

Adult Learners' Week Never Stop Learning 15 - 21 September 2025



Campaign highlights

- **Over 600 free learning events** , courses and resources promoted via the Adult Learners' Week website
- **5,419 Adult Learners' Week** participants tracked
- **100 partners engaged** with Adult Learners' Week (delivering events, taster sessions, promoting lifelong learning policy, building partnerships and sharing case studies)
- **13k active users** across the Adult Learners' Week platform
- **47K page views** across the Adult Learners' Week platform
- **Alun Wyn Jones reel** / news content gained over **7k views** on Instagram
- **Michael Sheen's** message for Adult Learners' Week and the Inspire! Award Winners
- The **Innovation Fund** awarded grants to **33 organisations** (from **54 application entries**)
- **Over 180 pieces of coverage** for the Inspire! Awards/ Adult Learners' Week
- The campaign onboarded **18 new organisations** .
- **10k referrals from the Working Wales site** to the Adult Learners' Week site .

What did we deliver? Summary of content

Activity led by Learning and Work Institute

- Stakeholder toolkit for providers
- Events / courses hosted via L&W and Working Wales
- A message of support from Michael Sheen
- 1 minute message reels from award winners
- Inspire! Awards event / PR
- Webinar in partnership with DOVE Workshop & Ohio University

Activity led by Golley Slater

- Vox pop - challenge the public video
- Two skills compilation videos to promote various types of learning and subjects.
- Alun Wyn Jones campaign ambassador activity (regional/national PR and a visit to Gower College Swansea)
- Paid media across Meta, Google, ITVX and Programmatic CTV



Meet Hamdi Abdalkareem I Abdalla...
253 views



Meet Foo Seng Thean - Adult Learners' Week |...
18 views



Meet Gloria Beynon - Adult Learners' Week |...
59 views



#neverstoplearning

Campaign Ambassador activity



Known for his record-breaking rugby career, Alun Wyn Jones is also a passionate advocate for education and lifelong learning.

Alongside his sporting achievements, he holds a law degree from Swansea University and is currently learning Welsh.

To mark the launch of Adult Learners' Week, he joined colleagues at L&W, and [Isaac Fabb](#), former Inspire! Award winner, to take up a carpentry class at Gower College Swansea.

 **YouTube**

https://youtube.com/shorts/SVr3HpvG_GQ?si=ZhDS6hgy4ZscHv7T



#neverstoplearning

Michael Sheen's message of support for the Inspire! Awards and Adult Learners' Week.

L&W reached out to actor Michael Sheen, who provided a supportive video message for the Inspire! Awards and Adult Learner's Week. He congratulated the award winners' "stories of transformation and resilience," urged them to inspire others, and emphasised the central theme of Adult Learners' Week: to "never stop learning."



Campaign theme days



Monday 15 September Learner Voices

The stories of existing learners inspire others to join in. We know that word of mouth plays a powerful role in building the confidence of others to engage with learning and listening to the experiences of learners is vital in shaping provision that meets their needs. Think about a focus on sharing learner stories, learner led outreach activity, bring a friend events and learner forums.

Tuesday 16 September Collaboration & Connection

Adult Learners' Week thrives on partnership – at international, national and local level. The best adult learning is built on collaboration to enable pathways that meet learners needs and aspirations. We can all learn from different approaches and the best innovation is often done in collaboration with others. Use Adult Learners' Week to celebrate the joint practice that you have developed – share your stories or take the opportunity to explore new conversations to make wider connections and find new ways to engage.

Wednesday 17 September Skills for Work & Progression

Access to learning at work plays a key role in supporting people to progress and build their skills. The workplace can be a gateway to reach and engage people through informal and formal provision. Think about using this day to put a focus on opportunities to learn at work – taster sessions and workshops, skills sharing and information days. Surveys and sharing success stories are a great way to develop more insight into learning needs and celebrate success!

Thursday 18 September Essential Skills

Literacy, numeracy and digital skills are building blocks for further learning but also vital for living life to the full or progressing in work. We know that low levels of these life skills can hamper confidence to be actively engaged in society and if you're a parent – in school life, it holds many people back from securing good jobs. Use this theme to put a focus on promoting taster classes, listening to your community to shape and co-produce curriculum and enable learners to participate in the creation of provision to meet their needs.

Friday 19 September: Health and Wellbeing

Learning is a vital part of tackling health inequalities – it leads to more confidence, supports mental health, builds social capital and provides the skills to move people into work. Think about a focus on learning activity that supports health and wellbeing, informal and creative activities. You could use this theme to build more links with local health services and social prescribers and explore better opportunities for signposting across services.

