

# Fairbridge De Cymru is here to help you reach your goals



## 16+ Programme Feb 10

Monday	Tuesday	Wednesday	Thursday	Friday
1 16+ Access Day 1	2 Hit & Run 16+ Access Day 2	3 16+ Access Day 3	4 16+ Access Day 4	5 16+ Access Day 5
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### Course Guide

#### Hit & Run

10am—4pm

A chance to look at what food is healthy or not and a chance to Boxercise in the gym with our own Brett Balboa

#### Cooking

10am - 4pm

This cooking session is aimed at learning how to cook and cater for a large.

#### Artes Mundi (2 Days)

10am - 4pm

A chance to work with an Artist to create some pieces of Art. You don't need to be Artistic or be able to draw to take part in this course.

#### Deeper Underground

10am—4pm

Spend a day down Porth-yr-Ogof cave and learn about geology and how to use a map underground.

#### Music

10am— 4.00pm

A chance for you to create a PC based Music track and possibly do some lyric writing with the aim of producing a CD at the end of the session.

#### Heavens Kitchen

10am—4pm

A chance to cook a healthy meal for guests invited to the centre by the manager.

#### You've Been Framed

10am—4pm

A photography and film course using a digital camera and video camera. Gain experience using green screens and photo editing.

#### Asdan

10am—12.30pm &

1.30pm—4pm

An introduction to the ASDAN award and start creating your files

#### Basic Skills

10am—1pm

Come along and improve on your English and Maths with a dedicated tutor.

### Conditions of Attendance:

- No drugs
- No alcohol
- No violence
- No theft
- No exclusive relationships
- Up-to-Date Consent Form



To book onto one of these courses please contact  
John Bond or Brett James

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