



Lifelong learning with the
adult learning and skills service
Hammersmith & Fulham

AUGUST 2019 TO JULY 2020

A person with long brown hair, wearing a dark blue denim jacket, is seen from the back, standing in a grassy park. They are holding a charcoal or pencil and drawing on a large, dark easel. The easel has a drawing of tall, thin plants or reeds. The background is a blurred green lawn and trees. A large red rectangle is overlaid on the top half of the image, containing white text.

Enrol early and secure your place!

**Enrolment starts
Saturday 20 July 2019**

Call 020 8753 3600

Email alssinfo@lbhf.gov.uk

www.hfals.co.uk

Welcome

I would like to welcome everyone to our Adult Learning and Skills centres - because our learners reflect residents from all areas of the borough.

If you are thinking about signing up for an adult education course, then this is the right place for you. This course guide will help you find out more about the range of courses we offer.

Our aim of 'Economic Growth for All' is underpinned by the Council's Industrial Strategy: a collaboration between the public, private and research sectors which sets out our aspiration to give residents the best possible chances to build the lives they want, support them into high quality employment with the skills needed for the 21st century and create life-long learning opportunities for everyone. Our highly rated adult learning service is well placed to help deliver this ambition.

You will find on offer a wide range of courses, which can help you to develop new skills, gain a qualification, find employment, further your career, and improve your health and wellbeing. Our courses are inclusive and we also offer some free accredited classes to learners on certain benefits. We pride ourselves on being responsive to our learners' needs, through a variety of ways including learner voice and learner focus groups. There are lots of courses to choose: all taught by experienced and qualified staff, with a well-deserved reputation for delivering high quality teaching and learning. All of the team are here to help you make the right choices.

Most classes take place at our main site at the Macbeth Centre in Hammersmith, and

also at two satellite centres: our already established site at Normand Croft Community School; our new learning centre at 239a Uxbridge Road in W12; along with a number of partner venues across the borough (see page 188).



In line with our Arts Strategy, investment in a new pottery studio at the Macbeth Centre in W6 enables provision to be located there for the first time. Additionally, refurbishment of our teaching kitchen at the Macbeth Centre has been made possible through joint funding with the Mayor of London – this now gives residents, businesses and community groups a professional standard environment for skills development, participation, and expert masterclasses. The teaching kitchen also provides a professional catering space for small independent food businesses in the local economy to test and develop their creations, and a hub for collaboration.

We look forward to providing a welcoming and friendly service to both new and returning learners. If you are thinking about signing up for any of our courses, don't delay, enrol now and enjoy the experience!

Cllr Andrew Jones

Cabinet Member for Economic Development and Regeneration
Hammersmith & Fulham Council

Dear Learner,

Welcome to our Adult Learning and Skills Guide. We offer a wide range of high quality courses at very competitive prices. All students are welcome and our classes are accessible to learners at all levels and incomes.

We pride ourselves on being responsive to our learners' needs, through learner voice and learner focus groups and continue to make improvements to our service based on our learners' feedback. We offer flexible learning options, including weekday, weekend and evening classes, from beginner level, intermediate and advanced levels.

There are courses for everyone here, so enrol with us now and enjoy a new learning experience!

Eamon Scanlon

Head of Adult Learning
and Skills

My experience in adult learning began 20 years ago while I was looking after my young family. Rather than sit at home wasting precious time, I decided to do a few courses at the Macbeth Centre, and studied upholstery and French polishing.

This spurred me on to go and enrol on another course at a local college here in Hammersmith, and then move into teaching. To be honest, I could not make up my mind as there were too many interesting subjects to choose from. There is a reason for everything. I finally taught travel and tourism, IT, business, health and social care to name a few!

My message is to not waste time, as windows of opportunities will open for you and you need the tools to be ready.

Whatever you do, go for it.

Wishing you good luck!

Cllr Daryl Brown

Mayor of Hammersmith & Fulham



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Come and learn with us

Fully equipped teaching facilities in great locations

Most courses take place in the Macbeth Centre, a lively and friendly hub in central Hammersmith, which houses our teaching rooms, specialist studios and workshops, all equipped with everything you will need. New facilities for 2019/20 include a professional teaching kitchen and pottery studio at Macbeth. Some courses take place in schools and community venues throughout the borough.

Macbeth Café has the winning recipe



Enjoy hot beverages and fresh home-cooked food in the award winning onsite café at Macbeth. A permanent fixture serving the community and local businesses for over twenty-five years, the Macbeth Café took home the coveted winning title of Best Place to Eat at H & F Brilliant Business Awards in 2018. With affordable prices, attention to customer service, a daily changing menu, and a friendly inclusive atmosphere open to all you are sure to enjoy your experience.

Choose from a diverse mix of part time courses

We offer over 500 part time courses during the day, or at evenings and weekends. Whether you are looking to nurture your creative side, learn business skills or languages, we will have a course for you, at a time that suits you.

Support from our team of experienced teachers

We foster a culture of great learning, encouraging you to explore and develop new skills and your confidence. We trust and respect our teachers to share their knowledge in their own style with you. Many are practising artists and experts in their field.

More than just learning - increase your skills, improve your job prospects, make friends and have fun!

We take pride in our friendly atmosphere. Our courses will help you learn something new and develop skills to help you find employment, improve health and well-being and have fun.

Key dates and information

ALSS term dates 2019/2020

AUTUMN TERM 2019

Start of term	Monday 16 September - Saturday 19 October 2019 (5 wks)
Half term	Monday 21 October - Friday 25 October 2019
End of term	Monday 28 October - Saturday 14 December 2019 (7 wks)

NB Christmas Day Wednesday 25 December, Boxing Day Thursday 26 December and New Years Day - Wednesday 1 January

SPRING TERM 2020

Start of term	Monday 6 January - Saturday 15 February 2020 (6 wks)
Half term	Monday 17 February - Friday 21 February 2020
End of term	Monday 24 February - Saturday 4 April 2020 (6 wks)

NB Good Friday 10 April and Easter Monday 13 April

SUMMER TERM 2020

Start of term	Monday 20 April - Saturday 23 May 2020 (5 wks)*
Half term	Monday 25 May - Friday 29 May 2020*
End of term	Monday 1 June - Monday 20 July 2020 (7 wks)

NB *Two bank holidays this term - 8 and 25 May

Please note: not all courses start on the first day or week of term - please check the listing or website for the start and end dates of your course.

Key dates and information continued

Please note: we will not be open on the following public bank holidays

Wednesday 25 and Thursday 26
December 2019 (Christmas Day Holiday)

Wednesday 1 January 2020
(New Year's Day Holiday)

Friday 10 April 2020 (Good Friday)

Monday 13 April 2020 (Easter Monday)

Friday 8 May 2020 (May Day)

Monday 25 May 2020
(Spring Bank Holiday)

About our term dates

The ALSS term dates have been planned in conjunction with the school dates published on Hammersmith & Fulham Council's website.

Venues

Macbeth Centre is our main site; we have two satellite centres and also run courses at community centres and schools throughout the borough. Please see page 188 for a full list of venues.

Enrolment

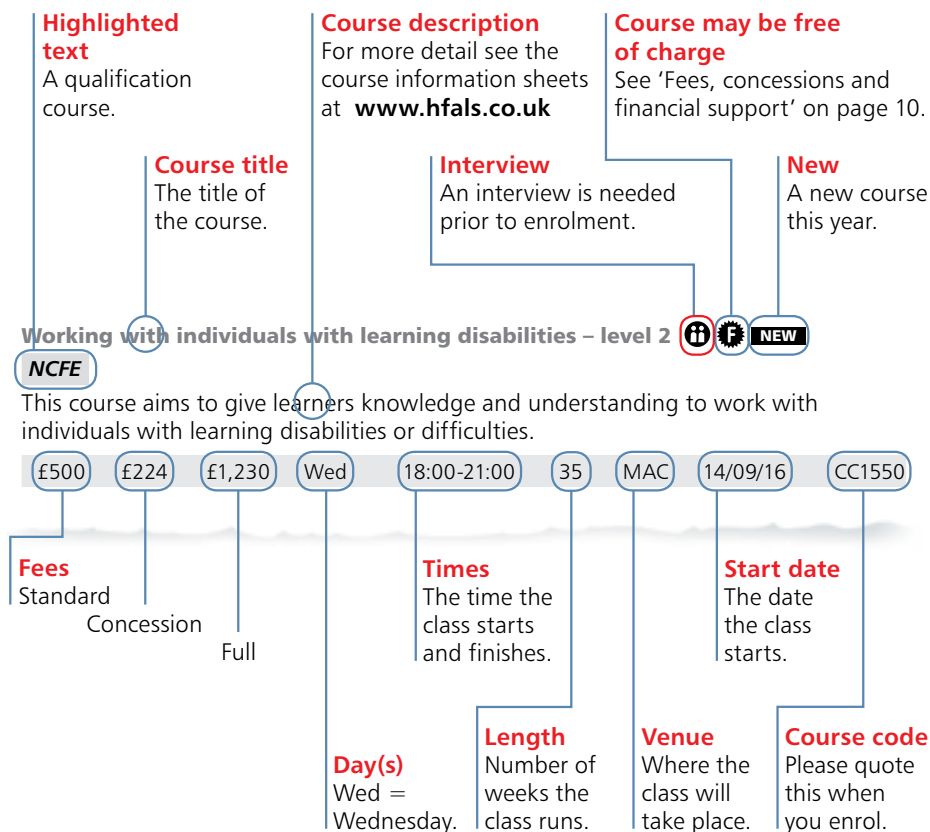
Enrolment starts Saturday 20 July 2019 at the Macbeth Centre.