#neverstoplearning

Adult Learners' Week - key activities



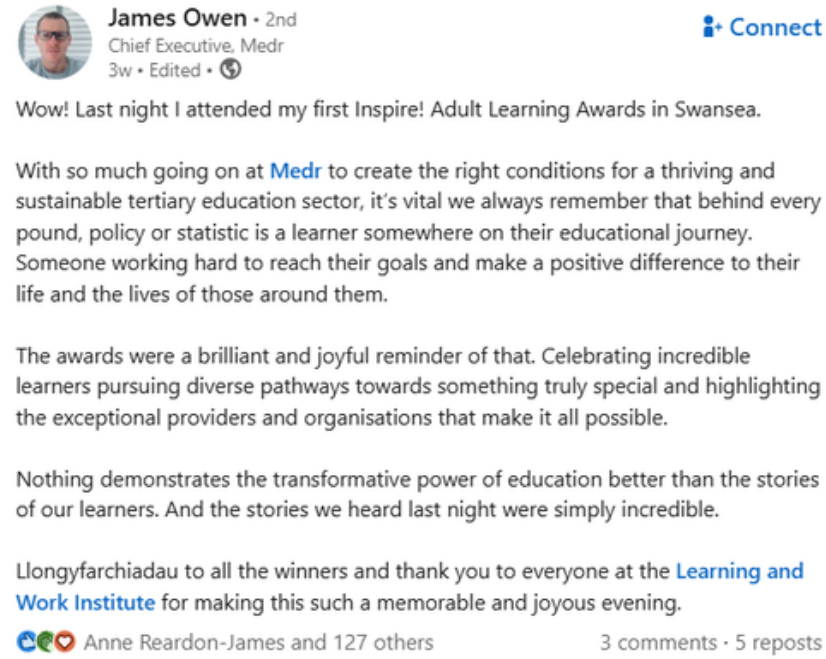
Reskilling for Renewal: Lessons from Wales and Appalachia - Webina... Watch later Share

Gweminar | Webinar:
Ailsgilio ar gyfer Adnewyddu
Gwersi o Gymru ac Appalachia

Reskilling for Renewal
Lessons from Wales and Appalachia

Watch on YouTube

Logos: Wythnos Addysg Oedolion Adult Learners' Week, Waith Institute, L&W, OHIO UNIVERSITY, Llywodraeth Cymru Welsh Government



James Owen · 2nd
Chief Executive, Medr
3w · Edited ·

Wow! Last night I attended my first Inspire! Adult Learning Awards in Swansea.

With so much going on at [Medr](#) to create the right conditions for a thriving and sustainable tertiary education sector, it's vital we always remember that behind every pound, policy or statistic is a learner somewhere on their educational journey. Someone working hard to reach their goals and make a positive difference to their life and the lives of those around them.

The awards were a brilliant and joyful reminder of that. Celebrating incredible learners pursuing diverse pathways towards something truly special and highlighting the exceptional providers and organisations that make it all possible.

Nothing demonstrates the transformative power of education better than the stories of our learners. And the stories we heard last night were simply incredible.

Llongyfarchiadau to all the winners and thank you to everyone at the [Learning and Work Institute](#) for making this such a memorable and joyous evening.

👍👍👍 Anne Reardon-James and 127 others · 3 comments · 5 reposts



BusinessNewsWales

Home Economy/Infrastructure Finance/Invest Food/Drink Green Economy Gov/NFP Innovation/Tech Property/Construction Sk

Cardiff Capital Region Mid Wales South West Wales North Wales

15 SEPTEMBER 2025 PEOPLE / SKILLS

Rugby Legend Champions Lifelong Learning for Adult Learners' Week 2025

Create compelling jobs ads 'every time', in less than 10 minutes. Ask for a demo today. WRITERECRUIT

NTFW NATIONAL TRAINING FEDERATION WALES

Welsh rugby icon Alun Wyn Jones has launched Adult Learners' Week 2025,



RADIO WALES Breakfast

Home Episodes Clips

Listen now

With Dot Davies and Nick Servini

Everything you need to know as you wake up. 2 days left to listen 2 hours



Unlocking Wales' Learning Potential: Why Adult Education Matters More than Ever | FE News

fenews.co.uk



Literacy, numeracy and digital skills in adult learning in the community by Steve Bell

