



Learning Pembrokeshire

Sir Benfro yn Dysgu

Offering
courses
in community
venues and online

Yn cynnig cyrsiau
mewn lleoliadau
cymunedol ac
ar-lein

COURSES CYRSIAU

Learning today for a better tomorrow
Dysgu heddiw ar gyfer yfory gwell



www.pembrokeshire.gov.uk/adult-learning
www.sir-benfro.gov.uk/addysg-i-oedolion

ESSENTIAL SKILLS

Do you want to brush up your English or Maths? It can help towards getting a job, helping your children and getting qualifications. FREE Essential Skills courses are here to help you.

English classes for speakers of Other Languages (ESOL)

Courses for people who want to learn English.

If you want to join an Essential Skills or ESOL class, we would like to talk to you first. Leave a message with your number and we will call you back.

 FREEPHONE 0808 100 3302

SGILIAU HANFODOL

A hoffech fireinio eich Saesneg neu Fathemateg? Gall fod o gymorth i chi gael swydd, i helpu eich plant ac ennill cymwysterau. Mae cyrsiau Sgiliau Hanfodol AM DDIM yma i'ch helpu.

Dosbarthiadau Saesneg ar gyfer Siaradwyr Iethoedd Eraill (SSIE)

Cyrsiau i bobl sydd am ddysgu Saesneg.

Os ydych eisiau ymuno â dosbarth Sgiliau Hanfodol neu ESOL, hoffem siarad â chi'n gyntaf. Gadewch neges gyda'ch rhif ac fe wnawn eich ffonio chi yn ôl.

 RHADFFON - 0808 100 3302

GCSEs / TGAU

Do you need a GCSE to improve your work and employment prospects or to get into further education?

GCSE English language • GCSE Mathematics

A oes angen cymhwyster TGAU arnoch i wella eich rhagolygon gwaith a chyflogaeth neu ar gyfer addysg bellach?

TGAU Iaith Saesneg • TGAU Mathemateg

LOTS MORE
INSIDE!

DIGITAL SKILLS / SGILIAU DIGIDOL



Keeping your digital skills up to date has never been so important. Whether you are a beginner or already have some digital skills, we have a course to meet your needs which will help you learn something new, gain a qualification or help with employment. Classes are small and friendly so come and join us to see what you can learn. We also have tutor delivered online courses which you can attend from the comfort of your own home

Mae sicrhau eich bod yn meddu ar y sgiliau digidol diweddaraf yn hollbwysig. P'un a ydych yn ddechreuwr neu os oes gennych rai sgiliau digidol eisoes, mae gennym gwrs i ddiwallu eich anghenion a fydd yn eich helpu i ddysgu rhywbeth newydd, ennill cymhwyster neu'n eich helpu o ran cyflogaeth.

Mae'r dosbarthiadau'n fach a chyfeillgar felly ymunwch â ni i weld yr hyn y gallwch ei ddysgu. Mae gennym gyrsiau ar-lein yn cael eu cyflwyno gan diwtor hefyd y gallwch eu mynychu o esmwythder eich cartref eich hun.

“I think the course is excellent, the tutors are amazing, they boost confidence, teach well, and are very knowledgeable and friendly. Best decision I have made during lockdown!” ECDL

“Mental stimulus, personal challenge, social contact during pandemic”

Quotes from learners using their preferred language
Dyfyniadau gan ddysgwyr yn defnyddio'r iaith o'u dewis

Digital literacy -

First steps

More skills

ECDL

Filming & Video Editing

Microsoft Office skills

Short Courses - various topics

Smartphone audio recording and editing

Using your tablet

Windows 10

 **01437 770130**

Llythrennedd digidol -

Camau cyntaf

Rhagor o sgiliau

ECDL

Ffilmio a Golygu Fideo

Sgiliau Microsoft Office

Cyrsiau Byr - pynciau amrywiol

Recordio a golygu sain ar ffôn clyfar

Defnyddio eich llechen

Windows 10

Learning Pembrokeshire | Sir Benfro yn Dysgu

Learning Zone | Parth Dysgu

Would you like to learn from the comfort of your own home?

