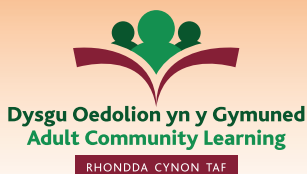


Adult Community Learning



Adult Community Learning



ENROLMENT OPENS: 1^{pm} | Tuesday 1st September 2026

With a wide variety of courses for those age 19+ in venues throughout RCT,
you can enrol...



in person at:

Yr Olwg Lifelong Learning Centre

St. Illtyds Road, Church Village, CF38 1RQ

Tuesday 1st September | 1^{pm} – 8^{pm}

Staff will be available to help you book onto your chosen course.

Taster sessions and tutors available to offer advice and give demonstrations on the courses available.



over the phone:

**01443
570077**
After 1^{pm}



online:

**www.rctcbc.gov.uk/
AdultCommunity
Learning**

Other enrolment dates will be available throughout the year.

For more information visit the website or email:

✉ **adulthoodeducation@rctcbc.gov.uk**
www.rctcbc.gov.uk/AdultCommunityLearning

Mae croeso i chi gyfathrebu â ni yn y Gymraeg | You are welcome to communicate with us in Welsh

Welcome

An Adult Community Learning course offers the ideal opportunity to learn a new skill, meet new friends and make a new start.



Our tutors are friendly, helpful and experienced and will welcome you to our courses. Many of our courses are accredited by Agored Cymru which will allow you to progress to higher level courses should you wish to gain qualifications.

RCT Learning Steps

The Learning Steps courses provide opportunities for people with learning disabilities.

The courses encourage learners to learn new skills, meet new people, learn at an appropriate pace and work with specialised tutors. The courses are offered face to face and online.

English and Maths Support

We offer the opportunity to improve your English and Maths skills in a supportive atmosphere with a friendly experienced tutor. Courses run throughout the year and you can join at any time.

All courses are offered to learners 19+

ALL COURSES ARE CORRECT AT TIME OF PRINT

Mae'r ddogfen yma ar gael yn y Gymraeg
This document is available in Welsh

Mae croeso i chi gyfathrebu â ni yn y Gymraeg
You are welcome to communicate with us in Welsh

Computers for Beginners

If you have little or no experience with Microsoft Word then this course is going to be perfect for you.

Even if you are self-taught and use MS Word already, you will still be able to pick up some new tips such as terminology use in MS Word, keyboard shortcuts or maybe an easier way to achieve the outcome you want.

This course will help you:

- Create Microsoft documents
- Get to know the screen layout
- Design your own stylish documents
- Understand terminology
- Add text and images
- Change text, style and colour



 Diane Dixon • Jeni Powell  **2 hours per week**  **15 wks**
 **FREE**

iPads Only

On this “iPad” course you will learn to enjoy using your iPad and move on to discover tips, tricks and techniques to impress your friends and family.

This course is perfect for you if you are new to the iPad or have had yours for a while.

The iPad has many uses such as: searching the internet, emails, social media, reading a book, listening to music and Podcasts, playing games, watching movies, TV and YouTube videos, taking photos and arranging albums and more.

 Diane Dixon • Jeni Powell  **2 hours per week**  **15 wks**
 **FREE**



COURSE DATES & LOCATIONS: Scan or visit
www.rctcbc.gov.uk/adultcommunitylearning

Android Devices

On this course you will learn skills to improve your confidence using an Android Device.

You will gain an understanding of how to download apps and use different applications together with understanding how to protect your digital device and gain an understanding of digital terminology.

Whether you have a digital device you don't use or would like to learn more about it, this course will help you do just that.



Jeni Powell



2 hours per week



15 wks



FREE



COURSE DATES & LOCATIONS: Scan or visit
www.rctcbc.gov.uk/adultcommunitylearning



ICDL

International Certification of Digital Literacy



Formerly known as ECDL

Who is it for?