We recommend enrolling as early as possible as popular classes fill up very quickly. For how to enrol, please see page 16.

Agewell enrolment is from Tuesday 30 July

Note: We reserve the right to amend, close or merge classes. Fees are subject to change.

How to use this course guide



Course information sheets

All courses have a course information sheet that gives much more detailed information than can be given in this prospectus and should be read carefully before starting any course. View them online at www.hfals.co.uk You can also pick them up at Macbeth Centre or call **020 8753 3600**.

Choosing a course

Our team of experienced staff can give you information on a wide range of courses and help you choose the right one. If you would like to talk to someone about the courses, we can help – simply call the ALSS course information line on **020 8753 3600**.

Fees, concessions and financial support

Fees

The Education and Skills Funding Agency (ESFA) subsidises our courses, and from August 2019 we will receive funding from the Mayor of London. There are three fees for most courses. The following fees apply to UK and EU citizens who have been residents in the UK or EU for at least the previous three years:

- **Standard fee** - for those who are not on benefits

- **Concessionary fee** for:

Non-accredited courses


The ESFA/Mayor of London will only fund tuition fees for those on certain benefits (see below for details). However, H&F adult learning and skills service will still continue to help you financially if you are claiming any of the following:

- Universal Credit (UC)
- Job Seekers Allowance (JSA)
- Employment and Support Allowance (ESA)
- Housing Benefit
- Council Tax Benefit (not single occupancy)
- Working Tax Credit
- Income Support
- Pension Credit
- Disability Living Allowance
- Personal Independence Payment (PIP)

- **Some accredited/qualification courses:**

- JSA
- ESA WRAG
- Universal Credit mandated to work or training

- **Courses with zero cost**

For some accredited courses look out for this sign  - it means the course is free. If you are unemployed and are in receipt of any other type of benefit and believe the course will help you find employment then the course may also be free for you.

Proof of entitlement must be current, a letter no more than three months before the date of enrolment. The JSA booklet is not acceptable proof. For Universal Credit we will accept a print-out from the website accompanied by a recent bank statement showing the benefit. If you earn less than £20,572.50 (resident in London) or £16,009.50 (resident outside of London, but resident in England), annually (gross salary), then a discretionary decision may be made to have fees waived for some accredited courses.. Please bring your last three payslips with you when you come in to enrol.

- **Full fee** - if you are a UK or EU citizen and have not been resident in the UK or EU for at least the previous three years then the full fee will apply.

Please note - If only one fee is shown for the course, there are no concessions.

We have courses to suit all budgets, if you have any questions about fees simply call us on 020 8753 3600

Level 3 courses:

We are unable to offer concessions for level 3 courses, please ask at interview about sources of funding.

If you are under 19

Our courses leading to qualifications are designed for adults and we receive no funding for under 19s. If you are under 19 and interested in doing a course please contact us for further information.

Exam fees and equipment

For most qualification courses the exam fee and basic equipment are included in the published fee. Please ask at interview.

Requirement (from the Education and Skills Funding Agency)

We must have your National Insurance number at time of enrolment.

Payment

You can pay by cash, debit/credit card (MasterCard/Visa/Maestro/Visa Debit) or a cheque made payable to London Borough of Hammersmith & Fulham.

Instalments

Students who are enrolling on a year-long course can apply to pay in instalments. Please ask when enrolling. First instalment is taken at the time of enrolment. Please note once you are enrolled all installments must be paid.

Invoicing your employer

We can invoice your employer for course fees. You must bring written proof, on letter headed paper, that your employer agrees to pay and an additional fee of £30 is charged for administration.

Refunds

A full or partial refund of your course fee will only be made when:

1. We close, merge or reschedule your course and you cannot get to the alternative.
2. There is a medical reason supported by a certificate or doctor's letter.

An administrative charge of £10 will be made for this refund. We do not provide refunds where individual sessions have to be cancelled, but will make every effort to offer an alternative session.

- If you paid by debit/credit card, we will require the original card used in order to provide a refund
- Please note where a refund is approved, we are able to do this immediately for card payments but for fees paid in cash or by cheque, it will be processed within one week (at the beginning of terms this process may take longer).

Credit

If you have been given credit, please use it within the academic year.

Fees, concessions and financial support continued

Learner Support Funding

Support funding for learners falls into two categories. Funding is provided by the Skills Funding Agency to assist learners who are not able to pay for essential equipment/materials, travel costs, childcare, registration fees and other necessary expenses. These categories are:

- Discretionary Learner Support Fund (for accredited courses up to and including level 2).
- The 24+ Adult Learning Loan Bursary (for learners who are in receipt of an Adult Learning Loan for the full fees of the course from the Student Loans Company).

These funds are only available to learners studying towards an approved qualification and who are on a low household income of less than £20,572.50 (resident in London), or £16,009.50 (resident outside of London, but resident in England).

Parental income will not be taken into consideration but the income of any spouse or partner will.

Proof of low income must be attached to your application. Please discuss this with your tutor at interview.

Students must submit a separate application for each course.

(This information is subject to change.)

What costs can be claimed?

- Course fees (up to 20%, but only in exceptional circumstances)
- Course books
- Travel costs
- Childcare - must be registered with Ofsted
- Essential equipment or materials required for the course.
- Registration fees (for professional bodies).

How to apply?

Before you can apply for Learner Support Funding, you must attend an interview and enrol on your course. Further information and application forms are available in reception.

Please note: Fees are correct at time of going to press. In exceptional circumstances however we may need to update the amounts to be charged. You should check that you have the correct fee before enrolling.

Learner support, feedback and policies

Learner voice - we value your feedback

Please take the time to tell us what you think. Your feedback helps us to know when we are getting it right and also helps us to listen to our learners and make improvements to the service. Around the buildings you will find comment/compliment cards that can be completed and handed to reception, or you can email alssinfo@lbhf.gov.uk. We also capture your views in other ways:

- End of course learner evaluations
- Annual student satisfaction survey
- Learner focus groups
- Monitoring letters of complaints and compliments
- Celebrating learners' success at events and exhibitions

We also encourage learners to get involved and become representatives for their class - where they can feedback directly and participate in forums. Please do let us know if you are interested in becoming a learner representative or would like to join us at the next Open Forum or Focus Group. You can let your tutor know directly or email: alssinfo@lbhf.gov.uk

Key policies

Some of our key policies are summarised below. Further details are included in the student handbook and copies of the full policy documents are available from reception at Macbeth Centre.

Recruitment policy

It is our policy to help students enrol on the course that is right for them. Any entry requirements will be clearly set out in the course information sheet. We will also make it clear where courses are designed to meet the needs of specific groups.

Equal opportunities

The adult learning and skills service will ensure that no one is discriminated against because of their ethnic or national origin, race or colour, gender, age, class, sexual orientation, or because of their religious or political beliefs, disability or income. If you feel you have been discriminated against please talk to your tutor or ask at reception to speak to a manager.

Safeguarding

We are committed to safeguarding young people and vulnerable adults, and also to providing a safe and secure learning environment for all learners. We work with the local safeguarding boards and recruit and train staff in line with current legislation. If you have any concerns about the treatment of young people, or of vulnerable adults please contact eamon.scanlon@lbhf.gov.uk. If you observe any health and safety issues, please contact a member of staff as soon as possible.

Prevent

From 1 July 2015, Parliament made it a statutory requirement for the council to *"have due regard to the need to prevent people from being drawn into terrorism."* Prevent focuses on supporting and protecting people who might be susceptible

If you would like any part of this document produced in large print or Braille call 020 8753 3600

to radicalisation. Our adult learning and skills service uses established safeguarding processes to ensure awareness of Prevent for both staff and learners and so help divert potentially vulnerable people from becoming involved in extreme or radical groups.

Promoting British values

- Democracy
 - Your opinions count
 - Don't forget to vote
- The rule of law
 - No one is above the law
 - Laws protect everyone
 - Innocent until proven guilty
- Individual liberty
 - Freedom of speech
- Respect and tolerance for:
 - All backgrounds and cultures
 - All ages
 - All genders and sexualities
 - All religious beliefs

Disability statement

We produce a disability statement each year setting out how we will support disabled people across our service. Please see the student handbook for more information.

Easy read policies

Easy read versions of our Disability Statement, Appeals Procedure and Health and Safety Induction, with Makaton symbols, are available from reception upon request.

How you can get advice and support

You can contact Sean Buckley to have a confidential discussion on how best we

can support your learning. You can ask for help at reception. Course information sheets are also available to help you decide if the course is what you want. Once you have enrolled and said that you have an Additional Support need, you will be contacted to discuss the best way to support your learning. We try to follow up all additional support requests as quickly as possible so the sooner you inform us the better.

Ways we can support you

- Having trained staff to help and advise you, including trained BSL signers
- Making our buildings as accessible as possible and moving classes to step free access if required
- Making information available in different formats, including Makaton
- Providing specialist equipment or materials Having support staff in classes
- Confidential discussion and advice in person, via the phone or email
- Making sure class materials are accessible
- Linking you with your tutor before you start
- Having a range of classes especially for people with learning difficulties including access to qualification courses and advice on progression routes
- Working with other organisations such as Action on Disability and MIND to get more help and advice if we need it.
- Having study support sessions where you can get extra help and practice your skills.

We are a recognised Disability Confident Committed employer. Disability Confident is a government scheme that supports

employers to make the most of the talents disabled people can bring to the workplace.



How can I complain if something goes wrong?

All complaints received are taken seriously and are dealt with according to the complaints procedure.