We now offer a range of tutor led online courses via the Learning Pembrokeshire Learning Zone.

Visit our website www.pembrokeshire.gov.uk/search-for-a-course and search for a course using the word 'online' to see the online options we offer.

A hoffech chi ddysgu o esmwythder eich cartref eich hun?

Rydym yn cynnig ystod o gyrsiau ar-lein dan arweiniad tiwtor erbyn hyn trwy Barth Dysgu, Sir Benfro yn Dysgu.

Ewch i'n gwefan www.sir-benfro.gov.uk/chwilio-am-gwrs a chwiliwch am gwrs gan ddefnyddio'r gair 'ar-lein' i weld yr opsiynau ar-lein rydym yn eu cynnig.

**GAN GYNNWYS
LLAWER
MWY!**

HEALTH & WELLBEING

IECHYD A LLES

An active mind and body is key to making the most of your life and enriching the lives of those around you. Have a look at what you can do.

Mae meddwl bywiog a chorff heini yn allweddol i wneud y mwyaf o'ch bywyd a chyfoethogi bywydau'r rheini o'ch cwmpas. Edrychwch i weld yr hyn y gallwch chi ei wneud.

Introduction to Aromatherapy

Pilates

Pilates - Stretch and flex

Tai Chi

Yoga

Yoga beginners

Yoga - Chair yoga

Yoga - Unwind with yoga

Yoga for the over 50s

Cyflwyniad i aromatherapy

Pilates

Pilates - Ymestyn ac ystwytho

Tai Chi

Ioga

Ioga i Ddechreuwyr

Ioga - Ioga cadair

Ioga - Dadflino gydag ioga

Ioga ar gyfer pobl dros 50 mlwydd oed



GENERAL INTEREST

DIDDORDEB CYFFREDINOL

Basic life support and defibrillator (AED) use

Cultural History

Food Allergen Management for Caterers

Food safety in catering

Health and Safety in the Workplace Level 2

History

By the sword divided

Lost Empires

Travel in Medieval Europe

History of the Welsh People

Personal Licencing

Photography

A focus on beginners

Developing further skills

RYA Coastal Skipper - Yachtmaster Offshore

RYA Day Skipper - Shorebased

Substance Misuse Awareness

Cymorth cynnal bywyd sylfaenol a defnyddio diffbriliwr

Hanes Diwylliannol

Arlwywyr mewn Rheoli Alergenau Bwyd

Diogelwch bwyd mewn arlwyo

Iechyd a Diogelwch yn y Gweithle Lefel 2

Hanes

A rennir gan y cleddyf

Ymerodraethau Coll

Teithio yn Ewrop yr Oesoedd

Hanes y Cymry

Trwyddedu Personol

Ffotograffiaeth

Focws ar ddechreuwyr

Datblygu sgiliau pellach

Y Gymdeithas Hwyllo Frenhinol: Capten Arfordirol - Iotfeistr Pell o'r Lan

Y Gymdeithas Hwyllo Frenhinol: Capten Dydd ar y Lan

Ymwybyddiaeth o Gamddefnyddio Sylweddau

We also have lots of clubs and groups that meet regularly at our centres.

Mae gennym nifer o glybiau a grwpiau hefyd sy'n cyfarfod yn rheolaidd yn ein canolfannau.



CREATIVE & PERFORMANCE SKILLS

SGILIAU CREADIGOL

A PHERFFORMIO

There is something for everyone! Give it a go! Learning new skills can give you a sense of achievement and improve your confidence.

Mae rhywbeth at ddant pawb! Rhowch gynnig arni! Gall dysgu sgiliau newydd roi ymdeimlad o gyflawniad i chi a gwella eich hyder.