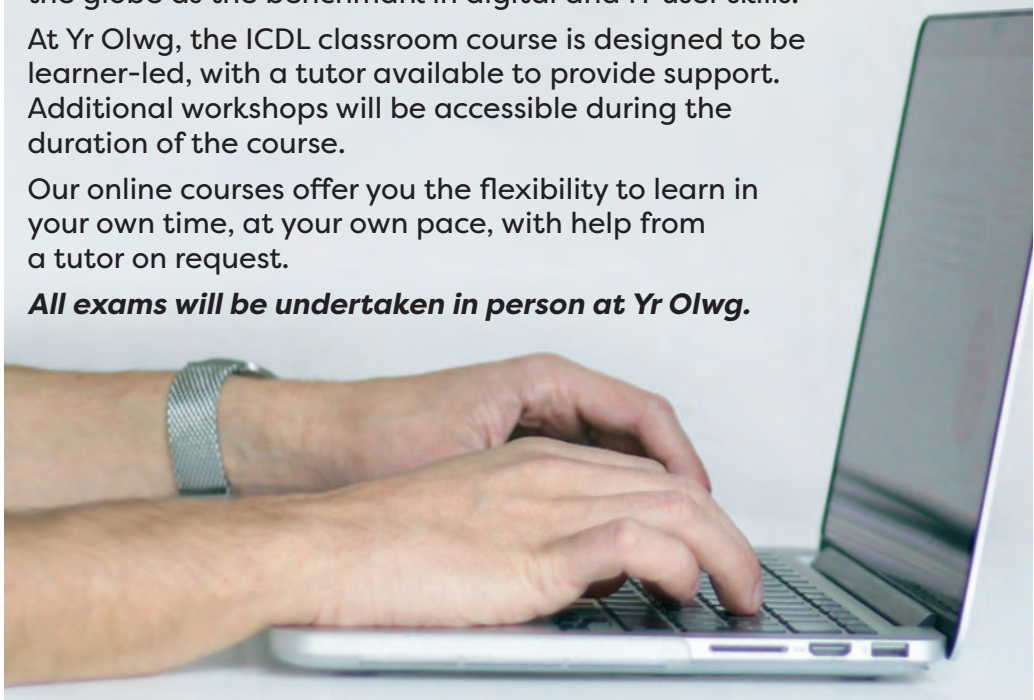
Whether you are an absolute beginner or already working with computers, the ICDL qualification will develop your skills and productivity.

It improves learners' understanding of computers and promotes efficient use of software. ICDL is recognised by employers across the globe as the benchmark in digital and IT user skills.

At Yr Olwg, the ICDL classroom course is designed to be learner-led, with a tutor available to provide support. Additional workshops will be accessible during the duration of the course.

Our online courses offer you the flexibility to learn in your own time, at your own pace, with help from a tutor on request.

All exams will be undertaken in person at Yr Olwg.



COURSE DATES & LOCATIONS: Scan or visit
www.rctcbc.gov.uk/adultcommunitylearning

ICDL (formerly ECDL)

What is covered:

- IT Security for users: Level 1
- Computer Essentials: Level 1
- Word Processing: Level 2
- Spreadsheet software: Level 2
- Database software: Level 2
- Presentation software: Level 2
- Online Essentials: Level 1

Upon finishing all seven modules, you will receive the complete ICDL certification. Individual modules can also be taken separately.

£ **£160: 7 Modules**

Individual modules
Registration and exams
included.

 **45 wks**

£ **£40: Individual modules**

Registration and exams
included.

 **15 wks**

ICDL / ICDL Advanced (Online)

Level 3 allows you to build on your existing digital knowledge and become an expert user of the software applications that are essential in every business today.

Whether you're looking for a new job or hoping to take a step up where you work, adding a digital qualification to your CV is sure to help you reach your goal.

What is covered (Level 3):

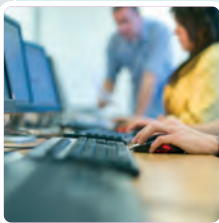
- Word processing
- Presentation software
- Spreadsheets
- Databases

Each of these modules is a separate qualification, allowing learners to decide how many they wish to complete.