We will make sure that you are supported to progress your complaint by providing an interpreter, signer or an advocate if necessary.

You can discuss any complaint to do with disability and access informally with Sean Buckley on **020 8753 6343** or email **sean.buckley@lbhf.gov.uk** who will try to resolve the issue and will advise you on the corporate procedure should you want to take the matter further.

Study support

Anyone enrolled in a class can receive extra help with their learning through the study support service. The service provides:

- Free access to computers and the internet. Help with completing your assignments or portfolios
- Confidential interviews about any additional support you may require
- Help with language, literacy and numeracy skills
- Adaptive equipment for students with a learning difficulty or disability.

Further details are available in your student handbook or from your lecturer.

Careers and finding work

You will find useful information about employment embedded throughout the guide:

Courses which assist professional development	28-29
H&F Information, advice and guidance	41
Business Enterprise Club	179
Work Zone	137

Throughout the guide you will also find pathways that will show you the progression available within different departments.



How and when to enrol

How to enrol 2019/20

We recommend enrolling as early as possible as popular classes fill up very quickly.



Enrol online*

Visit www.hfals.co.uk



Enrol by telephone*

Call **020 8753 3600** quoting the class code with your details. Lines are open Monday to Friday, 9.30am-4pm.




Enrol in person

You may enrol in person during opening times, see 'Reception opening times' to the right.

Enrolment information

You can enrol at any time of the year (from 20 July 2019) for many courses, even if they have already started, as long as there are places available and the level is right for you. To find out if this is possible call **020 8753 3600**.

* You cannot enrol by telephone or online for courses requiring an interview, marked  in the course listing or if you are enrolling on a concessionary fee.

Agewell enrolment is from 30 July 2019

* Please note that Agewell students will **not** be able to enrol before this date.

When do courses start?

This prospectus lists classes starting in September, January and April but we often add additional classes throughout the year so for the most up to date information visit www.hfals.co.uk

Reception opening times

Term time opening

Monday to Thursday, 9am-6.30pm
(last enrolment 6.15pm)

Friday 9am-4pm
(last enrolment 3.45pm)

Saturday 9am-12pm
(last enrolment 11.45am).

Outside term time

Monday to Friday, 9am-4pm
(last enrolment 3.45pm).

Opening times may change, please call for details or visit the website to check before visiting the centre (last enrolment time will be 15 minutes prior to closure).

Please note: From 25 to 28 August the Reception is only open from 10am to 2pm for visitors, but the information and enrolment line - **020 8753 3600** - will be open as normal.

Your guide to levels and qualifications

Entry level certificates

What they give you:

- basic knowledge and skills
- ability to apply learning in everyday situations
- not geared towards specific occupations

English for speakers of other languages (ESOL)

Functional Skills at entry level (English, maths and ICT)

Family learning

LLDD

Level 1

What they give you:

- basic knowledge and skills
- ability to apply learning with guidance or supervision
- may be linked to job competence

GCSEs grades D-G (1-3)

BTEC Introductory Diplomas and Certificates

OCR Nationals

Key Skills level 1

NVQs at level 1

ESOL level 1

Functional Skills at level 1 (English, maths and ICT)

LLDD

City & Guilds level 1 (craft and catering)

Level 2

What they give you:

- a good knowledge and understanding of a subject
- ability to perform a variety of tasks with some guidance or supervision
- appropriate for many job roles

5 GCSEs grades A*-C (4-9)

BTEC First Diplomas and Certificates

OCR Nationals

Key Skills level 2

NVQs at level 2

ESOL level 2

Functional Skills at level 2 (English, maths and ICT)

City & Guilds level 2 (art and craft)

Level 3

What they give you:

- ability to gain or apply a range of knowledge, skills, understanding, at a detailed level
- appropriate if you plan to go to university, work independently, or (in some cases) supervise and train others in their field of work

A levels

Advanced Extension Awards

GCE in applied subjects

International Baccalaureate

Key Skills level 3

NVQs at level 3

BTEC Diplomas, Certificates and Awards

BTEC Nationals

OCR Nationals

Level 4

What they give you:

- specialist learning, involving detailed analysis of a high level of information and knowledge in an area of work or study
- appropriate for people working in technical and professional jobs, and/or managing and developing others

NVQs at level 4

BTEC Professional Diplomas, Certificates and Awards

Learning at H&F Libraries

The adult learning and skills service is working in partnership with the borough library service so you can continue your learning out of class time using books or the internet.

Learning Zone at Shepherds Bush

We now offer ICT/computing drop-in and a family learning homework club at Shepherds Bush Library's Learning Zone. Come in and find out more or enquire at Reception. For more Family Homework Clubs, please see pages 46-47.

ALSS students welcome

Anyone enrolled on a course is eligible to join a Hammersmith & Fulham library.

Most libraries are open late evenings and Saturdays. Hammersmith, Fulham and Shepherds Bush libraries are also open on Sunday from 11am to 5pm.

For full details of opening times please see the website www.lbhf.gov.uk/libraries

Telephone (24-hour automated telephone service): 020 7361 3610

Internet access is available at all libraries

Free for the first hour if you are a member of the library. Wi-Fi is available at Shepherds Bush, Hammersmith, Askew Road, and Fulham Libraries. Scanning and photocopying facilities are

also available. Membership also includes access to online resources - please refer to www.lbhf.gov.uk/libraries

The Local Studies and Archives Service is based in Hammersmith Library.

Fulham Library includes the main reference library which also provides quiet study spaces.

Hammersmith & Fulham Volunteer Centre is also based in Fulham Library. The libraries are always keen to hear from people interested in volunteering. There are many different roles to get involved in. If you would like to find out more please email: libraries@lbhf.gov.uk

For full information please visit www.lbhf.gov.uk

Libraries in Hammersmith & Fulham

Askew Road Library
87-89 Askew Road, W12 9AS
Tel: 020 8753 3863

Avonmore Library and Community Centre
North End Crescent, W14 8TG

Fulham Library
598 Fulham Road, SW6 5NX

Hammersmith Library
Shepherd's Bush Road, W6 7AT

Shepherds Bush Library
Westfield Retail Centre
6 Wood Lane, W12 7BF

Interview dates for 2019/20 courses

Course	Date	Time
ADULTS WITH SPECIAL EDUCATIONAL NEEDS		
Adults with Special Educational Needs To book an interview please call: Sean Buckley on 0208 753 6343 or email sean.buckley@lbhf.gov.uk Julia Johnson on 0208 753 6347 or email julia.johnson@lbhf.gov.uk	Mon 22 to Fri 26 Jul	10am - 4pm
	Tue 10, Thu 12 and Fri 13 Sept	
ARTS, CRAFTS AND PERFORMING ARTS		
Creative Techniques in 2D (QCF) City & Guilds level 2 Certificate (1 year course) To book go to our website, call our main number or ask at reception. For advance information or questions about the course contact Tim Cunliffe - tim.cunliffe@lbhf.gov.uk	Mon 2 and Tue 3 Sept	10.30am - 4.30pm (Slots available throughout the day, please book online)
COUNSELLING		
Counselling	Fri 6 Dec	11am - 3pm
ENGLISH, MATHS AND ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)		
English, Maths and English for speakers of other languages (ESOL)	Must book online to arrange an assessment/interview Please bring your passport, National Insurance number and benefit proof dated within the last three months. Locations include three centres: Macbeth, Normand Croft and Uxbridge Road. Please see below for date and centre of location. (Slots available between 9.30am and 3.00pm, please book online)	
Continued on next page		

Courses marked require an interview prior to enrolment

- All interviews take place at the Macbeth Centre unless stated otherwise
- All venue locations can be found on page 188.
- To book an interview/assessment please visit **www.hfals.co.uk** or call **020 8753 3600**

Course	Date	Time
ENGLISH, MATHS AND ESOL continued		
English, Maths and English for speakers of other languages (ESOL) continued Please note: Further interview dates will be available in December 2019, February and March 2020. Please see the website for details.	Macbeth Centre Wed 4, Thu 5, Mon 9 Sept and Wed 11 Sept	9.30am - 3pm
	Tue 10 Sept	2 - 8pm
	Wed 11 Sept	6 - 8pm
	Thu 12 Sept	12 noon - 5pm
	Normand Croft Thu 5 Sept and Wed 11 Sept	9.30am - 3pm
	Uxbridge Road Fri 6 and Tue 10	9.30am - 3pm
FOOD STUDIES		
Cake decoration and Sugarcraft (QCF) City & Guilds level 1 Certificate (1 year course). To book go to our website, call our main number or ask at reception. For advance information or questions about the course contact Jane Sutton 020 8753 6338 or jane.sutton@lbhf.gov.uk	Mon 2 and Tue 3 Sept	10.30am - 2.30pm (Slots available throughout the day, please book online)
	Wed 11 Sept	6 - 8pm (slots available please book online)
Continued on next page		

Courses marked require an interview prior to enrolment

- All interviews take place at the Macbeth Centre unless stated otherwise
- All venue locations can be found on page 188.
- To book an interview/assessment please visit **www.hfals.co.uk** or call **020 8753 3600**

