfil, 3 hours per week

Thursday 1pm – 4pm – Neighbourhood learning Centre
17-20 PenyDre, Gurnos, Merthyr Tydfil, 3 hours per week

For more information about Skills Clubs and Family Programmes,
please contact Jayne Powney on 01685 727384

Bridges Into Work 2

Bridges into Work 2 is a European Social Funded Programme which engages with local people who are aged 25 or over and not in employment. The programme can offer guidance and training to help you get back into employment. Please note that there is a criteria for you to access the service.

Courses available:-

ICT - Information Communication Technology

Contact: Ken McCaskill - 01685 727078

- Computer Online Basics
- ECDL (European Computer Driving Licence)

Mon / Tues / Fri 9:30 to 12:30 Neighbourhood Learning Centre
Mon 1:00 to 4:30 Treharris Training & Education Centre

Construction Department

Contact: Mark Kwiecinski - 01685 727091

- Carpentry - Tools & Equipment & Materials (level 1)
- Carpentry - Skills & Techniques (level 2)
- Health & Safety in the Construction Environment (level 1)

Many other courses are available in the Construction Industry such as bricklaying, tiling and plumbing.

Tues / Weds / Thurs 9:30 to 3:00 Neighbourhood Learning Centre

Generic Department

Contact: Julie Jones - 01685 727098

- Interview Techniques
- Compiling & using a CV
- Food Hygiene
- Retail course

Various days 10:00 to 3:00 Neighbourhood Learning Centre

Work Experience or Volunteering

Contact: Kevin Davies - 01685 727076

If you are interested in or looking for opportunities by gaining some experience we have a range of opportunities available. We work in partnership with other organisations to source placements for you.

Employability & Worklessness

Work Clubs & Employability Skills

The Employability & Workless team are based at the Neighbourhood Learning Centre. We can work with everyone who is 16 years and over, not in employment and living in the borough of Merthyr Tydfil. The programme will be able to offer you guidance and training to help you get back into employment.

Courses available:-

Work Club

Monday 1:00 to 4:00

Contact: Neighbourhood Learning Centre - 01685 727099

- Access to job search facilities
- CV preparation
- Support with Universal Job Match
- Support with application form filling

Pre-employment Courses

Contact: Hannah Hickey - 01685 727301

A range of training available that will offer you a guaranteed interview at the end of the course with an employer.

- Health & Social Care
- Retail
- Customer Service

Venture Out

Contact: Martyn Humphreys - 01685 727027

8 Week Activity Programme

Aimed at unemployed people looking to develop new skills including confidence building, team building and health & safety

Friday 9:30 to 3:30

Activities Include:

- Hill walking / navigation
- Coastal walks
- Gorge Walking

- Cycling
- Bush Craft

And many more

All activities suit the client needs.

12 Week Recovery Activity Programme

Physical Health & Wellbeing

Monday & Wednesday 10:00 to 3:30

Twelve week recovery programme which aims to improve health wellbeing, and social integration for clients who are suffering or recovering from mental health issues.

Activities include:

- Hill walking / Navigation
- Coastal walks
- Canoeing
- Places of Historical Interest
- Archery

And many more

Venture Out provides support with transport in order to ensure that everyone can access the activities. Venture Out will also give the opportunity to develop your personal social and life skills and qualifications by receiving training in the variety of activities.

Venture Out also provides Volunteering Opportunities with the Cyfarthfa Heritage Project based in Cyfarthfa Park where clients manage a community allotment and a Hydroponic project where they grow their own fruit and veg.

Working Skills for Adults (WsfA2)

Working Skills for Adults project run by Merthyr Tydfil County Borough Council seeks to support and upskill employed adults with a range of skills and qualifications FREE of charge, thereby improving the opportunities for workers to sustain employment and increase their earning potential



Who is it for?

It is available to all working age residents of Merthyr Tydfil who are:

- Working
- 16 years of age or older

What can it offer?

- Support for employees wanting to enhance their career prospects.
- A range of training, including basic skills – literacy and numeracy up to GCSE and IT courses leading to formal qualifications such as Agored Cymru.
- Courses available through media of Welsh
- A support programme to assist participants and ensure their success and achievement of qualifications.

For further information on this project, please contact the Neighbourhood Learning Centre on 01658 725365.

Community Health Network-Programme

The Community Health Network runs a variety of free activities in the Mid Communities First Area. As part of our free programme we work closely with community members to address key health messages including food and nutrition, physical activity and health and wellbeing. We offer weight management classes, cooking on a budget classes and physical activity classes. For more information contact the Community Health Network on 01685 383929

Merthyr and the Valleys Mind

Merthyr and the Valleys Mind deliver a wide range of Self Management and CBT - based courses. Available to individuals who experience mental health or emotional wellbeing needs through the local authority areas of Merthyr Tydfil and Rhondda Cynon Taf.

