

Drawing & Painting - Z727

A 10 week course starting Thursday 3rd May
Woodingdean Community Centre, Warren Road
9.30am—11.30am. Tutor: Kitty Cava
Cost: £10 concessions / £40 full

The class focusses on forms in nature for inspiration. We will be looking at various natural forms and will explore ways to work with both water-colours, oils and silk paints. Keeping a sketch book and collecting your own resource material will be part of the course. We will also be looking at the work of other artists and crafts people. Some materials will be provided.

Information, Advice and Guidance (IAG)

Our Outreach Worker is available for one-to-one appointments for IAG on accessing courses, training, volunteering and employment.
Please call Debra on 07747 442057 or email dem@varndean.ac.uk

Community Education in other areas

Varndean College also offers Community Education classes in Bevendean, Coldean & Hollingbury; these include: **Yoga, Pilates, Interpersonal / Counselling Skills (Level 1), Digital Photography, Colour Therapy and Drawing & Painting.** Priority is given to local residents but some places are available for people outside of the area; please get in touch for more details.

Please note it is advisable to enrol as soon as possible. Courses that do not recruit a minimum number will be cancelled due to low take up.

We would also like to hear from you if you have any course suggestions for your neighbourhood, or if you would like to be added to our mailing list.

Finally....you can visit and 'like' our Facebook page 'Varndean College Adult Education'.

WE LOOK FORWARD TO HEARING FROM YOU.



Varndean College Community Education Summer Term Courses

Woodingdean & The Deans

April to July 2012



Enrolment open NOW!

07747 442057

01273 546604

Enrolment morning at Java Café, Warren Way,
Wednesday 18th April
10am –12pm

Want advice or information on courses or training?

Contact our Outreach Worker on

07747 442057

dem@varndean.ac.uk

or call Adult Education

at Varndean College on

01273 546602

Welcome to the Summer Term Brochure for Woodingdean & The Deans

Concessionary rates apply to those on means tested benefits (MTB); these are income support, jobseekers allowance, ESA, housing benefit, council tax benefit, working tax credit (below £15,276 household income) and pension credits. **Up to date proof for concessionary rates is required or the full rate will be charged.** Lower rates also apply to people aged over 65 (proof of age must be shown). Refunds of under £10 are given as credit notes unless a course is cancelled.

Office Skills Z728

A 10 week course starting Tuesday 1st May

Java Internet Cafe, Warren Way

6.45pm – 8.45pm. Tutor: Rita Saunders. Cost: £9.50 concessions / £99.50 full (financial assistance may be available; please contact our Outreach Worker)

Are you looking to up-skill or change jobs? This taster course is aimed at giving people confidence and experience in office and administration skills. You will use computer applications such as Word and Excel to develop skills used in a modern office environment and will produce a range of office documents such as letters, reports, leaflets, posters, invoices, charts and statements.. The course is taught in a relaxed atmosphere and is suitable for those with limited computer skills as well as those updating their knowledge. A text processing qualification forms part of the course.

Spanish for Beginners (& Refreshers) Z742

An 8 week course starting Tuesday 8th May

Longhill School, Falmer Road, Rottingdean

6.30pm – 8.00pm. Tutor: Amanda Brimble. Cost: £10 concessions / £40 full

On this course you will have fun learning some basic conversational Spanish. Topics will cover ordering a drink or meal, asking for directions and other basics such as numbers and days of the week. The emphasis will be on gaining the confidence to communicate in Spanish as well as learning some basic grammar and vocabulary.

Singing Together with 'Vocality' Z726

A 10 week course starting Wednesday 25th April

Woodingdean Community Centre, Warren Road

7.30pm—9.pm. Tutor: Philip Milburn. Cost: £10 concessions / £40 full

Vocality is a great new singing group for East Brighton. Everyone is welcome from absolute beginners to experienced crooners. Come and enjoy the benefits of community singing; it's fun, healthy and will lift your spirits like nothing else. You will sing popular songs from the 40's to the 00's as well as new and inspiring music from around the world. Come along and share a song!

Working with Children Level 1 (NCFE Accredited) Z746

An 11 week course starting Monday 23rd April

Venue TBC. 9.30am – 12.30am. Tutor: Jeanette Thyrrsen.

Cost: Tuition free for people who are not working (including parents returning to work) and on MTB. Exam fee £31. If in work, please call for further info.

This course is an introductory course to develop your basic knowledge and understanding of the needs of young children in a nursery or school setting. It will give the opportunity to develop and prove your abilities and will give you a foundation on which to develop your employment prospects in this area. The course also offers a progression route to CACHE Teaching Assistant courses. You will need to have a placement in a childcare setting for 2 hours a week (paid or voluntary) during the course and will also need to be CRB checked.

TLC for You Z730

A 5 week course starting Tuesday 12th June

Longhill School, Falmer Road, Rottingdean

6.45pm – 8.45pm. Tutor: Christine Kavanagh. Cost: £10 concessions / £20 full

When you are busy, stressed or caring for others, you need some tender loving care! We'll explore techniques for positive thinking, stress release and looking after your body. The course will cover emotional freedom technique (EFT), mindfulness, self-massage, simple herbal, flower and gem remedies and a range of self-nurturing approaches.

Family History with First Click Z729

A 5 week course starting Wednesday 16th May

Java Internet Cafe, Warren Way

3.30pm – 5.30pm. Tutor: David Pamely. Cost: £10 concessions / £20 full

First Click explores the internet through hobbies and interests; this term we will be looking at Family Histories. Do you feel inspired to research your family history but don't feel confident using the internet? With tuition and excellent resource materials you can learn about the different types of family history records on-line—and how to use them; from the census, birth and marriage records to British Army First World War records. The course is suitable for people with basic computer skills.

Tai Chi (50+) Z744

A 10 week course starting Monday 16th April

The Church of the Holy Cross, Downsray

9.30am – 11.00am. Tutor: TBC. Cost: £10 concessions / £40 full

Tai Chi is a low impact exercise suitable for all ages (from 19—99!) and all body types; it releases tension, boosts energy and improves flexibility, co-ordination & balance. The main principles of Tai Chi are covered in this gentle but effective workout. Suitable for beginners & for those with a little experience. The course is aimed at people over 50 but is also suitable for younger people seeking a more gentle exercise. **We also have a Tai Chi Intermediate class at Woodingdean Youth Centre on Tuesday mornings (Z743). Please call for further info if you feel an intermediate class is suitable.**