Thematic Review

Steve Bell

Literacy, numeracy and digital skills in adult learning in the community

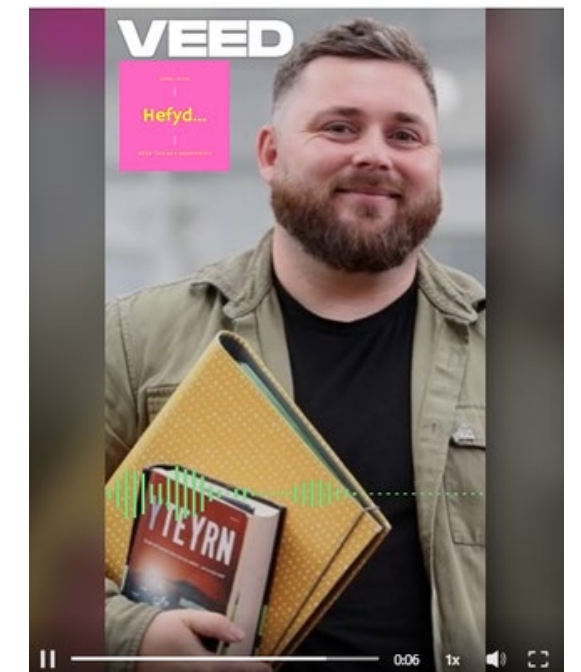
Watch on YouTube



Ltv NEWS

Malaysian Welsh learner honoured with language award

Tue 23 Sept 6.35pm · Foo Seng Thean made Wales his home back in 2015 after moving here from Malaysia. A decade later he's been given a New Welsh Speaker Award.



VEED

Hefyd...

Y TEYRN

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Ministerial activity

Plenary - Oral Question from Julie Morgan MS.



CABINET STATEMENT

Written Statement: Our Commitment to Adult Education and Lifelong Learning

Lynne Neagle MS, Cabinet Secretary for Education

First published: 15 September 2025

Last updated: 15 September 2025

Natasha MS @natasghar · Sep 17
This week is #AdultLearnersWeek - a chance to showcase the learning opportunities and pathways out there.

It's never too late to learn. It's a chance to upskill, build your confidence and flourish.

Visit adultlearnersweek.wales to find out more and get involved.



1 4 6 213

Nia Griffith MP

Nia Griffith MP @NiaGriffithMP
Adult learning can transform lives, improve wellbeing, lead to career progression & build connections.

#AdultLearnersWeek is about making Wales a nation of lifelong learners.

Check @LearnWorkCymru & @WorkingWales for info, inspiration & courses.

#neverstoplearning



Jeremy Miles MS



Jeremy Miles MS/AS @JeremyMilesMSAS
16 September at 12:29 · 🌐

Never stop learning!

Adult Learners' Week began on Monday, backed by a £50 million investment by Welsh Government.

Inspire! Awards media activities

The campaign generated 177 media items

TV (3)

ITV 1 Wales: 18 September (Adult Learners' mention) - [Link](#)

ITV 1 Wales: 23 September (Foo Seng) - [Link](#)

S4C: 25 September (Osian Lloyd) - [Link](#)

Radio (4)

BBC Radio Wales: 10 September (Osian Lloyd) - [Link](#)

BBC Radio Wales: 15 September (Joshua Miles and Foo Seng) - [Link](#)

BBC Radio Wales: 16 September (Michael Cook) - [Link](#)

BBC Radio Wales: 19 September (Michael Sheen and Gloria Beynon) - [Link](#)

Online items (163)

Print (13)

NATION • CYMRU

fe news

BusinessNewsWales

SOUTH WALES Argus

S4C

Llanelli woman with "heart of gold" wins Inspire! Adult Learning Award

2 months ago 4 Min Read



RADIO WALES Radio Wales Breakfast

Home Episodes Clips

Listen now

With Dot Davies and Nick Servini

Everything you need to know as you wake up. 2 days left to listen 2 hours

itv NEWS

Malaysian Welsh learner honoured with language award

Tue 23 Sept 6.35pm • Foo Seng Thean made Wales his home back in 2015 after moving here from Malaysia. A decade later he's been given a New Welsh Speaker Award.

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Innovation Fund partners

Cardiff University
The Little Learning Company
Swansea MAD
GoConnect Ltd
Cardiff and Vale College
Monmouthshire Adult Community Learning
Gwynedd & Mon Community Learning
Dysgu Bro Ceredigion
Torfaen Adult Community Learning
Llanover Arts Centre - Cardiff Council
Compass Community Hub - Merthyr CC
Aneurin Leisure Trust
Aberystwyth University Lifelong Learning
Swansea Lifelong Learning
Cathays High School - Parent Learning Group
Vale of Glamorgan ACL
RCT Lifelong Learning Centre
Carmarthenshire Libraries
Gower College Swansea

Newport ACL
Menter Iaith Sir Caerffili
Coleg Cambria
Panda Education and Training Ltd
Bridgend College
Neath Port Talbot Adult Community Learning
NFWI - Women's Institute Learning Hub
Taff Housing Association
Seren in the Community
POA Trade Union Wulf Project
Fairer Future / The Menopause
DOVE Workshop
Learning Pembrokeshire
Springboard



Adult Learners' Week events

Wythnos Addysg Deddfon
Adult Learners Week

Cardiff and Vale College
Coleg Caerdydd a'r Fro

Adult Learners Week 2025
15-21st September 2025

People Engaged **558**
Workshops Delivered **39**

A week of events and celebration to inspire people to develop new skills and a passion to #NEVER_STOP_LEARNING

