

# Watch This Space..

The newsletter for Cardiff & Vale Community Learning Partnership Learners



## Dyslexia FAQs

### What are the symptoms?

Some common difficulties are spelling words exactly as they sound, or missing off letters, even on simple words. If you have trouble reading and understanding text or are unable to remember something you have just read, then you may also be affected. Dyslexia doesn't just apply to words though. You may find that you confuse numbers or find it difficult to understand basic instructions or directions.

### Can I develop it in adulthood?

No, dyslexia is not something that you develop as you get older but something that you will have had since you were born. Often symptoms can go unrecognised as a child but it will always have been there.

### Does dyslexia count as a disability?

Yes. It is recognised as a disability under the Equality Act.

### How is it diagnosed?

Dyslexia assessments are usually carried out by Chartered Psychologists specialising in adult dyslexia. They are not funded by the NHS.

### Is there any special training available?

There are courses that can help you improve your literacy, numeracy and organisational skills. For more information, contact Catherine Walsh in Cardiff on 02920 227472 or Emma Evans in Barry on 01446 736466.

The British Dyslexia Association website <http://www.bdadyslexia.org.uk/> has lots of useful information and links.

## Advice about ... Work and Benefits

Are you looking for work, careers advice or want to know about benefits?

You can contact **Job Centre Plus** if you want help to find a job or you want to make a new claim for benefit. Click on the link to find your nearest [Jobcentre Plus](#) Centre.

**Careers Wales** provides free, bilingual, careers information, advice and guidance to people of all ages. You can use their [website](#) to search for job vacancies, find work experience or build a CV. You can also chat with a careers adviser online. To find out more visit the Careers Wales website at <http://www.careerswales.com/en/>

There are lots of **websites** that advertise full-time, part-time and casual work. Here are just a few to get you started ...

<http://www.jobswales.co.uk/>

<http://www.indeed.co.uk/jobs-in-Wales>

<http://www.jobsinwales.com/>

<http://www.totaljobs.com/>

<https://jobsearch.direct.gov.uk/>



## November 2014



### Coming soon to a venue near you ...

**Interview Skills courses in Barry.** Looking for work and want to improve your interview skills? Call 01446 736466 for more information.

**Retail Skills courses in Penarth and Barry.** Are you interested in working or volunteering in retail? Call 01446 733762 for more information.

**Volunteering Skills Courses in Cardiff.** Are you thinking about volunteering and would like to know more? Call 02920 231652 for details.

**Christmas Crafts courses in Cardiff.** Learn how to make cards or funky fabric decorations. Book online at [www.cardiff.gov.uk/learn](http://www.cardiff.gov.uk/learn)

**One day courses at Cowbridge Community College.** You can find out how to use a sewing machine, try out photography for beginners, or learn the art of relaxation. Visit [Vale Courses](#) or phone 01446 773831.

*Pinterest*

Pinterest is a company that provides an Internet service that they describe as a 'visual discovery tool'. You can use Pinterest to collect ideas for projects and hobbies. You can 'pin' anything you want to save. Pins are visual bookmarks for good stuff you find anywhere around the web.

Here are some boards that you might like to explore...

[Brainteasers](#)  
[Study Tips](#)  
[Adult Learners](#)  
[Vale Courses](#)

Or visit <https://about.pinterest.com/en> if you want to find out more.

If you wish to contribute to future newsletters please email Hilma Wright at [cavclp@cavc.ac.uk](mailto:cavclp@cavc.ac.uk)

## Learner Spotlight

**Name** Sidney Daw

### What courses have you attended?

I have done many courses in Cardiff. It started when I was given a computer by my family and I needed to learn IT skills. I moved on to do ECDL and digital photography.

### What do you enjoy about being an adult learner?

I have always loved learning. Now I love listening to my tutors, soaking up what they say as well as meeting like-minded people. I am a Community Learning Rep and when people say they are too old to learn, I tell them about the enjoyment I still get out of learning at the age of 89.

