

# Adult & Family Learning Services

## Learning Opportunities 2025

### Bargarran Learning Centre

#### **Tuesday**

#### **Digi Zone**

**9:30 till 11:30am**

A warm, welcoming space to access public computers and Wi-Fi to search for jobs online. Experienced staff are on hand to help you update or upload your CV, assist with filling in Find A Job, help with cover letters and support any IT issues or technical barriers. Drop by for a cuppa and a chat.

#### **Tuesday**

#### **PSD Group**

**12:45 till 2:45pm**

Our PSD groups help people identify ways to improve their health and wellbeing, and they are a great way to make new friendships and build skills and confidence. The sessions can include activities like group discussions, relaxation techniques and exploring the local area's green spaces, history and culture and are developed around the needs and interests of the group.

#### **Wednesday**

#### **Digital Skills for life**

**12:45 till 2:45pm**

Our Digital Skills for Life groups will help you develop your existing skills and use devices to find and use information and create and edit documents. You will learn to use email, social media apps including video calls and look at making online transactions, such as online banking and shopping. All this while being safe and responsible online.

#### **Thursday**

#### **Digital Skills for Beginners**

**9:30 till 11:30am**

Beginner's groups are about finding out what digital devices can do for you and building the skills and confidence to use them in everyday life. We can help with everything from turning them on and understanding the basics, through to going online safely and finding and saving information. You will learn how to recognise technical problems and solve simple issues, and when and how to seek help for those troublesome technical problems.

#### **Thursday**

#### **Crafting and Mending**

**12:45 till 2:45pm**

This group is for anyone interested in all kinds of crafting including alterations, hand sewing, using a sewing machine, knitting, hemming, quilting, and recycling. From complete beginners to experienced enthusiasts, we share traditional skills and learn new ones.

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