Art - Drawing & painting

Art - Life drawing

Art - mixed media

Art for all

Art for all beginners

Chinese brush painting

Crafty capers

Creative writing

Drawing - I wish I could draw

Dressmaking

Dressmaking and soft furnishings

Felt making

Floral design

Guitar beginners

Pottery - mixed ability

Printmaking - introduction

Short story writing

Singing - Find your voice - Have fun singing

Celf - Lluniadu a phaentio

Celf - bywluniad

Celf - cyfryngau cymysg

Celf i bawb

Celf i bawb - dechreuwyr

Paentio brws Tseiniaidd

Materion cyfrwys

Ysgrifennu creadigol

Arlunio - hoffwn pe gallwn dynnu llun

Gwniadwaith

Gwniadwaith a dodrefn meddal

Gwneud ffelt

Dylunio blodeuol

Gitâr i ddechreuwyr

Crochenwaith - gallu cymysg

Gwneud printiau - cyflwyniad

Ysgrifennu straeon byrion

Canu - Dewch o hyd i'ch llais i mwynhewch ganu

Stained glass
Traditional Upholstery
Ukulele
Willow basketry

Gwydr lliw
Clustogwaith Traddodiadol
Iwctlili
Gwaith basged helyg

“To be able to have a session during lockdown was great and the online sessions were easy to adjust to.” Yoga

“Nice to feel part of a learning community. Also doing the course online has helped my IT skills.”

History - By the sword divided

Quotes from learners using their preferred language
Dyfyniadau gan ddysgwyr yn defnyddio'r iaith o'u dewis



SPRINGBOARD

Springboard is a Learning Pembrokeshire project, providing free courses to adults and families in partnership with Pembrokeshire primary schools, in certain areas.



Mae Springboard yn brosiect Sir Benfro yn Dysgu, sy'n darparu cyrsiau am ddim i oedolion a theuluoedd mewn partneriaeth ag ysgolion cynradd Sir Benfro, mewn ardaloedd penodol.

Follow us on Facebook / Dilynwch ni ar Facebook
www.facebook.com/SpringboardPembrokeshire



LEARN WELSH PEMBROKESHIRE / DYSGU CYMRAEG SIR BENFRO

We provide Welsh courses and informal events for adults of all levels. From Taster sessions, Welsh in the Home, Entry, Foundation, Intermediate to Advanced level. Find a course that's right for you and learn online or at your local learning centre.

Dyn ni'n darparu dosbarthiadau a digwyddiadau anffurfiol i oedolion o bobl lefel.

O Sesiynau blasu, Cymraeg yn y Cartref, Mynediad, Sylfaen, Canolradd ac Uwch. Dewch o hyd i gwrs sy'n addas i chi a dysgwch ar-lein neu yn eich canolfan leol.

☎ 01437 770180

✉ learnwelsh@pembrokeshire.gov.uk

CYMRAEG

Dysgu
Learn



dysgucymraeg.cymru
learnwelsh.cymru
Sir Benfro
Pembrokeshire



WORKSHOPS / GWEITHDAI

Not sure what to do? Our workshops are a perfect way to try something new!

Ddim yn siŵr beth i'w wneud? Mae ein gweithdai yn ffordd berffaith i roi cynnig ar rywbeth newydd!

Art workshop

Emergency First Aid

Felt making workshop

Floral art workshop

Graham Hadlow

watercolour workshop

Stained glass workshop

Willow Christmas decorations

Willow garden structures

Gweithdy Celf

Cymorth Cyntaf Brys

Gweithdy gwneud ffelt

Gweithdy celf blodau

Gweithdy dyfrlliw

Graham Hadlow

Gweithdy gwydr lliw

Addurniadau Nadolig helyg

Fframweithiau helyg ar gyfer yr ardd

LANGUAGES / IEITHOEDD

French/German/Greek/Italian/Spanish/Russian/Turkish

Learning a language is fun and keeps your mind active!

It can help you to make the most of your holiday abroad, expand your cultural horizons, advance career prospects and communicate with foreign visitors.

Online, classroom based and blended learning options – see our website for details.

Ffrangeg/Almaeneg/Groeg/Eidaleg/Rwseg/Sbaeneg/Tyrceg

Mae dysgu iaith yn hwyl ac yn cadw eich meddwl yn effro!

Gall eich helpu i wneud y mwyaf o'ch gwyliau dramor, ymestyn eich gorwelion diwylliannol, ymestyn rhagolygon gyrfa a chyfathrebu ag ymwelwyr tramor.