Course	Date	Time
FOOD STUDIES continued		
Cake decoration and Sugarcraft (QCF) City & Guilds level 2 Certificate (1 year course)	Internal students Those who have completed level 1 awards or certificate with us in 2018/19 or before can enrol directly once the enrolment forms have been signed by either Jane Sutton or your tutor.	
	External students If you have completed level 1 award or certificate or are already fairly experienced in this craft please contact Jane Sutton 020 8753 6338 by 10 September 2019 or jane.sutton@lbhf.gov.uk	
NVQ Certificate in food preparation and cooking (QCF) (1 year course) To book go to our website, call our main number or ask at reception. For advance information or questions about the course contact Jane Sutton 020 8753 6338 or jane.sutton@lbhf.gov.uk	Wed 4 and Thu 5 Sept	10.30am - 2.30pm (Slots available throughout the day, please book online)
HEALTH, CARE AND TEACHING		
Childcare and supporting teaching For childcare and supporting teaching, no need to book but you must arrive promptly at 10am	Macbeth Centre Mon 15 and Fri 26 July, Thu 5 and Fri 6 Sept	Arrive at 10am promptly
	Uxbridge Road Mon 16 Sept	
Award in education and training For the Award in Education and Training, please email angela.d'agostin@lbhf.gov.uk to book	Please contact Angela D'Agostin to book an interview	

Courses marked require an interview prior to enrolment

- All interviews take place at the Macbeth Centre unless stated otherwise
- All venue locations can be found on page 188.
- To book an interview/assessment please visit **www.hfals.co.uk** or call **020 8753 3600**

Course	Date	Time
INTERPRETING		
Community interpreting	Summer and Autumn courses Wed 17 July	11am - 3pm
	Summer and Autumn courses Wed 31 July	11am - 3pm
	Autumn/semester 1 Wed 11 Sept	10am - 7.30pm
	January intensive and semester 2 Wed 11 Dec	11am - 3pm
	January intensive and semester 2 Wed 8 Jan	11am - 3pm
	Spring/semester 2 Wed 12 Feb	10am - 7.30pm
	April intensive Wed 2 Apr	10am - 3pm
Diploma in police interpreting (DPI)	Mon 2 Sept	1pm - 4pm
	Mon 20 Jan	1pm - 4pm
Diploma in public service interpreting (DPSI)	Wed 11 Sept (for October courses)	12 noon - 7pm
	Mon 9 Dec (for January Friday intensive)	12 noon - 4pm
	Fri 10 Jan (for January Friday intensive)	12 noon - 4pm
Diploma in translation	Thu 11 Dec	12 noon - 5pm

Courses marked require an interview prior to enrolment

- All interviews take place at the Macbeth Centre unless stated otherwise
- All venue locations can be found on page 188
- To book an interview/assessment please visit **www.hfals.co.uk** or call **020 8753 3600**

Course	Date	Time
LANGUAGES		
EFL (English as a foreign language) / IELTS and English pronunciation	Wed 11 Sept (semester 1 courses)	11am - 7.30pm
	Wed 12 Feb (semester 2 courses)	11am - 7.30pm
British Sign Language	Wed 11 Sept	11am - 4pm
VOCATIONAL COURSES		
All interviews must be booked online or via the Macbeth centre		
Motor vehicle maintenance	Thu 26 Sept	10am - 3pm
Bicycle maintenance	Mon 9 Sept	10 - 1pm
	Mon 10 Feb 2020	10 - 1pm
Book-keeping Please check website for dates later in the year	Wed 11 Sept	4 - 8pm
	Sat 14 Dec	11am - 1pm
	Tues 18 Feb 2020	11am - 1pm
Computerised accounts Please check website for dates later in the year	Wed 11 Sept	4 - 8pm
	Sat 14 Dec	11am - 1pm
	Tues 18 Feb 2020	11am - 1pm
Computing Please check website for dates later in the year	Wed 11 Sept	4 - 8pm
	Sat 14 Dec	11am - 1pm
	Tues 18 Feb 2020	11am - 1pm

Short business workshops

As well as our regular courses we offer further short workshops to support your business, and help guide you with the essentials if you are just starting out. These will be updated regularly on our website at: **www.hfals.co.uk** so keep an eye out for future workshops coming up.

All workshops take place at the Macbeth Centre, and places can be booked in person, over the phone on **020 8753 3600** or online on the centre website. Most of the sessions are also listed in Eventbrite so you can find them there and sign-up directly as soon as they go live.

You can see our full range of business and computing courses on pages 181-187.

Business boot camp

An intensive one day session covering the things you need to know to start a business

Networking

There is a skill to networking: come and find out how to network successfully and key tips in this to help your business to thrive

Marketing for start-ups

It's all about the promotion: how to let people know about your product and boost your sales

Presentation skills/PowerPoint for business

The art of the visual: Learn some tips and tricks to get the wow factor in giving engaging and persuasive presentations

Accounting - what do I need to know for my business?

Everything you need to know to balance your books, working with numbers to help grow your business

Developing a successful business plan

The key thing you need to succeed is a clear and focused business plan - find out how to do this

Social media - what is it and how can it help my business?

Demystify social media: find out how you can harness its reach with tips to promote your business, grow your networks and customers



Social media - get going with Facebook

Dig into Facebook and find out how it can promote and grow your business

Social media - get going with Instagram

Delve into Instagram and find out how it can promote and grow your business

The Macbeth Centre

A lifetime of learning

Join us as we celebrate 100 years of adult education in autumn 2019.

In 1919, the Ministry of Reconstruction's adult education committee published a Report of Adult Education, arguing that a population educated throughout life was vital for the future of the country.

The 1919 Centenary Commission is marking the 100-year anniversary of the Final Report, with future recommendations on the needs and possibilities for adult education today and into the next century. Publication of this new report will be in November 2019.



We will be marking the historic 100-year birthday with some special celebration events. Keep an eye out for news in each of our teaching centres and updated through our website online at: www.hfals.co.uk/news

The home of lifelong learning

The Macbeth Centre has always been a seat of learning, and continues to this day. The Victorian school building that houses the Macbeth Centre was originally called Waterloo Street School (Macbeth Street was known as Waterloo Street until 1937), then Waterside School, and following this, St John's School. Though the building has adapted and changed its usage over the years from religious teaching, to schooling, and then adult education, learning has always been the foundation of all activities here.

Having been providing adult learning opportunities for over two decades, the Macbeth Centre is a key fixture in the borough, and with a reputation for high-quality teaching and educational support, also attracts many students from far and wide into Hammersmith to attend courses.

Our extensive mix of courses can help you in your career and your personal development. Whatever your interest, you can be sure to find some wonderful courses to try out.

We truly are at the heart of lifelong learning. Why not come and join us?

Find out more at www.hfals.co.uk

Introducing...

Macbeth Centre pottery studio is opening its doors

We are delighted to introduce you to our new pottery studio - on site here for the first time at the Macbeth Centre.

This new facility means we are now able to offer new provision in W6, adding to current pottery courses running at the Hurlingham Academy in SW6.

After extensive works the studio is ready and waiting for the first students to fire up the kilns.

The brand new pottery studio features: three kilns, four pottery wheels, an adapted wheel for inclusive classes, a spray booth, and wedging benches, as well as a wealth of new equipment, furniture and tools.

For all pottery courses you can see listings in the course guide, and also keep updated through our website online at:

www.hfals.co.uk/courses



Celebrating the launch of our new teaching kitchen



Our fully refurbished professional teaching kitchen is now officially open - catering to the needs of students, chefs, local food businesses, and community groups.

Joint matched funding of £60,000 each from the Greater London Council (GLA) Mayor of London's office and Hammersmith & Fulham Council made the renovations possible.

The gala opening event in March 2019 attended by the local Mayor along with senior representatives from the Economy department, the team at Adult Learning and Skills Service, were joined by special guest Selasi Gbormittah (The Great British Bake Off semi-finalist), a local resident chef here in Hammersmith.

The professional teaching kitchen is a key resource at the Macbeth Centre - with specialist tutors offering students from the local and surrounding area in both accredited and non-accredited cookery courses.

You can see further details about our cookery courses in the guide. Stay up to date with news about future courses, workshops and other events such as masterclasses running at: **www.hfals.co.uk/courses** and **www.hfals.co.uk/news**

Courses for professional development

Are you a carer or working in health and care?

These courses will enhance your career development or introduce you to new sectors:

Supporting teaching and learning levels 1-3 Page 69

Interpreting for childcare (Level 1 Award) Page 73

DPSI Health preparation course Page 133

Do you speak more than one language?

Put your language skills to use with a career in interpreting/translation.
Community Interpreting Page 131

If you have some experience and want to hone your interpreting skills, you can choose one of the following accredited courses:

DPSI Law (Diploma in public service interpreting) available in a number of languages Page 132

DPI Diploma in police interpreting preparation course Page 133

Diploma in translation: online preparation course (IoLET) Page 135

We also offer many short and one-day courses for those working in this field and wish to build upon existing knowledge.

One-day training in court
Pages 136

Counselling

Award in Counselling Skills - Level 2 (ABC) Page 142

Certificate in Counselling Skills - Level 2 (ABC) Page 142

Creative writing

We have a range of short and one-day creative writing courses which will help you uncover a wide range of writing skills including:

Writing a children's book and getting it published Page 147

Reading and writing short stories Page 148

Writing for cinema Page 149



Are you a learner with special educational needs?

We have a Preparation for Work programme and work with the Employment Project delivered by Action on Disability. Page 54

Do you want to improve your work prospects?

If English is not your first language please book an ESOL interview with us at www.hfals.co.uk or by calling the information line on 020 8753 3600. At interview we can advise you about our courses and assess your level.

Working with food?

With a new professional teaching kitchen, we are offering a number of food-related courses, including:

Food safety in health and social care (level 2 award) Page 69

NVQ level 1 certificate in food preparation and cooking Page 161

Cake decoration and Sugarcraft - C&G level 1 and 2 Page 163

Looking to develop your creativity?

