

Cooking Session

- ◆ Simple, tasty meals from scratch
- ◆ Try new recipes or suggest your own



Thursday

10-12pm

*£1 per portion



Tea & Toast



Monday 10—12pm



Come along to **NPCL** for good company and free Refreshments



Coffee Bar



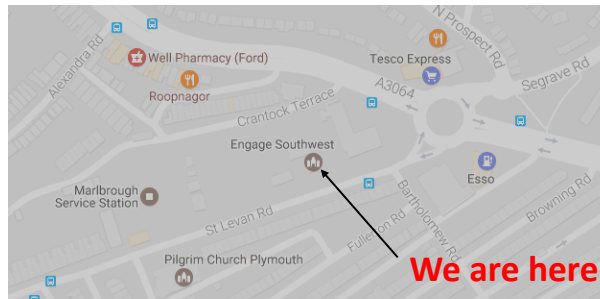
Refreshments available at low prices in a friendly atmosphere



Everyone welcome

We are open Monday, Tuesday and Thursday 9am — 3pm

Wednesday 10am — 3pm



NPCL

Engage, St Levan Road
PL2 3BG

(next door to the job centre)



Search 'NPCL'



01752 551862



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@ www.npcl.org.uk



NPCL

Learners do well @ NPCL



Courses and Activities

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Employability

Computer Courses

For beginners to experienced users



Interview Skills

(1 Day Courses)

Develop good interview techniques



Booking is advised

Work Club



Help with CVs, Universal Job match, Job applications & much more

Drop In sessions

Wednesday 1 - 3pm

Thursday 10 - 12pm

Much more available...

English and Maths

Spelling & Grammar
Reading & Writing



Adding & Subtracting
Practical use of numbers



It's never too late to learn

Free Computer Use

Monday to Thursday
(see opening times)



Drop in



(no need to book in advance)

And lots lots more ...

- ♦ Job Hunting courses
- ♦ Introduction to Volunteering
- ♦ Personal Development
- ♦ Gardening (Tuesday 1-3)
- ♦ Healthy Living Group (Tuesday 10-12)
- ♦ Woodcraft (Monday 1-3)
- ♦ Card Making (Thursday 12.45-2.45)
- ♦ Other craft including sewing

Some organisations we host

- ♦ Credit Union (Weds 11:30-12:30)
- ♦ Craft (Weds 5:30-7:30 £3 a session)
- ♦ Eldertree (Weds 3-5pm)
- ♦ Youth Clubs -
 - ♦ **Wolseley Trust** Resource Building
Weds 5- 6.30 (8 - 14 yrs old)
 - ♦ **KGP** Thurs 4.30 - 6.00 (7—11 yrs old)
- ♦ Sense

Call us for more details



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