Learner Voice

Gina Powell CAVC
Learner Voice Inspire
Award Winner 2025
and Learner
Ambassador
[CLICK HERE](#)

"I would definitely like to

WATCH NOW

Locations +

AMGUEDDFA
CYMRU

LEARN

You are here: Home > Learn > Adults > Adult Learners Week at Amgueddfa Cymru | 2025

Adult Learners Week at Amgueddfa Cymru | 2025

This September Amgueddfa Cymru will be celebrating Adult Learners Week again across all seven of our museums with a diverse programme of opportunities for adult learners. Supported by the Learning and Work Institute as part of the national Adult Learners Week campaign in Wales. [Never Stop Learning](#) - Adult Learners Week

Programme:

National Wool Museum | Mindfulness, Music & Craft | September 30, 1:00pm-3:00pm

Celebrate Adult Learners' Week here at National Wool Museum with Poet, Helen Cook and Harpist, Delyth Jenkins. **Booking is essential.**

[Book your ticket](#)

Accessibility for Groups - National Wool Museum

National Slate Museum | Behind the Scenes Tour - Llandygai Collections Centre | September 16 & 17, 1:00pm-2:00pm

Join us for a free tour of Llandygai Collections Centre, where the National Slate Museum's collection is stored whilst the museum is closed for redevelopment. You will have an opportunity to learn more about the process of documenting, organising and moving thousands of objects, as well as taking a closer look at some interesting artefacts! **Booking is essential.**

[Book your ticket](#)



FREE
ENGLISH
& MATHS
COURSES

Do you want to improve your job prospects, improve your Maths and English skills or just help your children with their homework?

Coleg Cambria are holding FREE* English and Maths courses at our sites and in the community across Flintshire and Wrexham for people of all ages and abilities. We offer courses to help you learn the basics all the way up to accredited level 2 qualifications.

Find your nearest class and more information here

0300 30 30 007
www.cambria.ac.uk

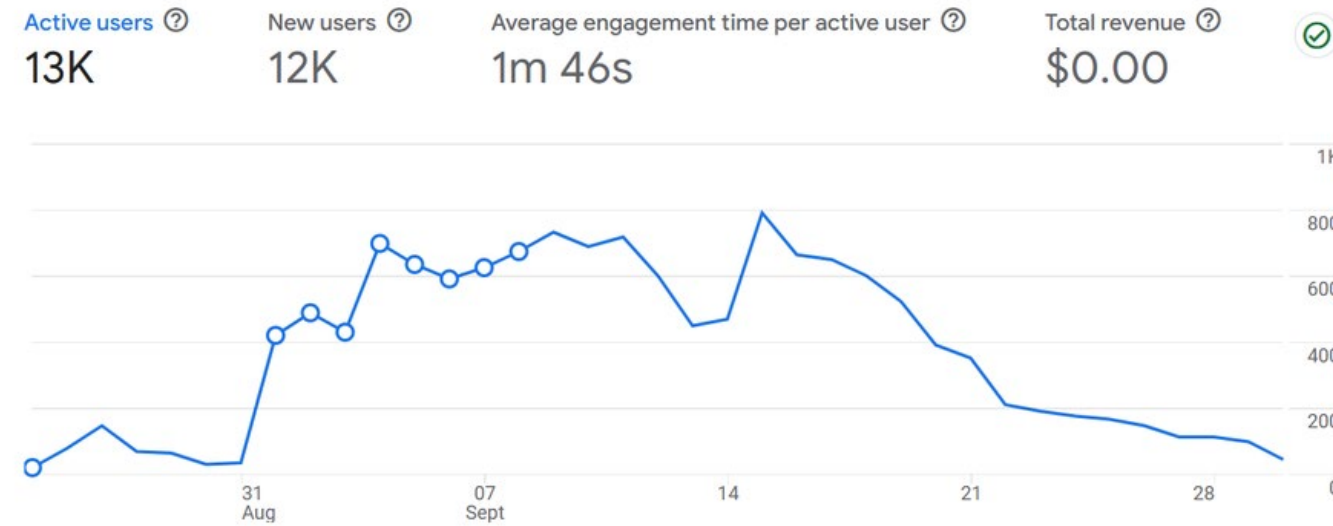
Cardiff and Vale College (CAVC) delivered a series of Engagement Workshops throughout the region during Adult Learners' Week 2025. These workshops successfully aimed to recruit and inspire new adult learners by promoting Family Learning and encouraging participation through inclusive activities, while also showcasing the full range of learning opportunities available via CAVC and wider partners.

