

MONDAYS

10am - 12pm & 1pm - 3pm

Finding your Future Direction **

This course will run for 5 weeks, each Monday and will help you to decide what you would like to do with the rest of your life! The course will give you the confidence and inspiration to discover your strengths & goals, & to learn job search & enterprise skills

10am - 12pm

Digital Photography **

10 weekly sessions to help you make the most of your camera - learn new techniques to resize and image, repair damaged photographs, change image tone - black and white, sepia, crop an image, improve colour, brightness and tone & clone out unwanted parts of an image

9.30am - 12pm & 1pm - 3pm

Skills for Life - Maths **

You can brush up your number skills in a friendly and supportive class - come for 1 or 2 sessions

10am - 12pm

ESOL (women only) **

English language classes for women whose first language is not English.

1pm - 3pm

Computer class **

See below

1pm - 3pm

Craft

Try your hand at a range of crafty activities and produce items to please

TUESDAYS

10am - 12pm

Art project **

Come and relax whilst learning new art skills - painting, drawing & more.....

10am - 12pm

Computer class **

See below

10am - 12pm

Cookery - Advanced **

A class for those who have progressed from the beginners lessons

1pm - 3pm

Drama project **

Do you fancy trying acting? The St Davids Hall Arts Active team will support & guide you - no experience needed, just enthusiasm!

1pm - 3pm

Computer class **

See below

1pm - 3pm

Sewing **

Try your hand at a range of new skills to impress family & friends

WEDNESDAYS

10am - 12pm

Singing **

Come and give your vocal chords a workout

10am - 12pm

Childcare course tbc **

1pm - 3pm

Computer course **

See below

1pm - 3pm

“Time Out 4 You” **

A chance for a break and some “me” time for you

This is a new group and the programme will be decided by those who attend

THURSDAYS

10am - 12pm

Childcare course - Supporting Children with Additional Needs **

10 week course looking at a variety of ways to support children with additional needs; useful for those wishing to work with young children

10am - 12pm

Computer course **

See below

10am - 12pm

Cookery course - Beginners **

A waiting list is in operation for this popular course

1pm - 3pm

Parents group**

A waiting list is in operation for this popular group & your child must be under 5

1pm - 3pm

Computer course

See below

1pm - 3pm

British Sign Language tbc **

This course will enable learners to communicate with Deaf people in British Sign Language(BSL) on a range of topics that involve simple, everyday language.

FRIDAYS

10am - 12pm

Tai Chi**

Giving learners experience of T'ai Chi from a beginner level, including safe warming up, stretching and breathing exercises.

9.30am - 12pm & 1pm - 3pm

Skills for Life - English **

You can brush up your literacy skills in a friendly and supportive class - come for 1 or 2 sessions

10am - 12pm

Welsh **

This course will provide new students of Welsh with a basic knowledge of the language. It will provide the foundations of grammar, sentence building and construction. The course will concentrate on the spoken language and enable students to progress to the higher levels of the language and eventual fluency.

1pm - 3pm

Beauty Basics **

This 5 week course will give you a greater awareness of the benefits of a healthy balanced diet. & regular exercise You will learn how to maintain healthy nails, perform a basic manicure & understand the importance of a good skin care routine and how to carry out a facial. You will also discuss hair care styles and products and their uses, & gain a greater understanding of different types of make-up and how to apply them.

Computer classes

We run a number of computer courses suitable for all abilities from beginners to those needing accreditation for work.

You can join a class at any time and we try to match your needs to the class you join

ALL CLASSES START WEEK BEGINNING 20th SEPTEMBER EXCEPT SKILLS for LIFE MATHS & ENGLISH WHICH START 13th SEPTEMBER

We also host a **FAN** group (Friends & Neighbours) that meets on
Thursdays 1pm - 2pm
Come along for a chat and to meet new friends in the area

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And for parents & children under 5

Parents & Toddlers	MONDAYS 9.30am - 11.30am
Busy Bees	TUESDAYS 9.30am - 11.30am
Stay & Play	THURSDAYS 9.30am - 11.30am & 1pm - 3pm

Plus we will also be hosting monthly Language & Play workshops on Tuesday afternoons



CRECHE supporting classes marked with **`s

St Mellons Community Crèche accepts children from 6 weeks to 4 years Parents/carers must be attending courses.

Places need to be booked in advance

029 20 798422

For information about all the above courses and to book a place please either call us on 029 20 778667 or pop in to the Centre