### What are your favourite things to do?

A difficult question, because there are so many, but most of all I like to spend time with my family. My happiest moments are when we are all together.

### What might someone be surprised to know about you?

When I was in the forces I lived in Berlin and competed in the Olympic Stadium in the 5000m, 1500m, pole vaulting and javelin throwing events.

### What is your idea of a perfect day?

A beautiful day, at home, surrounded by all my family drinking tea or coffee (with a little drop of whisky) and eating my home made cakes!

## Dylan Thomas Festival

Dylan Marlais Thomas (27<sup>th</sup> Oct 1914 – 9<sup>th</sup> Nov 1953) was a Welsh poet and writer. He became popular in his lifetime and remained so after his premature death in New York. In later life, Dylan Thomas acquired a reputation, which he encouraged, as a 'roistering, drunken and doomed poet'.

The 17<sup>th</sup> annual Dylan Thomas Festival is taking place from Monday 27<sup>th</sup> October to Sunday 9<sup>th</sup> November at the [Dylan Thomas Centre](#) in Swansea. The festival will



feature an eclectic mixture of events and special guests. It will also include a weekend event focusing on war poetry.

## Fun Facts About Fireworks

1. Fireworks date back to 7th century China.
2. The first recorded fireworks in the UK were at the wedding of King Henry VII in 1486.
3. Dreaming about fireworks means that you like to be the centre of attention!
4. The largest chocolate firework measured 3m high and 1.5m in diameter
5. A sparkler burns at a temperature over 15 times the boiling point of water.

But remember ... half of all firework injuries are to children under the age of 16 and fireworks are NOT fun for animals.

[Stay safe on Bonfire Night.](#)



## The Way Ahead

Cardiff and Vale Community Learning Partnership oversees the development and delivery of Adult Community Learning (ACL) across the counties of Cardiff and the Vale of Glamorgan. The Strategic Plan for 2014-2016 sets out the Partnership's vision and strategic aims.

Our vision for ACL in Cardiff and the Vale of Glamorgan is one where there is:

- increased participation by those who have benefited least from education in the past or who are most at risk of not benefiting in the future;
- improved quality in the learning experience including increased progression to other learning opportunities or work; and
- greater coherence in the nature and patterns of provision across the providers.

If you would like to know more about the [Strategic Plan](#) and the timescales for achieving our strategic aims, please visit the Partnership website at <http://moodle.cavc.ac.uk/cvclp>

## The One Planet Life

*The One Planet Life* by David Thorpe will be published on 12<sup>th</sup> November 2014. It is both a manual for how to live 'the good life' and a manifesto for a change in attitude by government towards land use. The purpose of *The One Planet Life* is to demonstrate a path for everyone towards a way of life in which we don't act as if we had more than one planet Earth. The difference between this approach and other 'green living' books is that it uses ecological footprint analysis to help to determine how effective our efforts are. Much of the book is a manual, with examples, on how to live the 'good life'.

This book uses the example of a pioneering Welsh policy, [One Planet Development](#), but also that of [BioRegional](#) and other urban case studies.

The book will interest anyone seeking to find out how a sustainable lifestyle can be achieved. It will also be useful for students interested in geography, sustainability and renewable energy.



## We Need Your Help!

Each year, between September and December, the members of the Cardiff and Vale Community Learning Partnership are required to complete a [Self Assessment Report \(SAR\)](#) for the Welsh Government. The SAR helps us to develop our courses for the benefit of learners, set targets for improvement and plan action, and evaluate learners' progress and achievement. The report also provides evidence for when we are inspected by [Estyn](#). We are looking for a small group of learners to help us validate our SAR. This would involve reading the SAR and giving us feedback about whether you think the statements we have made are accurate. If you would like to be involved, please contact Nicola Campbell on 02920 382431 or email [nicola.campbell@weacymru.org.uk](mailto:nicola.campbell@weacymru.org.uk)