Amgueddfa Cymru celebrated Adult Learners' Week by offering a diverse programme of opportunities across all seven of our museums. Designed to inspire people to discover a new passion or learn new skills, events included a BSL tour of the St Fagans food festival, a Welsh Learners' day at National Museum Cardiff, and a mindfulness event at the National Wool Museum, giving people across Wales a chance to try something new.

Taff Housing Association planned an art therapy workshop to create mixed media cushion covers during Adult Learners' Week 2025. The session, primarily for tenants with mental health support, was designed as an informal gateway to promote further education, link learners with local course providers, and introduce their digital inclusion project.

Coleg Cambria celebrated Adult Learners' Week 2025 by significantly expanding its community learning offer across North East Wales. The college provided numerous free learning opportunities, including English, Maths, and Digital Literacy sessions, which were delivered in new community venues and through strategic partnerships to make adult education more accessible.

Adult Learners' Week website



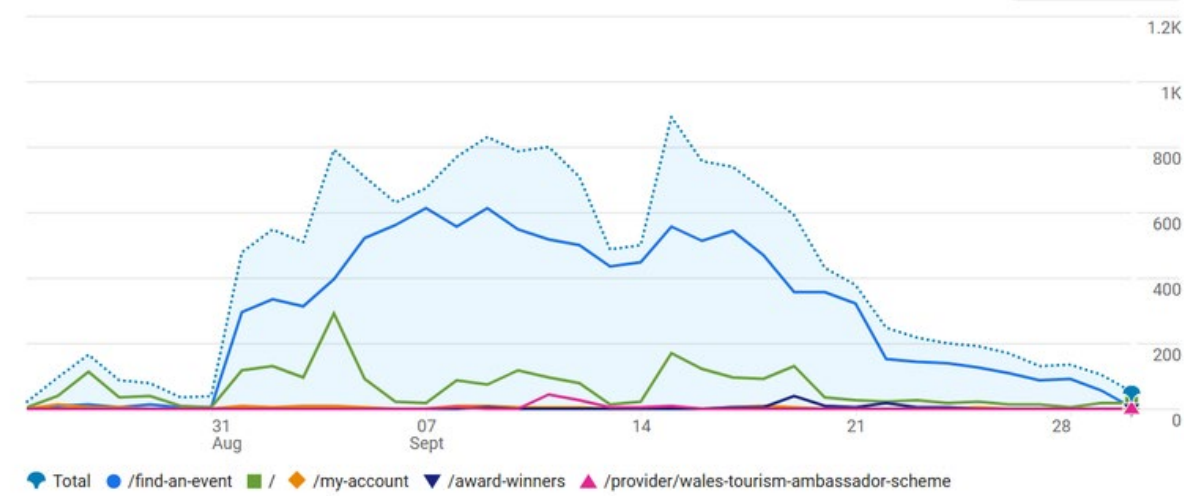
Views by Page title and screen class

PAGE TITLE AND SCREEN ...	VIEWS
Find an Event - Adult Learner...	30K
Never Stop Learning - Adult ...	2.8K
Adult Learners Week	2.4K
Dod o hyd i Ddigwyddiad - A...	754
Events - Adult Learners Week	510
Paid Stopio Dysgu - Adult Le...	333
Award Winners - Adult Learn...	238

Sessions by Session manual so...

SESSION MANUAL ...	SESSIONS
workingwales.gov.w...	10K
google	1.3K
bing	367
govdelivery	289
cymrungweithio.llyw....	263
facebook.com	166
m.facebook.com	137

Sessions by Landing page over time



- Over 600 events, courses & resources on offer throughout the month.

- 13k active users

- 12k New users

- 47k page views

- Top User acquisition insights: Referral, Direct, Organic

- Referrals: Working Wales (10k), Google (1.3k)

Adult Learners' Week event listings



Digital Pearls – Developing Digital Confidence for Women over 40

Panda Education and Training Ltd

Would you like to feel more confident using digital tools and AI at work or in everyday life? This Digital...

Date: 18th September 2025
Time: 10:00am - 1:00pm
Region: South East Wales

[FIND OUT MORE](#)



Lifelong Learning Open Day

Cardiff University Centre for Lifelong Learning

We provide a wide variety of part-time courses at times to suit you. Come along to chat about your options...

Date: 16th September 2025
Time: 12:00pm - 2:00pm
Region: South East Wales

[FIND OUT MORE](#)



Introduction to Macrame

Provider Name

Join us in a session where you will learn the art of joining pieces of string together in different types...