Develop your skills in 2D drawing and painting, by exploring techniques and your creativity through different mediums. Whether you want to enhance your existing knowledge or move on to higher study, this a great place to start. Page 81

Business and computing

We have a range of accredited accounting and computing courses available to help your business skills develop. Page 181

Office apps essentials - learn the ins and outs of these key MS Office productivity tools (Word, Excel, Powerpoint). Page 185



What's new?



Languages

We have a new set of language courses for those who want to learn the basics before going on holiday

French: the basics for beginners
Page 110

Italian: the basics for beginners
Page 114

Spanish: the basics for beginners
Page 121

Other Language introductions include:

Passeggiate italiane / Italian Walks through London Page 116

Korean beginners Page 118

French advanced conversation
Page 112

Talk Arabic: an introduction to modern standard Arabic Page 109

Modern Greek Page 113

Russian Page 120

Interpreting

DPSI Health (Diploma in public service interpreting) preparation course Page 133

Tailored interpreter training Page 135

Community interpreting Level 3 Saturday intensive Page 131

In addition to interpreting skills, we have also introduced:

Interpreting techniques: an introduction Page 136

Art and crafts

Decoupage for beginners Page 94

Fabric decoration Page 100

Pottery inclusive class Page 87

Hand-built pottery Page 89

Ceramic sculpture page 89

Make a Queen Anne style footstool in two Saturdays Page 99

Longer Floristry courses Page 87

History

Monarchs of England: Anglo-Saxons
Page 147

Monarchs of England: Danes, Saxons and Normans Page 147

Monarchs of England: Plantagenets and Lancastrians Page 147





Culture and writing

Assertive communication (one-day Saturday session) Page 143

New courses in art history, world culture, creative writing and bookbinding

Art history Pages 144-146

World culture Pages 150-153

Bookbinding Page 149

Creative writing: finding a voice (Saturday course) Page 148

Writing autobiography, life stories and creative non-fiction - writing from places, music or museum collections Page 148-150

Health, care and teaching

We have introduced a wide range of additional qualifications to assist your career in the health, care and teaching sectors. Prepare yourself to progress with:

Introduction to supporting teaching and learning at level 1 Page 69

Food production and cooking in early years Page 73

Introduction to mentoring Page 73

Seasonal fun for the family

Please see our free Family learning tasters taking place throughout the year. Pages 46-47

Business and computing

Get yourself out there with Podcasting and Youtube Page 186

Gain a qualification in web design and programming Page 187

Python for beginners Page 187

Motor vehicle

Keep your car in tip-top shape with new courses Pages 165-170

Valeting Page 170

Love your new car Page 170

TIG welding Page 173

Adults with Special Educational Needs

New inclusive pottery, alongside our art, cookery, IT and jewellery sessions

Please go online or email Julia Johnson, julia.johnson@lbhf.gov.uk for a copy of the 'Adults with Special Educational Needs' guide

Working with food?

We have a new professional standard teaching kitchen for our cookery courses. Pages 155-163

Baking perfect cakes Page 163

Sugarcraft skills (non-accredited) Page 163





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Skills for life

About skills for life

We offer a range of courses designed to build the skills needed in order to progress.

We have English classes for learners whose first language is not English (ESOL) from complete beginners to advanced levels.

Our English and maths accredited courses enable adults to develop key skills to progress in the workplace.

We have a wide range of free family learning classes in a variety of offsite locations in Hammersmith & Fulham.

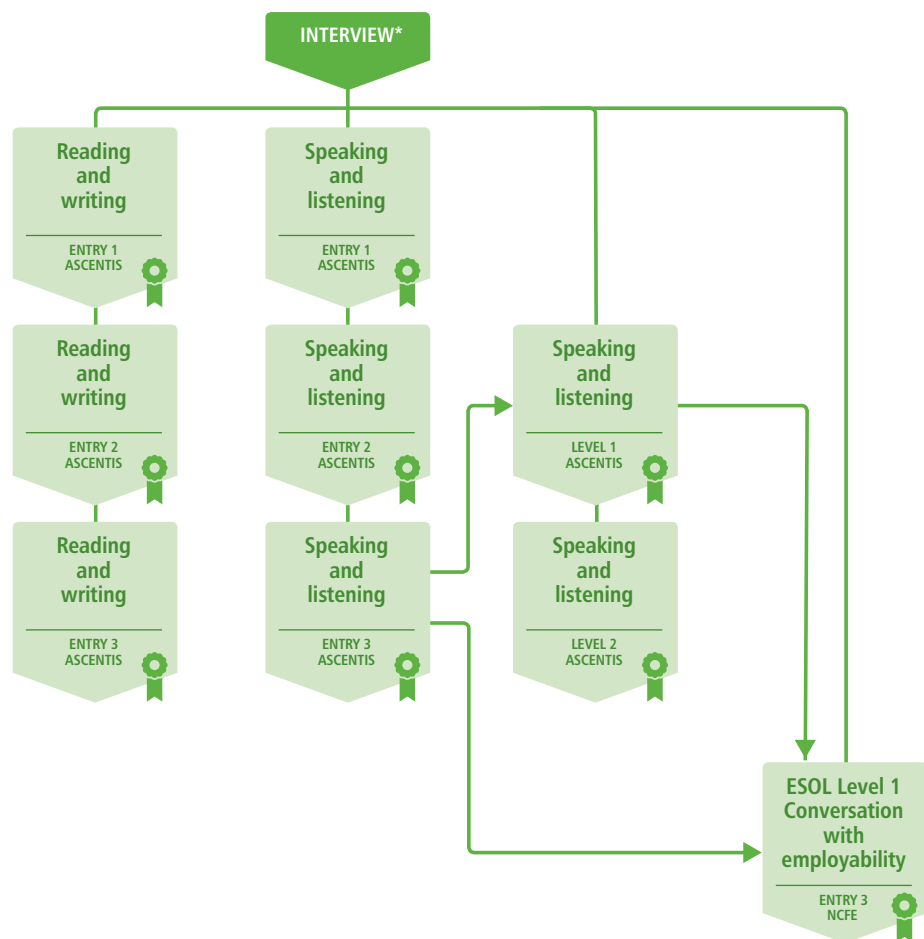
Contents

ESOL	35
English	38
Maths	40
Family learning	43



ESOL skill pathways

Develop new skills, gain a qualification, find employment or further your career. Choose your progression route:



*About interviews

Come to an interview for assessment, information, advice and guidance before you enrol. See pages 20 and 21 for details.

Next steps

Local business support	179
Information, advice and guidance	41
Courses and employability	20-24 and 37

English for speakers of other languages (ESOL)

These courses are for people whose first language is not English and want to improve, in order to help deal with everyday life. Learners will work on their speaking and understanding of English according to their level and learn how to talk about everyday topics. You will learn new vocabulary and practise English grammar in interesting activities such as games, role-plays and discussions, in pairs or small groups.

Exams and certificates

At the end of the course some learners will be able to take an Ascentis exam.

Fees for ESOL

Please see page 10-12 to find out if you are entitled to a free course. For those learners who might be entitled to a free course, you must bring proof of entitlement which is dated in the last three months and also bring your passport or national photographic identification. If you are not from the UK/EU and have lived in the UK or EU for less than three years, you may have to pay the full fee. You will get detailed information on fees for your course at the interview.

Which level is best for you?

We offer classes at a range of levels from complete beginners to advanced. You will have a learning plan tailored to your needs. Your level will be assessed when you come for your interview. Most classes are accredited and you will have the opportunity to gain a qualification.



ESOL classes

Classes are friendly and offered by qualified tutors who will support you to achieve your learning goals. We run classes throughout the week, including evenings and weekends. All levels are explained below.

Guide to ESOL levels

Pre-entry levels (for absolute beginners)

You will learn the basics, how to say and write simple words and sentences and ask questions.

ESOL entry 1, 2 and 3 (beginners, pre-intermediate and intermediate)

All ESOL levels cover the four skills: speaking and listening and reading and writing in separate classes.

Speaking and Listening

You will learn to take part in discussions, have a conversation and speak about familiar topics. There will be a focus on correct grammar and pronunciation.

Reading and writing

You will learn to read a range of texts and write letters, emails and complete forms using the correct grammar.

Level 1 (post-intermediate)

You will learn to use and understand English with increased competence building on your previous knowledge in order to deliver presentations and take part in discussions. The course will cover topics including grammar and vocabulary related to work, education and everyday life. You will be encouraged to read newspapers, books, watch TV and listen to the radio in order to improve your English.