£ **£60: Individual modules**

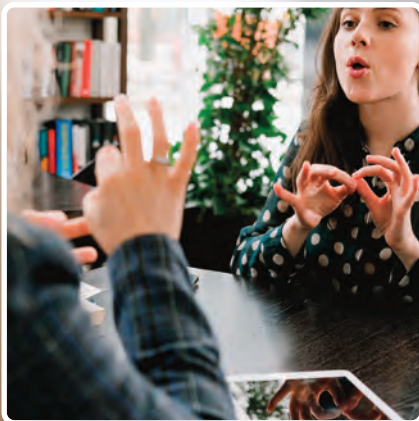
Registration and exams
included.

 **15 wks**



COURSE DATES & LOCATIONS: Scan or visit
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COURSE DATES & LOCATIONS: Scan or visit
www.rctcbc.gov.uk/adultcommunitylearning

British Sign Language (BSL) Beginners

BEGINNERS:

This course is for learners who would like to learn BSL from the beginning and have never learned BSL previously.

 Helen Thomas

 1 hour per week

 30 wks

 **FREE**

British Sign Language (BSL) Improvers

IMPROVERS:

For learners who have previously learned BSL but would like to build on previous learning.

 Helen Thomas

 1 hour per week

 30 wks

 **FREE**

British Sign Language (BSL) Intermediate

INTERMEDIATE:

This course is for learners who have completed a British Sign Language qualification, understand it and can hold a simple conversation in British Sign Language.

 Helen Thomas

 1 hour per week

 30 wks

 **FREE**



HISTORY

📍 These courses are offered classroom based or virtual

Family History

This course uses “Ancestry” and “Find my Past” to discover your family ancestry.

You will share hints and tips on how to use research records such as parish records, electoral rolls, census forms, how to order certificates and use newspapers as a primary source to find a relative. This course will also give you more insight into the time period your ancestors lived in. The course will touch on exploring elements of DNA and understanding how it works and what it means for us as genealogists.

🎓 Lisa Powell

🕒 2 hours per week

📅 15 wks

£ FREE

Local History

Explore the history of South Wales and the local area during the industrial revolution and post-industrialisation following a timeline.

Topics will include political history, social history, economic impacts and cultural change. A combination of primary and secondary sources will be used to explore the topics in question. Guest speaker and field trip will also be something that is incorporated into the course, including using the reference library facilities.

🎓 Lisa Powell

🕒 2 hours per week

📅 15 wks

£ FREE



COURSE DATES & LOCATIONS: Scan or visit
www.rctcbc.gov.uk/adultcommunitylearning



Art History

Explore artists in connection with Wales and the history of Wales, ranging from portraits to landscapes.

You will look at the influences of other painters and the art movements involved in different time periods.

 Lisa Powell

 2 hours per week

 15 wks  FREE

COURSE DATES & LOCATIONS: Scan or visit
www.rctcbc.gov.uk/adultcommunitylearning



ARTS AND CRAFTS FOR WELLBEING

Upcycling Clothing

Learn useful sewing machine skills whilst upcycling and making use of disused clothing and household textiles.

Alter hemlines and waistlines or mend and repair clothing. You could also try making toys, gifts, bags and other craft creations. This is a fun and sociable course for beginners and those who want to improve or just be creative!



Kath Evans



2 hours per week



15 wks



FREE

Sewing Skills

Learn how to use a sewing machine or further improve existing skills.

Have fun making craft items and simple garments or learn how to alter and repair items. Enjoy sharing ideas and learn from each other. For beginners and improvers, everyone welcome.



Kath Evans



2 hours per week



15 wks



FREE



COURSE DATES & LOCATIONS: Scan or visit
www.rctcbc.gov.uk/adultcommunitylearning



Mixed Media

You will use a broad combination of art materials and different media of your choice to design a portfolio to be proud of.

Try sketching, watercolours, pastels, and acrylics to explore colour, light, reflection, and natural forms. Work at your own pace and level and share creativity and tips with others.

Everyone welcome, beginners and those that want time for themselves to be creative. If you have a sketchbook, bring it along.

 Juliette Salter

 2 hours per week

 15 wks

 FREE

Seasonal Crafts

Be creative with all types of materials including textiles, paper, clay and recycled materials.

Make seasonal gifts and decorations for all occasions and enjoy sharing your ideas and skills in supportive and relaxing workshops. Everyone welcome. Get Crafting!