Date: 15th September 2025
Time: 1:00pm - 3:00pm
Region: North East Wales

[FIND OUT MORE](#)



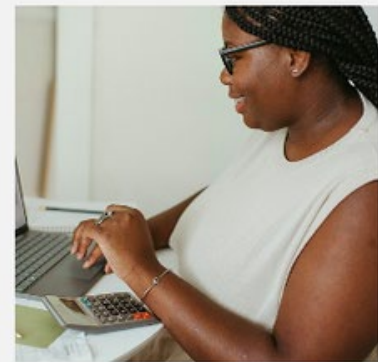
Get to Know Your Tablet/Mobile Phone – Free Taster Session (The Collaboration Station)

Gower College Swansea

Looking to boost your digital skills and build your confidence? This free taster course is the perfect starter point for...

Date: 9th September 2025
Time: 12:00pm - 2:30pm
Region: South West Wales

[FIND OUT MORE](#)



Learn for Success: Business Improvement qualifications

Gower College Swansea

Join us for an engaging session to discover how fully funded Business Improvement Techniques (BIT) qualifications at Gower College Swansea...

Date: 18th September 2025
Time: 1:00pm - 2:00pm
Region: All Wales

[FIND OUT MORE](#)



Walk and Create

Swansea Lifelong Learning Service

Walk & Create Tuesday 16 September 11-2pm Swansea Beech FREE (Meet at the Secret) 19+ Enjoy feeling connected to nature?...

Date: 16th September 2025
Time: 11:00am - 2:00pm
Region: South West Wales

[FIND OUT MORE](#)



Managing Menopause on a Tight Budget

The Menopause Team

Managing Menopause on a Tight Budget is a free, supportive session designed to make menopause information clear, practical, and accessible...

Date: 16th September 2025
Time: 1:30pm - 2:30pm
Learning Style: Online

[FIND OUT MORE](#)



Adults Learners' Open Evening

Gower College Swansea

Explore a range of exciting courses designed for adult learners at Gower College Swansea. Whether you're looking to advance your...

Date: 9th September 2025
Time: 5:00pm - 7:00pm
Region: South West Wales

[FIND OUT MORE](#)



ESSENTIAL SKILLS: Skills for Life Taster Session at Cardiff and Vale College CF10 5FE

Cardiff and Vale College

Join us for a free, hands-on taster session focused on building confidence in literacy, numeracy, and digital skills...essential for



Coffee, Cake & Collaboration

Groundwork North Wales

Join us for a relaxed afternoon of networking to celebrate Adult Learners Week. An open invite for third sector organisations...

Date: 16th September 2025
Time: 1:00pm - 3:00pm
Region: North West Wales

[FIND OUT MORE](#)



Learning for Life

Seren in the Community

An information event about training and learning opportunities for Asylum seeker and Refugee adults. Children's activities will be provided on...

Date: 16th September 2025
Time: 1:00pm - 3:00pm
Region: South East Wales

[FIND OUT MORE](#)

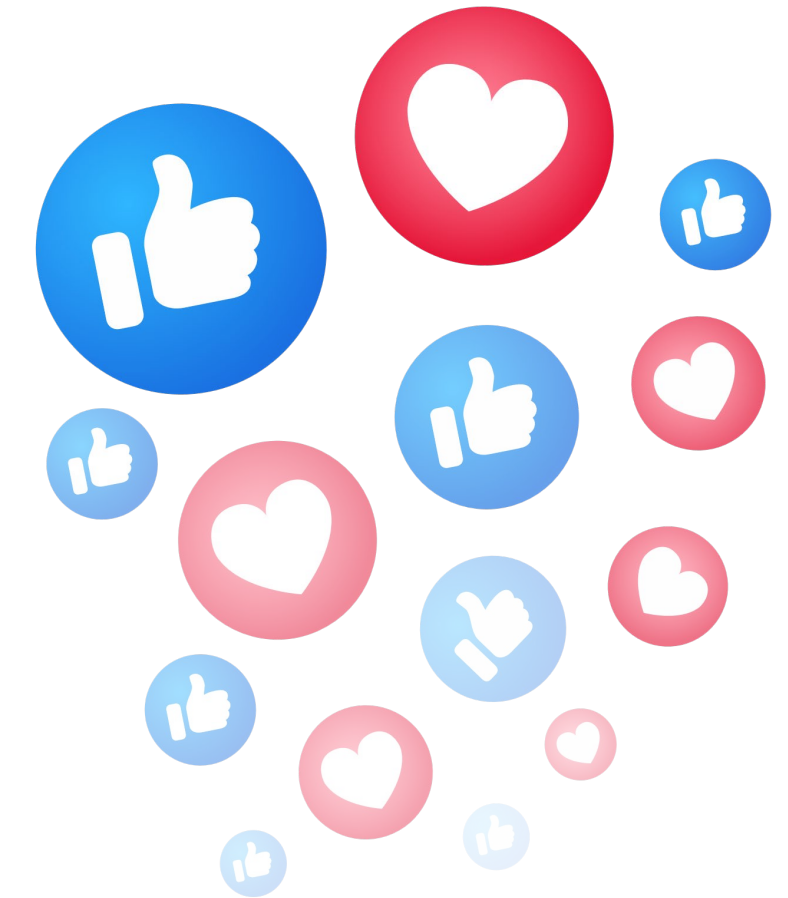


Bridgend Courses: Discovery Event at Bridgend College (Bridgend Campus)

Bridgend College

The event will be held at Bridgend College (Bridgend campus canteen), September 9th, 2025, 12pm - 2pm. It is organised...