Level 2 (advanced)

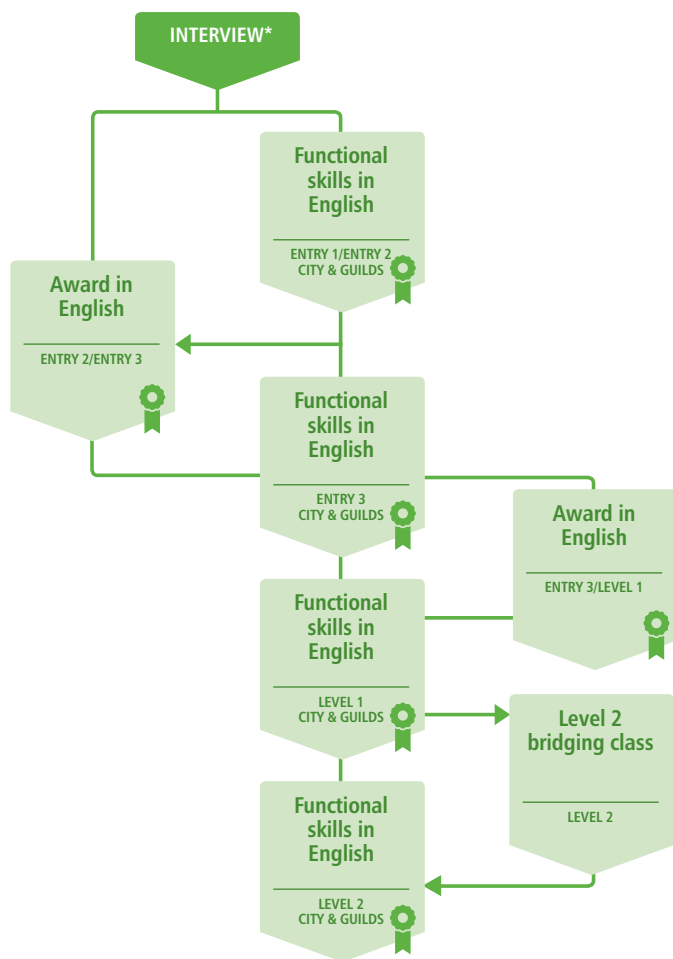
You will learn how to speak clearly and confidently in a way which suits a range of everyday situations. Learn to use formal language where needed; listen to, understand and follow conversations; take part in group discussions; give instructions and explanations while using a range of advanced grammatical structures and vocabulary.

Employability with ESOL - level 1

Learners at a higher level will have the opportunity to build their skills in order to improve their job prospects on this short friendly course. This is a level 1 ESOL course and you will gain the NCFE entry 3 award in employability. If you are interested please book an ESOL interview. You can find out more about employability at interview. Bookings can be made via **www.hfals.co.uk**

English skill pathways

Develop new skills, gain a qualification, find employment or further your career. Choose your progression route:



*About interviews

Come to an interview for assessment, information, advice and guidance before you enrol. See pages 18 and 19 for details.

English and Maths

There are no fees for these courses (in most cases) and they are offered from entry 1 (beginner) to level 2 (advanced). They are for adults who want to develop and improve their reading, writing and maths skills and gain a qualification which will improve their confidence for work or further studies. If you are new to English, please refer to the ESOL section (page 35-37).

Classes are friendly and offered by qualified tutors who will support you to achieve your learning goals. Below are examples of what we do in English and maths classes.

English reading and writing from entry 1 (beginner) to level 2 (advanced)

At the different levels, you will work on reading and improving your understanding in a variety of contexts. You will work on grammar and punctuation, extend your language and vocabulary, learn spelling strategies, rules and techniques. You will learn how to write different kinds of letters, notes, messages and emails. At higher levels you will learn how to write reports, speeches and reviews. At all levels you will learn how to speak clearly and listen more effectively in a variety of formal and informal settings.

Maths entry 1, 2 and 3 (entry levels - beginners and intermediate)

This class will help you to get to grips with the basics of maths. The course will cover number, measure, shape, space and handling data. You will learn how to read, write and compare numbers; add, subtract, multiply and divide small numbers; and use calculators with confidence.

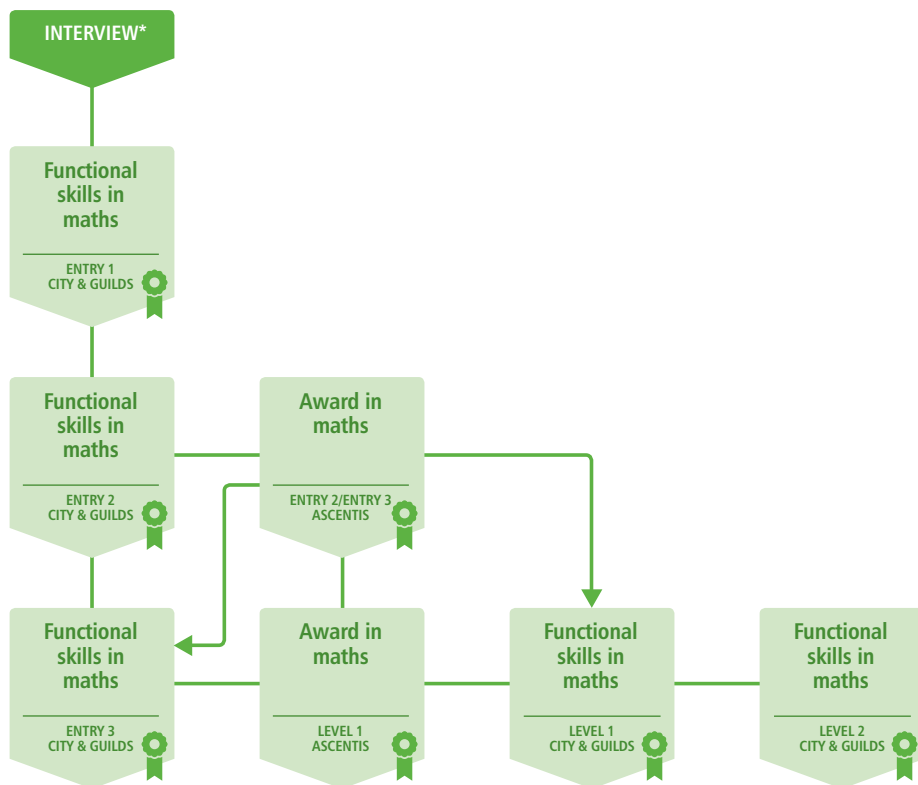
Maths level 1 and level 2 (post-intermediate/advanced)

At higher levels you will learn to compare fractions, decimals and percentages and use imperial and metric measurements, for example, weight, capacity, length, distance, area and volume.

To book your interview, call **020 8753 3600**

Maths skill pathways

Develop new skills, gain a qualification, find employment or further your career. Choose your progression route:



Examination boards may be subject to change for 2019/2020.

*About interviews

Come to an interview for assessment, information, advice and guidance before you enrol. See pages 18 and 19 for details.

Information, advice and guidance services

Hammersmith & Fulham Council offers a broad range of services tailored to suit the needs of the individual. These are provided by The Economy Department.

Our experienced advisors work together to deliver the following:

Create a CV

- Draft your own CV or improve your existing CV to gain interviews
- Prepare an effective cover letter

Find vacancies

- Find out where to look for job vacancies

Interview skills

- Create a lasting impression - make every second count
- Prepare for different types of interviews

Confidence building

- Practical help to boost your confidence for job searching
- Improve and promote your employability skills
- Support for those who are returning to work after a break

Using the internet and social media

- Use the internet to find vacancies, register on job sites and apply
- Set up an email account, send, retrieve, reply, attach documents
- Learn key words and phrases used in the job hunting process
- What is social media and how can it help with your job search?
- Maximise your networking opportunities, create social media accounts

Skills health check personal development plan

- Clients' information regarding skills and experience
- Highlight suitable job profiles and career paths

Apprenticeships

- What are they, am I eligible and how do they work?
- Practical help in registering and applying online

Basic skills for work

- Find courses needed to progress in work
- English, ESOL, maths and ICT
- Interactive, practical exercises

Considering self-employment

- Could self-employment be for you?
- Review steps for registering your business and start-up procedures

Sector-specific

- Routeways into work available on request
- Examples include: security, hospitality, care work, retail, construction

For further information please call 020 8753 3600 or visit www.hfals.co.uk/advice-service

INFORMATION, ADVICE AND GUIDANCE

Tutor profile: Fiona Parkin

English Functional Skills level 1



// In my twenties I spent two years in Spain teaching TEFL (Teaching English as a Foreign Language) which I enjoyed and always thought it was something I would like to go back to. Following this I worked in the event and exhibition space for about 15 years organising trade exhibitions in the UK, Hong Kong and Dubai. Though it was fun I wanted a change, and with having young kids at home I wanted to spend more time with them so I began teaching part-time. When I started they were both at primary school round the corner, now the eldest is working and the youngest in her last year of University - how time flies when you're having fun!

I studied for my PGCE (Postgraduate Certificate in Education) at the Institute of Education (now part of University of London) when the government stipulated that all adult education teachers needed to have a teaching qualification. I found it was a great opportunity to do more training.

I think all teachers do the job because of the students - it's certainly not the paperwork! I like teaching adults because it's easy to engender an atmosphere of collaboration and support. I'm student-led and feel we can learn from each-other.

I'm inspired by the many students who've sat in my classrooms over the 18 years I've been here, who have travelled thousands of miles to get here, given up their homes, their livelihoods, sometimes their families, to flee war or persecution or to get a better life. It's awe-inspiring.

