

AUTUMN NEWSLETTER



Hello Autumn!

The leaves are turning, the air is crisp, and pumpkin spice is everywhere — it must be autumn! This season is all about slowing down, getting cozy, and making the most of everything our community has to offer.

*A huge congratulations to all our learners who have achieved the QCF Level 2 & 3 for Teaching Assistant and Health and Social Care adult qualifications.
A warm welcome to our learners who have joined us since September. Looking forward to working with you.*

Open Evening & Day

For anyone aged 16 to 18 years of age who is interested in our

Teaching Assistant & HSc Courses
to join us in **September 2026**

Monday 17th November 2025 4pm to 7pm

Saturday 22nd of November 2025 10am to 12.30pm

We look forward to meeting you



Pumpkin – Pwmpen

What's on This Month

29th & 30th October
Halloween Spooktacular
Rhondda Heritage Park

1st November – Ponty Big
Bang Fireworks Display
Ynysangharad Park

Did You Know?

Pumpkins aren't just for carving — they're packed with vitamins and great in soups, pies, and even smoothies. Check out our *Pumpkin Spice Smoothie Recipe* below:

Blend: 1 banana, ½ cup pumpkin purée, 1 cup milk (or oat milk), ½ tsp cinnamon, and a drizzle of honey.

"You're braver than you believe, stronger than you seem, and smarter than you think." —A.A. Milne



Stay warm, stay local, and enjoy the season!
Wishing you a warm, colourful, and cosy autumn!