Social media reach



- 32,477 impressions
- 510 reactions on posts
- 22 reposts
- 809 page views
- 197 new followers (following across the UK)



- 8,969 profile views
- 6,607 accounts reached
- Reels were the highest viewed content
- 809 page views
- 16 new followers
- 59 interactions (likes, shares, saves)
- Over 5k views for the Alun Wyn Jones launch video



- 43k views
- 1,607 interactions on posts
- 1,314 reactions on posts
- 190 comments on posts
- 105 shares
- 97 new followers

Top content based on interactions

[See all](#)

19 September 16:00	18 September 20:55	18 September 20:30	19 September 14:15	18 September 21:15	18 September 20:25
42 Interactions	34 Interactions	31 Interactions	28 Interactions	25 Interactions	20 Interactions

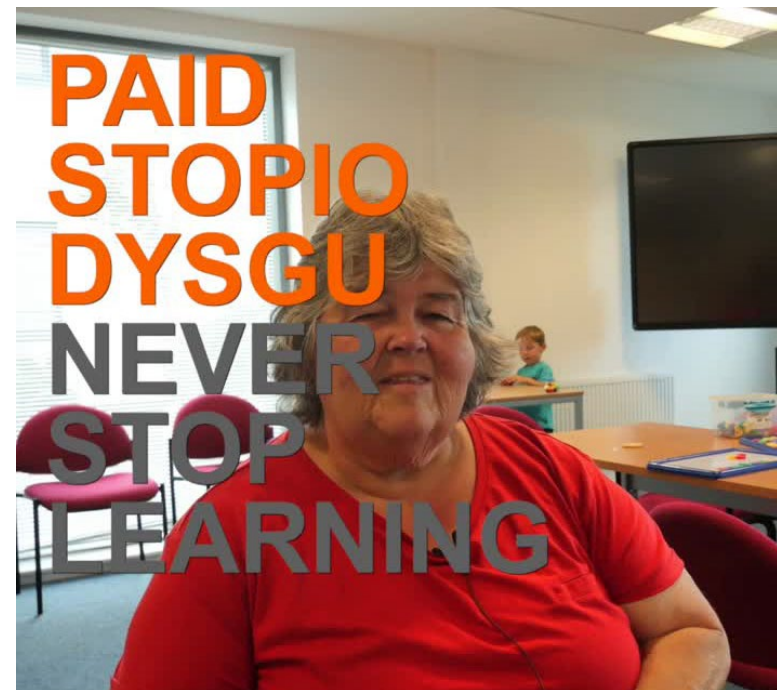
#neverstoplearning

One minute messages

Meet Hamdi



Meet Gloria



- YouTube shorts

Past award winners - montage



L&W produced a series of one -minute shorts featuring award winners which offers practical tips and motivation. All Adult Learners' Week YouTube shorts can be viewed on the L&W's YouTube channel:

<https://www.youtube.com/@niacedc/shorts>

#neverstoplearning

Inspire! Award winners



 **YouTube**

Award winner stories:

[https://youtu.be/ldvMFzGTXKw?si=cpZFxU -B4vlnAnuK](https://youtu.be/ldvMFzGTXKw?si=cpZFxU-B4vlnAnuK)

”

Foo Seng Thean

“It’s fun learning Welsh with my sons, helping them with their homework and writing Welsh comments in a daily journal. Now, when they need inspiration, they come to me.”

Gina Powell

“I’ve seen parents reconnect with learning and gain a renewed sense of self-worth. Whether their goal is university or just the courage to take that first step, I’m here to walk alongside them, because every step forward matters.”

Hamdi Abdalrhman

“Age, background or circumstances should never be barriers to learning. Lifelong learning is an infinite journey that enriches both personal growth and professional opportunities.”

Gloria Beynon

“Learning has reawakened my mind beyond childcare, boosting my confidence and overall well-being, and volunteering is a fantastic experience that I would recommend to anybody of any age.”

Inspire! Award winner reactions:



It was such a fantastic experience on the awards night. Everyone was so friendly and helped me to not get too nervous. If I only help one person to try something new, I will be happy. I intend carrying on with my volunteering as I really enjoy the weekly sessions and I have had an awful lot of feedback from clients who saw clips on Wales online and messaged me to say that they thoroughly enjoyed the sessions and hope more to come.