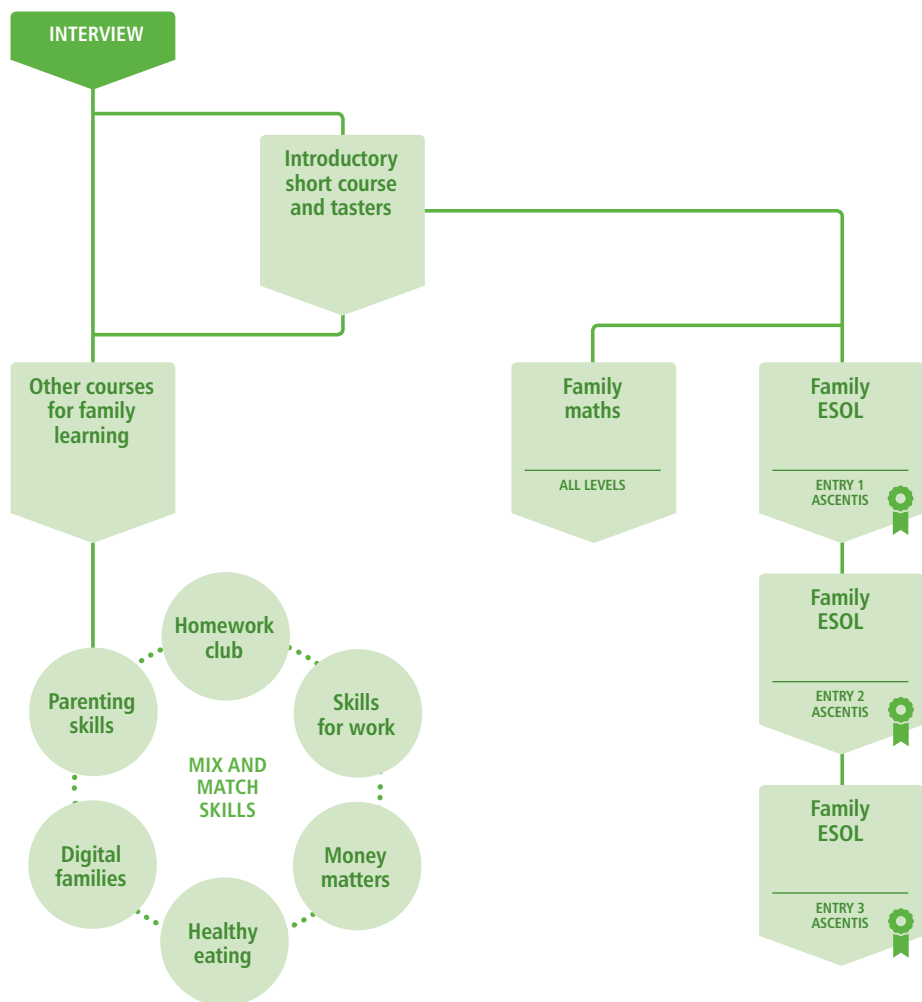
I also teach refugee children who are in care - the boys (and girls) who've come off the lorries from Calais - and they too, are amazing. They have horrific stories which they have to put behind them in order to get on and learn English. Some manage better than others.

Here I'm currently running level 1 English (Functional Skills) and two conversation classes - a lower level and a higher level class. We have 14 in English, about 12 in each conversation class.

I'm going to teach an Introduction to British Values class which we're running for the first time in September 2019. It should be fun with lots of discussion. Our first lesson will be changing the title! I think 'British' values sounds terribly condescending - after all, values are common to all nationalities.

Family learning skill pathways

Develop new skills, gain a qualification, find employment or further your career. Choose your progression route:





Learner profile: **Sheryll Robinson**

- English Functional Skills level 1
 - English Functional Skills level 2
-

// I wanted to learn because I'm not from this country and didn't have any qualifications before I started the course. I initially joined the non-accredited English class. I started reading, and doing a bit more at home. Then I realised I was writing more. My

tutors encouraged me a lot - it makes you want to do more, and you don't want to miss a class.

Before, I never used to email because I kept feeling like I was doing it wrong. I'm much more confident now - knowing

how to edit and finish emails. I can also write letters to anyone, formal and informal. I can do all of this now without asking someone to help me, or do it for me.

I liked the English course a lot because it has improved how I speak, when to use the past tense and the present tense, and pronunciation. I'm getting very good at my spelling too because I used to spell the way I talked. So, it really helped me a lot.

It's also helped me being confident. I was so shy! I couldn't really talk to people. It really helped to boost my confidence, and be open.

When I went up to level 1 I started doing more work and kept saying to myself: how am I going to do this and juggle my job? But I didn't want to give up. My

tutor Jenny always encourages me a lot. That's what makes you want to come back. I used to go home and enjoy doing homework, once I started doing it and put my mind to it, I thought I can do more. So, I continued doing it and sat the exam. I just kept saying to myself I was going to pass, that I could do it!

When I got the email from the Macbeth Centre to say I passed, I thought there had been a mistake but then it was confirmed and I was so happy! I passed all three units. It just makes me want to continue now. I know if I put my mind to it I can do whatever I want, or reach whatever level I want. I'm on to Level 2 now and am going to do the exam. After that I want to do maths and childcare. Then when I finish those I think I want to go on to university.



Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Family ESOL

Family learning classes present an opportunity for parents and carers to improve their skills in literacy, numeracy, ICT, ESOL, parenting and employability. There are also activities for parents and carers with their children. We offer a number of classes at offsite locations, and some of our courses have free crèche facilities. All classes are free for eligible parents and carers of children. Courses include:

ESOL at Fulham Central Children's Centre

This course is free	Tue	10:00-12:00	12	FSCC	17/09/19	WL1222
	Tue	10:00-12:00	12	FSCC	07/01/20	WL2091
	Tue	10:00-12:00	12	FSCC	21/04/20	WL3074

Family ESOL at Melcombe Children's Centre

This course is free	Thu	09:30-12:00	12	MEL	19/09/19	WL1287
	Fri	12:30-15:00	12	MEL	20/09/19	WL1287
	Thu	09:30-12:00	12	MEL	09/01/20	WL2092
	Fri	12:30-15:00	12	MEL	10/01/20	WL2092
	Thu	09:30-12:00	12	MEL	23/04/20	WL3092
	Fri	12:30-15:00	12	MEL	24/04/20	WL3092

Family ESOL at Old Oak Children's Centre

This course is free	Tue/Thu	12:30-15:00	12	OACC	17/09/19	WL1298
	Tue/Thu	12:30-15:00	12	OACC	07/01/20	WL2098
	Tue/Thu	12:30-15:00	12	OACC	21/04/20	WL3098

Homework club


English homework club at Fulham Library (drop-in)

This course is free	Tue	16:00-18:00	11	FRL	17/09/19	WN1277
	Tue	16:00-18:00	12	FRL	07/02/20	WN2094
	Tue	16:00-18:00	12	FRL	21/04/20	WN3096

English homework club at Shepherds Bush Library (drop-in)

This course is free	Wed	16:00-18:00	11	SBL	18/09/19	WN1276
	Wed	16:00-18:00	12	SBL	08/01/20	WN2093
	Wed	16:00-18:00	12	SBL	22/04/20	WN3095

For updates, news and events, text **LEARN** to **60777**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
Maths homework club at Shepherds Bush Library (drop-in) 								
This course is free			Mon	16:00-18:00	11	SBL	16/09/19	WN1275
			Mon	16:00-18:00	12	SBL	06/01/20	WN2096
			Mon	16:00-18:00	12	SBL	20/04/20	WN3094

Maths for parents at Wormholt Park Primary

This course is free			Wed	09:30-11:30	12	WPS	18/09/19	WL1296
			Wed	09:30-11:30	12	WPS	08/01/20	WL2296
			Wed	09:30-11:30	12	WPS	22/04/20	WL3296

Family learning

We offer a range of family learning courses, in partnership with local schools, children's centres and many more, to provide parents and children the opportunity to learn together. This also enables parents to develop some of their own skills and to become familiar with the school curriculum.

We are developing more courses in partnership with Imperial College London, to encourage local families to develop their knowledge around the STEM (Science, Technology, Engineering and Math) subjects and to experience the amazing facilities that Imperial College London have to offer.

Family learning events and taster courses take place throughout the year, including: African Drumming, Space Workshops, Healthy Eating on a Budget, Fun with Numbers and many more. Please see our website for up to date event information.

www.hfals.co.uk



To book your interview, call **020 8753 3600**

For detailed course information go to www.hfals.co.uk



The Invention Rooms

The Invention Rooms is a unique community and technology space in White City, run by Imperial College London. Our space includes cutting-edge workshops, a community café and a garden.

Join us for a varied programme of science and tech themes activities throughout the year.

Free | For all ages

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Opening hours:
Our community café is open Mon-Fri 9am-4pm.

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**Imperial College
London**

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Adult learning
and skills service



**LEARNING FOR ADULTS WITH
SPECIAL EDUCATIONAL NEEDS**

2019/20





Learning for adults with
special educational needs 51

About learning for adults with special educational needs

Our provision aims to support learners into higher level courses, work, supported employment and have an active life in the community. The programme has a wide selection of courses to meet the individual needs of learners with special educational needs.

This year we have widened our range of classes to include sessions such as; All welcome - gardening, held at the Ravenscourt Park Glasshouses; Personal development - pottery, taking place in our brand new pottery studio; and we have refocussed our employability provision with year-long hospitality and catering and retail and administration projects.

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Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Preparation for work courses

These courses consist of the Hospitality and catering and Retail and administration projects and are ideal for people who have a realistic expectation of moving into paid work and would like to get some experience of employment. It is strongly suggested that learners have gained experience through our personal development or similar courses before enrolling. Learners will hopefully progress into work, further work-based programmes or advanced courses.

Hospitality and catering **NEW**

On this course we will cover all the areas involved in running and maintaining a functioning café, including: cooking, food hygiene, healthy eating, money handling, customer service, working as part of a team, and health and safety.

£851	£Free	£2717	Mon	15:15-17:30	30	MAC	23/09/19	DE1025
			Wed	09:30-14:00	30	MAC	25/09/19	DE1025
			Thu	09:30-14:00	30	MAC	26/09/19	DE1025
			Fri	09:30-14:00	30	MAC	27/09/19	DE1025

Retail and administration **NEW**

On this course we will cover a wide range of skills needed for employment related to retail and administration. Activities include; customer service, stock taking and resource management, taking and passing on messages, filing, working as part of a team, health and safety, using office equipment and ICT. Learners will also look at job roles and how to apply for them.