 Kath Evans

 2 hours per week

 15 wks

 FREE

COURSE DATES & LOCATIONS: Scan or visit
www.rctcbc.gov.uk/adultcommunitylearning



ARTS AND CRAFTS FOR WELLBEING

Sketching for Fun

Learn how to draw using different drawing materials and how to approach different subjects such as still life, animals, faces and landscapes.

Learn about form, shape, perspective, tone colour and texture. This is a fun course for all abilities! Get sketching!



Kath Evans



2 hours per week



15 wks



FREE



Water Colours

You will cover a variety of watercolour techniques around a project theme of your choice.



Juliette Salter



2 hours per week



15 wks



FREE



COURSE DATES & LOCATIONS: Scan or visit
www.rctcbc.gov.uk/adultcommunitylearning

Landscape Art

Relax and enjoy using different art materials in a friendly, supportive class in a building situated in the lovely Ynysangharad Park, Pontypridd.

Try sketching, watercolours, pastels, and acrylics to explore colour, light, reflection, and natural forms. Work at your own pace and level and share creativity and tips with others.

Everyone welcome, beginners and those that want time for themselves to be creative. If you have a sketchbook bring it along.

 Kath Evans

 2 hours per week

 15 wks

 FREE

Fine Art

Explore and learn about Fine Art styles through discussion, practical art experiments and creative sketch book activities.

Discover Cubism, Impressionism, Abstraction and much more by making studies from famous art works in a range of media. A fun and experimental course!

 Kath Evans

 2 hours per week

 15 wks

 FREE



COURSE DATES & LOCATIONS: Scan or visit
www.rctcbc.gov.uk/adultcommunitylearning



CREATIVE ARTS

Guitar for Beginners

Unlock your musical potential with our Beginners Guitar Class!

Whether you've always dreamed of strumming your favourite songs or want to learn a new skill, this is the perfect opportunity to dive into the world of guitar.

No prior experience? No problem! With a supportive and inclusive learning environment, you'll feel right at home as you connect with fellow music enthusiasts.

 **Stephen Jenkins**  **1 hour per week**  **15 wks**  **FREE**



Guitar for Improvers

Designed for players who already know a few chords, Guitar: Improvers offers a supportive environment with a bespoke songbook, online videos and a group of friendly peers.

Learn up to ten songs a term and improve your playing by jamming with an ensemble. Great for guitarists who want to improve or simply want to play songs with like-minded people.

 **Stephen Jenkins**  **1 hour per week**  **15 wks**  **FREE**



COURSE DATES & LOCATIONS: Scan or visit
www.rctcbc.gov.uk/adultcommunitylearning

Song Writing

This course is an introduction to song writing and lyric creation for all abilities.

You will look at chord progressions, commonly used song writing techniques and largely focuses upon creative writing and lyric composition.



Juliette Salter



2 hours per week



15 wks



FREE

Creative Writing

Get creative with varied weekly writing tasks and share your pieces in a nurturing and supportive environment.

Explore fiction, nonfiction and poetry to challenge yourself or simply use the class to develop a writing habit. Join one of these friendly groups and get that writing out of your head and onto the page.



Stephen Jenkins



2 hours per week



15 wks



FREE



COURSE DATES & LOCATIONS: Scan or visit
www.rctcbc.gov.uk/adultcommunitylearning



VOCATIONAL COURSES

Emergency First Aid in the Workplace: Level 3

This is an accredited level 3 course covering all aspects of first aid including the use of a defibrillator and cardiopulmonary regeneration.

It is ideal for beginners or people with experience of first aid.

 Lara Buckland • Tim Davies

 **1 day**  **£45**

Paediatric First Aid: Level 3

This is a level 3 first aid course with an additional emphasis on the treatment of younger members of the society.

It also includes some general first aid basics.

 Lara Buckland • Tim Davies

 **1 day**  **£45**

Food Safety in Catering: Level 2

This course is for you if you want to work in the food industry.

This is a fully accredited level 2 course that has been recognised across Europe.

 Lara Buckland • Tim Davies

 **1 day**  **£30**

Health and Safety: Level 2

The Level 2 Award in Health and Safety in the Workplace (RQF) qualification is ideal for all employees.