To find out more contact our Information and Advice Centre on (01685) 353944

Canolfan a Theatr Soar



Pontmorlais
Merthyr Tudful
CF47 8UB
01685 722176
www.theatrsoar.co.uk
swyddfasoar@merthyrtudful.cymru

Canolfan Soar is home to Merthyr Tydfil's Welsh language groups.
Canolfan Soar aims to promote the Welsh language locally.

Welsh classes, coffi mornings, chatting sessions, reading clubs, social evenings and a wide range of opportunities to use your Welsh. Come in to Cwtsh Caffi a Bar for a cuppa and a chat to see what's available for you. All are welcome.

Conferences | Meetings | Educational Courses | Training Days | Performances
Dance Workshops | Musical Events

Rooms suitable for Commercial and Community use at competitive prices

Merthyr and the Valleys Mind

"Putting learning at the heart of your recovery"

Welcome to Merthyr and the Valleys

Our organisation aims to inspire people across CWM TAF to realise their potential; to offer hope for a brighter future to provide opportunities to learn to take control of their life, recover and stay well.

Merthyr and the Valleys Mind deliver a wide range of self Management and CBT - based courses. Available to individuals, who experience mental health or emotional wellbeing needs throughout the local authority areas of Merthyr Tydfil and Rhondda Cynon Taf.

Introducing, a wide selection, which include: Coping with Life, Living Life to the Full and a range of Agored Accredited Courses - part of our new Agored Accredited Centre.

How to Book?



Tel (01685) 353 944 www.matvmind.org.uk training@matvmind.org.uk



GIG
CYMRU
NHS
WALES
Bwrdd Iechyd Prifysgol
Cwm Taf
University Health Board





The North Cluster Communities first programme covers Gurnos, Penydarren & Dowlais wards delivering a variety of activities & courses based in the community.

Accredited courses include:

First Aid

Paediatric First Aid

Mental Health First Aid

Level 2 Food Safety

Manual Handling

Learning in the Outdoors for young adult males

Non-accredited include:

12 week Healthy Balanced Lifestyle /Nutrition course

6 Week Healthy Eating on a Budget course

Stress Control Workshops
(Techniques in Coping with Stress)

Ready For Work Club

Helping people to develop confidence, employment related and basic IT skills to find work

“Incredible Years”
(Parenting course)

Family Programmes

(Available in local schools and community setting)

If you would like further information please contact us on: 01685 350888
Email: reception@3gs.org.uk Like us on Facebook: ThreeGs Development Trust
Call into the 3Gs Community Building Gurnos (Corner building in shopping area)

ADULT EDUCATION

17-20 Pen-y-Dre
Gurnos
Merthyr Tydfil
CF47 9DY

01685 724910

www.merthyr.gov.uk



Disabled Access

**NEIGHBOURHOOD
LEARNING CENTRE**

17-20 Pen-y-Dre
Gurnos
Merthyr Tydfil
CF47 9DY

01685 727099

Disabled Access
Courses also run
at T-Tec



**THE COLLEGE
MERTHYR TYDFIL**

Ynysfach
Merthyr Tydfil
CF48 1AR

01685 726000

www.merthyr.ac.uk



Disabled Access

**WEA / YMCA Cymru
Innovation Centre
Ebbw Vale
NP23 8XA**

01495 369869

www.weacymru.org.uk



Disabled Access

**CYFARTHFA
GREEN HOUSES**

Cyfarthfa Park
Merthyr Tydfil
CF47 8RE

01685 722340

Disabled Access



**3G'S COMMUNITY
BUILDING**

15 Chestnut Way
Gurnos
Merthyr Tydfil
CF47 9SB

01685 350888

www.3gs.org.uk



Disabled Access

**GELLIDEG
FOUNDATION GROUP/
COMMUNITIES FIRST
MID CLUSTER**

Flat 2, Winchfawr
Hse., Lansbury Road
Merthyr Tydfil
CF48 1HA

01685 383929

www.gellideg.net



Disabled Access

**WELSH FOR
ADULTS**

Canolfan Soar
Merthyr Tudful
CF47 8UB

01685 722176

www.glam.ac.uk/welsh



Disabled Access

**VAMT
SOUTH CLUSTER
COMMUNITIES
FIRST**

Communities First Office
Tram Road Rear
of Wesley Place
Merthyr Vale, CF48 4RS

01443 690178



Disabled Access

**MERTHYR AND THE
VALLEYS MIND**

Information and Advice Centre
88 High Street Pontmorlais
Merthyr Tydfil CF47 8UH
www.matvmind.org.uk

01685 353944/353991

Disabled Access

