



Adult Learners Week 17th-23rd October



Message from Ros Roberts - Branch Union Learning Rep (ULR)

I don't know about you but it feels like the summer went so fast and now autumn has arrived, and along with it the arrival of Adult Learners Week 17th-23rd October.

There are so many different ways you can learn - from online learning, face to face, Tutor led events to micro learning sessions. You can learn just for fun or for personal/professional development. The choice is all yours.

Unison Cymru has launched an exciting new FREE app for Apple and Android to access all the learning opportunities available. Visit the link here to find out more: <https://cymru-wales.unison.org.uk/learning/>

There are hundreds of UNISON learning modules including:

- Develop your personal skills
- Finding a job online
- Mental Health and well-being
- 100's of free webinars

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**ALL NEW LEARNING APP
TO DOWNLOAD!**



Adult learning week - change your story

As it's Adult Learning week, you don't have to be a member of a union to participate as all Unions come together to provide their wide range of courses and learning.

The Adult Learning Website says it best:
"Learning can broaden horizons, build your networks, and open doors, it's your chance to make a fresh start. Whether you are looking for a new direction, boost confidence, to brush up on your skills, improve your job opportunities, seek some advice and guidance on a qualification, or you may simply want to learn something new.

Adult Learners' Week is free and for everyone".

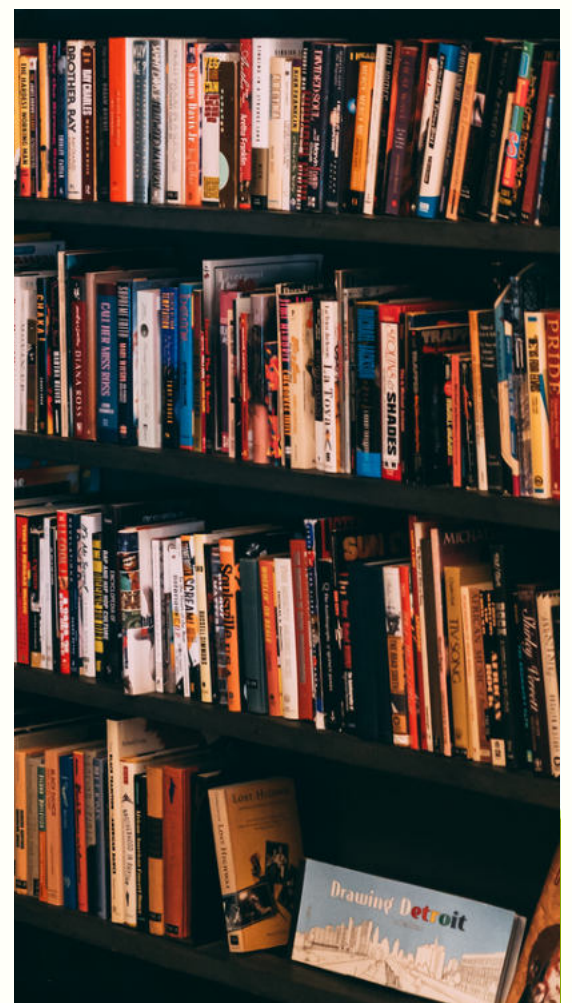
If you're feeling a little nervous about starting something new, then why not listen to the stories of others and the challenges they overcame. You can find them through the link here: <https://adultlearnersweek.wales/> they are incredibly inspirational!

Learning with CCBC libraries

It's important to give a shout out to Caerphilly Council Libraries, all 18 of them across the borough provide a range of services from library computers and access to free Wi-Fi networks. They also provide delivery service.

The full range of services CCBC Libraries provide, their locations and opening times can be found here:

<https://www.caerphilly.gov.uk/Services/Libraries>





CCBC Adult education learning resources

Adult Education services also provide a wide range of courses from essential skills, digital literacy and have courses on offer such as Food Safety, First Aid, Pool Lifeguard Awareness, Teaching Awards, Interview Skills and many more...

Why not check out their free courses. You can call on them on 01633 612245 or for more information go to:
<https://www.caerphilly.gov.uk/Services/Schools-and-learning/Adult-learning>.

3 ways you develop your skills during adult learners week

Learn Welsh: If you are a Caerphilly council employee you can learn Welsh (or enhance your existing knowledge) by contacting the Equalities team via their link on the Council's intranet page in the policy section or by emailing them at equalities@caerphilly.gov.uk.

Did you know that learning a new language can help cognitive decline?

Contact your ULR for help and more info: For full details of all courses available through UNISON (including learning the guitar!) and for bespoke courses contact Ros Roberts on 01443 864238 or roberr@caerphilly.gov.uk



Download the Cymru/Wales access e-learning app today: Only available to public service workers living and working in Wales through UNISON Cymru Wales's WULF Project. Access e-Learning is a fantastic mobile learning app that gives you the ability to develop your knowledge and skills for work wherever you are.