This course will help learners to develop a greater understanding of health and safety issues and the role that everyone plays in maintaining a safe working environment.

 Tim Davies

 **1 day**  **£30**

Pre-employment courses available

For more information call 01443 750077



COURSE DATES & LOCATIONS: Scan or visit
www.rctcbc.gov.uk/adultcommunitylearning

“All About Me” A healthy life, healthy mind

This course will introduce you to different methods of how to relieve stress and anxiety.

It will help you build your confidence and self-esteem to enable you to live a healthier life.



Juliette Salter



2 hours per week



15 wks



FREE

Aromatherapy

This course will give you a basic understanding of how to blend essential oils for aromatherapy massage.



Gail McGarvey



2 hours per week



15 wks



FREE



COURSE DATES & LOCATIONS: Scan or visit
www.rctcbc.gov.uk/adultcommunitylearning





UK Government Wales
Llywodraeth y DU Cymru



Cymunedau
am Waith
Communities
for Work



Llywodraeth Cymru
Welsh Government

Gwasanaeth Cymorth a Sgiliau Cyflogaeth

Rhondda Cynon Taf

Work & Skills Team



Allwn ni eich helpu i wneud y canlynol?
We can help you to:

Magu'ch hyder
Gwellach sgiliau digidol
Dechrau gwirfoddoli
Gwellach iechyd a'ch lles
Ennill cymwysterau
Gwellach CV
Cyflwyno cais am swydd
Datblygu'ch sgiliau cyfweliad
Datblygu'ch sgiliau wrth weithio

Increase your confidence
Improve your digital skills
Begin volunteering
Improve your health & wellbeing
Gain qualifications
Enhance your CV
Apply for work
Develop your interview skills
Upskill whilst you work

Gall ein carfan fedrus o Weithwyr Brysbennu, Gweithwyr Ymgysylltu, Gweithwyr Allweddol, Mentoriaid Cyflogaeth a Mentoriaid Cymorth yn y Gwaith gynnig ystod o sesiynau cymorth i unigolion ac i grwpiau er mwyn bodloni'ch anghenion o ran cyflogadwyedd.

Our skilled team of Triage, Engagement and Key Workers, Employment Mentors and In-Work Support Mentors can offer a range of one-to-one and group support sessions to suit your employability needs.

Am ragor o wybodaeth:

For more information, contact us:

Ffôn | Tel: 01443 425761

E-bost: gwaithasgiliau@rctcbc.gov.uk

Email: workandskills@rctcbc.gov.uk



RHONDDA CYNON TAF



Hyrwyddo'r Gymraeg yn Rhondda Cynon Taf

Promoting the Welsh Language in Rhondda Cynon Taf

We are happy to answer
any queries through

**post@
menteriaith.cymru**

if you would like
more information

01443 407 570
post@menteriaith.cymru

Cyfeiriad / Address
Yr Hen Lyfrgell,
47 Heol Pontypridd, Y Porth
CF39 9PG

Menter Iaith Rhondda Cynon Taf offer opportunities for you to use your Welsh across Rhondda Cynon Taf through various activities. Our programme is aimed towards young parents and the workforce, as well as opportunities to use your Cymraeg informally.

Courses include:

- **Clwb Caru Canu** Welsh for parents with children under 4 to learn through song
- **Using Welsh in the Workplace** Agored course
- **Accessible Yoga**
- **Monthly Welsh Club** at Clwb y Bont
- **Porth Group Chat**
- **Clonc Cynon** Aberdare
- **Ar Ben y Byd Ukulele Group** Tonyrefail



Mae'r Gymraeg yn perthyn i bawb! - The Welsh language belongs to all of us!

Yr Hen Lyfrgell, 47 Heol Pontypridd, Y Porth, CF39 9PG - 01443 407570 - www.menteriaith.cymru

MenterRhCT

MenteriaithRhCT

menteriaithrhct

Menter Iaith Rhondda Cynon Taf



MENTRAU IAITH



dysgucymraeg.cymru
learnwelsh.cymru
Morgannwg / Glamorgan

50% Discount Code:
WELSH26

Want to learn **Welsh**?