- **Gloria Beynon**

Winning the Inspire! Adult Learning Award has strengthened my belief in the power of lifelong learning. This recognition motivates me to keep growing and pursue my dreams with renewed passion. I am truly grateful for this honour and the support that has made it possible

- **Hamdi Abdalrhman**

It encourages me to keep learning and inspires others to learn regardless of one's age. You can be the next late bloomer!

- **Foo Seng Thean**



Inspire! Awards 2026

Call for nominations

Categories :

- Skills for Work Award
- Young Adult Learner Award
- Life Change Award
- Essential Skills for Life Award
- Learning for Better Health Award
- Ageing Well Award
- New Welsh Speaker Award
- Shared Futures Award
- Hywel Francis Award for Community Impact
- Learner Voice Award



Closing date for nominations:
17 April 2026.

Campaign partner feedback

We were thrilled to take part in Adult Learners' Week 2025, supported by a grant from the L&W and Welsh Government. This funding enabled us to run a wellbeing workshop that used craft not only as a tool to support health and wellbeing, but also as a way to connect with tenants and introduce them to other learning opportunities available locally. The workshop has already made a real difference, with several participants signing up for further training courses. Seeing the positive impact first-hand has also inspired us as an organisation to explore offering more sessions in the future. - Taff Housing Association.

Adult Learners' Week is a wonderful opportunity to celebrate the power of lifelong learning and the achievements of adult learners across our community. The timing of Adult Learners Week is challenging at the start of the academic year with so much else happening during this period. The timing of the awards would be better in term 3 when learners are still studying. It is better from a recruitment point of view; learners can do tasters which lead onto signing up for courses which start in September. - Gower College Swansea

I found the communication from the L&W team fantastic throughout the process, signing up online was simple and we always enjoy delivering as part of this week as it allows us to broaden our reach in the community and provide activities to those who may not usually be able to access this provision.

The Little Learning Company

Taking part in Adult Learners' Week was a fantastic opportunity for the WI Learning Hub. It allowed us to showcase the breadth of learning opportunities we offer and connect with new audiences who might not otherwise have discovered us. The campaign gave us valuable visibility, highlighted the importance of lifelong learning, and reinforced our mission to make education inclusive and accessible for everyone. It's a brilliant way to celebrate learners, share best practice, and be part of a wider movement that champions the power of learning. The communication throughout was excellent, the team were supportive at every step, and the systems were simple and easy to use, making the whole experience smooth and enjoyable. - Women's Institute

It would be helpful if you could explore hosting Adult Learners' Week at any earlier time of the year. Many providers begin delivery by the first/second week of September therefore it is hard for us to facilitate this. Our rooms are booked and tutors busy delivering which makes holding taster sessions very difficult. - Monmouthshire CC, ACL

Building on two years of running Adult Learners' Week, I'm now focused on creating new and innovative ways to engage with the community and increase participation. This experience has highlighted the importance of strategic partnerships and location-based delivery and shown us what works and what needs improvement, and we're excited to use these insights to make next year even more impactful. - Dysgu Bro Ceredigion

Adult Learners' Week continues to be an invaluable campaign for us. The financial support provided through the Learning & Work Institute's Innovation Fund has been crucial at a time of increasing budgetary pressures, enabling us to promote adult learning opportunities more widely and engage new learners across our communities. The campaign plays an important role in raising awareness of lifelong learning and supporting our mission to make education accessible for all. - Coleg Cambria

We are very grateful for this opportunity and support, and hope to continue this partnership in the future to help promote Adult Community Learning - Adult Community Learning/Bridgend College



Learner feedback from events

I was inspired by learners' individual journeys and stories. I also felt celebrated and felt a sense of achievement. It was an uplifting event and I enjoyed being recognised.

I am already motivated and passionate about adult education. The event has consolidated my desire to work in education and that it suits me well.

It was nice to do something different that I wouldn't do at home. It was good to sit with other people who were also creative. Bouncing ideas of each other. The talk about courses was good, it's nice to know these course are available close to where I live.

Excellent learning environment.

The courses have helped with my mental health.

I wasn't sure about coming today as I was nervous, but I'm so glad I pushed myself to come! I would tell other learners who feel the same, to give new experiences a go and if you don't like it, you can always leave!

Otherwise, you don't know what you might be missing out on. I'm so glad I came and did this today

My self -confidence and wellbeing have improved massively from doing these courses. I feel as if I've found my direction in life.

A day without learning, is a day wasted.

I would definitely like to take up further learning in the future to help support my child's education.

I didn't realise that so many courses were on offer and I would certainly look into doing one in the future

Tutor was very helpful and encouraging, made it fun and easy to understand.

I've had such a nice day thank you. I am going to do the digital project. I don't know how to use the internet much so the digital lady from Taff is going to help me.

Don't let the "normal standards" upset you; progress at your own pace and time.