Opsiynau dysgu ar-lein, yn yr ystafell ddosbarth a dysgu cyfunol - gweler y manylion ar ein gwefan.

HOW TO BOOK SUT I GOFRESTRU

If you can't see what you want to do - give us a ring. We have lots of clubs and groups that meet regularly at our centres.

Booking a course place has never been easier!

Courses are for adults over 16. You can book online, via email, in person or over the telephone. We accept cash, cheque and card payments.

Search for courses on our website

www.pembrokeshire.gov.uk/adult-learning

OR contact your local Community Learning Centre or Central Services office for details of courses being offered - see CONTACTS page.

Remember to book early! We wouldn't want you to miss out.

Os na allwch weld yr hyn yr hoffech ei wneud - ffoniwch ni. Mae gennym nifer o glybiau a grwpiau sy'n cyfarfod yn rheolaidd yn ein canolfannau.

Mae'n hawdd iawn cofrestru ar gyfer cwrs!

Mae'r cyrsiau ar gyfer oedolion dros 16 oed. Gallwch gofrestru ar-lein, drwy e-bost, yn uniongyrchol neu dros y ffôn. Rydym yn derbyn arian parod, sic a thaliadau â cherdyn.

Chwiliwch am gyrsiau ar ein gwefan

www.sir-benfro.gov.uk/addysg-i-oedolion

NEU cysylltwch â'ch Canolfan Ddysgu Gymunedol neu eich swyddfa Gwasanaethau Canolog leol i gael manylion am y cyrsiau sydd ar gael - gweler y dudalen CYSYLLTIADAU.

Cofiwch gofrestru'n gynnar! Nid ydym am i chi golli'r cyfle.



CONTACTS / CYSYLLTIADAU

North Pembrokeshire Learning Centres

(Fishguard, Crymych, Newport & St. Davids areas)

Based at the Community Learning Centre, FISHGUARD

Canolfan Ddysgu Gymunedol Abergwaun

(Ardal Abergwaun, Crymych, Trefdraeth a Tyddewi)

Lleolir yn Ghanolfan Ddysgu Gymunedol, ABERGWAUN

✉ NorthPembs.Learning@pembrokeshire.gov.uk

☎ 01437 770140

☎ 07468 743867

Mid Pembrokeshire Community Learning Centres

(Haverfordwest, Milford Haven & Neyland area)

Based at Pembrokeshire Archives, Haverfordwest

Canolfannau Dysgu Cymunedol Canolbarth Sir Benfro

(Ardal Hwlffordd, Aberdaugleddau a Neyland)

Lleolir yn Archifdy Sir Benfro, Hwlffordd

✉ midpembs.learning@pembrokeshire.gov.uk

☎ 01437 770150

01437 770165

☎ 07557 191452

Pembroke Dock Community Learning Centre

Canolfan Ddysgu Gymunedol Doc Penfro

✉ pembrokedock.learning@pembrokeshire.gov.uk

☎ 01437 770170

Preseli Community Learning Centre - Crymych

Learn Welsh Pembrokeshire

Canolfan Ddysgu Gymunedol y Preseli - Crymych

Dysgu Cymraeg Sir Benfro

✉ learnwelsh@pembrokeshire.gov.uk

☎ 01437 770180

Tenby Community Learning Centre

Canolfan Ddysgu Gymunedol Dinbych-y-pysgod

✉ tenby.learning@pembrokeshire.gov.uk

☎ 01437 770190

Bloomfield Community Centre - Narberth

Canolfan Gymunedol Bloomfield - Arberth

✉ narberth.learning@pembrokeshire.gov.uk

☎ 01437 770136

01834 860293

Central Services Office - Narberth

Swyddfa Gwasanaethau Canolog - Arberth

✉ learn@pembrokeshire.gov.uk

☎ 01437 770130

☎ 07500 127146

Essential Skills and English for Speakers of Other Languages (ESOL)

FREEPHONE / RHADFFON 0808 100 3302



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LearningPembrokeshire](http://www.facebook.com/LearningPembrokeshire)



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

www.pembrokeshire.gov.uk/adult-learning
www.sir-benfro.gov.uk/addysg-i-oedolion