There will be Welsh courses at Yr Olwg and online
Starting in September 2026



For more information:

www.learnwelsh.cymru/mg
01443 483 600

Work for a public sector body that is subject to the Welsh Language Standards?
Local authority? Welsh Government? Health Board?

You may be entitled to attend Welsh lessons as part of your working hours with cost covered. Speak to your line manager or Welsh Language Officer.

CANOLFAN YR OLWG CENTRE

01443 570075



Croeso i

Theatr Y Garth

Enw newydd y theatr yng
Nghanolfan

Yr Olwg — yr un profiad
gwyb, yr un achlysuron
gwyb — gydag enw a logo
newydd sbon!

Welcome to

Theatr Y Garth

The new name for the
theatre at

Yr Olwg Centre — same
great experience, same
great events - just a brand
new name and logo!



Oriau Agor y Swyddfa Docynnau: Box Office Opening Times:

Dydd Mawrth - Dydd Iau / Tuesday - Thursday

10:00^{yb} am - 16:00^{yp} pm

Cadw Lle Ar-Lein | Book Online

rct-theatres.co.uk

Swyddfa Docynnau | Box Office

03000 040 444

FFAIR NADOLIG CHRISTMAS FAYRE

Dydd Gwener, 27^{ain} Tachwedd
Friday, 27th November

CHILDREN
AND YOUNG PEOPLE



Canolfan Yr Olwg Centre



[canolfanyrolwgcentre](https://www.instagram.com/canolfanyrolwgcentre)



01443 570075





Mae Canolfan Yr Olwg yn dathlu ei phen-bwydd yn 20 oed eleni!

Ymunwch â ni i ddathlu 20 mlynedd gyda blwyddyn anhygeoel a bywiog o achlysuron yng Nghanolfan Yr Olwg, gan gynnwys cerddoriaeth fyw, achlysuron, cyrsiau, gweithgareddau hwyl i bawb!

Bydd pen-blwydd Canolfan Yr Olwg yn flwyddyn gofiadwy i'r adeilad poblogaidd yma, gyda rhaglen o achlysuron i ddathlu'r lleoliad a'i arwyddocâd yn galon y gymuned leol.

Yr Olwg Centre is celebrating its 20th birthday this year!

Join us in celebrating the 20th birthday with an amazing and vibrant year of events planned at Yr Olwg, including live music, events, participation, courses, activities and fun for everyone!

Yr Olwg Centre's birthday year is set to be a landmark year for this much-loved building with a programme of events developed solely as a celebration of the venue and its significance as the beating heart of the local community.



**Cyrsiau ar gael:
Courses available:**

yrolwggartholwg.org

Ewch i wefan Yr Olwg i gael yr wybodaeth ddiweddaraf.

Check out Yr Olwg's website for regular updates and information.

YSTAFELLOEDD / THEATR I'W LLOGI



ROOMS / THEATRE TO HIRE

www.yrolwggartholwg.org
golc.reception@rctcbc.gov.uk





**Diolch i chwaraewyr
y Loteri Genedlaethol**
**Thanks to National
Lottery players**

CALON TAF



calontaf.co.uk CalonTaf@rctcbc.gov.uk

Canolfan Calon Taf

A HERITAGE & EDUCATION CENTRE
In the heart of Ynysangharad War Memorial Park

EVENTS & ACTIVITIES!

Join us for...

- History Talks
- Craft Workshops
- Wellbeing Activities
- Nature Walks
- Live Music from the bandstand



EXPLORE & LEARN!

Visit the centre or download via the website a variety of free resources, including:

- **Interactive Park Trails:** Wildlife; Trees & Heritage
- **Family Bird Spotting Pack**
- **Educational Packs:** Adaptable & designed for Progression Step 3 Pupils



To enquire about room hire or to find out more about our courses and events:

CalonTaf@rctcbc.gov.uk



YNYSSANGHARAD
War Memorial Park
Pontypridd CF37 4PE



Trawsnewid Trefi
Transforming Towns



RHONDDA CYNON TAF

Mae croeso i chi gyfathrebu â ni yn y Gymraeg | You are welcome to communicate with us in Welsh