£536	£Free	£1631	Wed	10:00-12:00	30	MAC	25/09/19	DE1070
			Wed	13:00-15:00	30	MAC	25/09/19	DE1070
			Mon	10:30-12:30	30	MAC	04/11/19	DE1070
			Mon	12:30-14:30	30	MAC	04/11/19	DE1070

For updates, news and events, text **LEARN** to **60777**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Personal development courses

These courses are ideal for people who can commit to a long-term learning programme and are happy to work independently. Learners will complete their own accreditation portfolios and work towards a number of personal and class goals.

Pre-employment skills

This course will cover employment skills and develop learners' skills for life through in-class projects and activities. Learners will also be set their own individual goals that will be monitored throughout the year.

£756	£Free	£2395	Mon	10:00-12:00	30	MAC	23/09/19	DD1050
			Mon	13:00-15:00	30	MAC	23/09/19	DD1050
			Tue	13:00-15:00	30	MAC	24/09/19	DD1050
			Tue	15:30-17:30	30	MAC	24/09/19	DD1050
			Wed	13:00-15:00	30	MAC	25/09/19	DD1050
			Fri	13:00-15:00	30	MAC	27/09/19	DD1050

Personal development

You will explore social skills and develop your personal skills through in-class projects and activities as well as being able to set your own individual goals that will be monitored throughout the year.

£850	£Free	£2762	Mon	10:00-12:00	30	MAC	23/09/19	DD1025
			Mon	13:00-15:00	30	MAC	23/09/19	DD1025
			Tue	10:00-12:00	30	MAC	24/09/19	DD1025
			Tue	13:00-15:00	30	MAC	24/09/19	DD1025
			Thu	10:00-12:00	30	MAC	26/09/19	DD1025
			Thu	13:00-15:00	30	MAC	26/09/19	DD1025
			Fri	10:00-12:00	30	MAC	27/09/19	DD1025

To book your interview, call **020 8753 3600**



Learner profile: **Luisa Pareja**

- Art - inclusive
 - Inclusive computers
 - Pre-employment skills
 - Café project
-

// Before joining the classes I was learning English at a local college.

I wanted to try other classes including art and computing and this was what appealed about studying here at the Macbeth Centre. I was keen to improve my skills on the computer and started on inclusive computing three years ago. Then I went on to do art classes.

My art skills have got better. I can't do self-portraits yet but I like drawing, and have done still life work. I'm currently learning how to do pictures of animals including horses and cows. It is very hard to draw a picture as you need to concentrate, but I feel much better at doing this. When I show pictures to my tutor and Mum they both tell me they are impressed.

Last year I started in the Café project and this year I am doing pre-employment skills. The Café project is good. I enjoy cooking, and now help my Mum to bake cakes at home. You can improve your skills, and it helps you get better with cooking and customer service. I also serve customers at the Café project and really like this about the course.

The customer services work experience from the course has been useful to help with everyday dealing with people as this can be difficult. It has helped with my confidence; everyone has been very helpful and very kind.

Now I've started working three hours per week for a well-known retailer in High Street Kensington, dealing with shoes organisation, stock-filling, and am going to soon be working on the display. If I hadn't done the Café project I might not have gone on to get experience in the retailer. It has helped me to do this.

I've made a nice little group of friends, they are all very kind and polite, and we

all help each other. The best thing about the Macbeth Centre is the staff; the teachers are very nice and very helpful. If you have a problem, you can always speak to them.

The classes are good and I like them all; I also like fashion and am interested in clothes making. Next year, I'd definitely like to do art, and also more cooking (I like the nice big kitchen). I'd like to do the gardening project, if I have time, and maybe get a placement in gardening or a gardening centre.



Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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All Welcome courses

The All Welcome level courses are an ideal starting point for learners who are new to study, have profound learning difficulties or disabilities, struggle with long periods of commitment or have taken a long break from education. The courses require an interview, run for 10 weeks and give learners the chance to experience and become comfortable in a learning environment. All Welcome courses focus on developing personal and social skills to enhance learning and life.

AW AMICI dance AM

This is a Pre-entry course that focuses on developing learners' personal and social skills to enhance learning and life. Amici Dance Dynamics will introduce learners to movement and dance. They will be encouraged to develop creative relationships with each other and with tutors. Additionally, they will develop skills in taking turns, making choices, performing for the group and being part of an audience. Learners will also be able to extend their movement range and learn to relax at the end of class.

£91	£35	£225	Tue	10:00-12:00	10	MAC	24/09/19	DP1010
			Tue	10:00-12:00	10	MAC	07/01/20	DP2010
			Tue	10:00-12:00	10	MAC	21/04/20	DP3010

AW AMICI dance PM

£91	£35	£225	Tue	14:00-16:00	10	MAC	24/09/19	DP1015
			Tue	14:00-16:00	10	MAC	07/01/20	DP2015
			Tue	14:00-16:00	10	MAC	21/04/20	DP3015

AW AMICI movement

Learners who enjoy dance, movement and music, but may need 1:1 support and/or find it challenging to engage in group activities. Also, learners who are familiar with Amici Dance Dynamics and wish to learn how to support fellow students, or to develop their own choreography and performance skills

£91	£35	£225	Tue	16:30-18:30	10	MAC	24/09/19	DP1020
			Tue	16:30-18:30	10	MAC	07/01/20	DP2020
			Tue	16:30-18:30	10	MAC	21/04/20	DP3020

AW art

Selection of 2D art projects including: mark making, introduction to the colour wheel, collages, pencil and pastel colouring, plus painting.

£91	£35	£225	Wed	10:00-12:00	10	MAC	25/09/19	DP1025
			Wed	10:00-12:00	10	MAC	08/01/20	DP2025
			Wed	10:00-12:00	10	MAC	22/04/20	DP3025

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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AW dance fitness

Movement and dancing to increase learners' health, flexibility and well being.

£62	£25	£225	Wed	13:30-14:45	10	MAC	25/09/19	DP1030
			Wed	13:30-14:45	10	MAC	08/01/20	DP2030
			Wed	13:30-14:45	10	MAC	22/04/20	DP3030

AW drama

This course will introduce students to movement/mime/creativity. There will be breathing and voice exercises and students will work with physical expression, communication, and mime. Students will build up their confidence and develop skills in using movement for drama.

£91	£35	£225	Fri	13:00-15:00	10	MAC	27/09/19	DP1055
			Fri	13:00-15:00	10	MAC	10/01/20	DP2055
			Fri	13:00-15:00	10	MAC	24/04/20	DP3055

AW gardening

This course is for people with learning difficulties and disabilities, with an interest in growing things, who wish to learn the skills needed for gardening.

£91	£35	£225	Thu	10:00-12:00	10	MAC	26/09/19	DP1035
			Thu	10:00-12:00	10	MAC	09/01/20	DP2035
			Thu	10:00-12:00	10	MAC	23/04/20	DP3035

AW music

The course will cover musical performance and all of the skills needed to successfully perform to an audience. This will mainly be through singing, learning to sing well, and also playing as part of a band to accompany each of the songs.

£91	£35	£225	Fri	10:00-12:00	10	MAC	27/09/19	DP1050
			Fri	10:00-12:00	10	MAC	10/01/20	DP2050
			Fri	10:00-12:00	10	MAC	24/04/20	DP3050

AW performing arts

This is a pre-entry course that focuses on developing learners' personal and social skills to enhance learning and life. Performing Arts For All will introduce learners to improvisation and performance. They will be encouraged to develop creative relationships with each other and with tutors. Additionally, they will develop skills in taking turns, making choices, performing for the group and being part of an audience. Learners will also be able to extend their movement range and learn to relax at the end of class.

£91	£35	£225	Thu	15:30-17:30	10	MAC	26/09/19	DP1045
			Thu	15:30-17:30	10	MAC	09/01/20	DP2045
			Thu	15:30-17:30	10	MAC	23/04/20	DP3045

Tutor profile: Lynne Humpheson

AMICI Dance Dynamics
Yoga



// I started out teaching children and young people with learning disabilities and autism, focusing on art, drama, dance and art. In the late 1980's one of the schools I taught in was sending students with severe learning disabilities to City Lit for dance sessions with Wolfgang Stange and I was at once surprised and moved by how well the students responded. I remember one young man in particular, never engaging in any of the activities at school but who worked creatively in the dance sessions, making wonderful shapes with his fellow students. This was so inspiring that as soon as I had the opportunity I stated to attend Wolfgang's training sessions and classes for teachers so I could learn to use his methods in my own work. I started teaching adults in 2000, coming to the Macbeth Centre to work with Wolfgang. I later trained as a yoga teacher and now also teach a yoga class at Macbeth.

The best bit about my job has to be the students - they bring so much of themselves to the classes and they are always completely open and honest. They constantly surprise us with their ideas and the way that they respond creatively to each other, and to whatever props or music we use.

In Dance Dynamics the teaching style is relaxed, informal, always responding to the needs of the students. There is an underlying structure so the students know what to expect but at the same time the classes are predominantly creative and spontaneous. In yoga there is a little more direct teaching, but still with plenty of space for students to bring their own ideas.

I continue to be inspired by Wolfgang, who has been working in this field for more than 40 years with the same enthusiasm and commitment, and of course by the students themselves - each of them are quite remarkable individuals.

I currently teach three Dance Dynamics classes with Wolfgang and Colm. There are three of us on the team as the classes are so large and many of the students need a great deal of support. We have 25 students in each of the first two classes. The third class is much smaller, with only 8 students, but several of these need a high degree of support.

The yoga class has 15 students, with a wide range of needs.

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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AW yoga

Yoga will introduce students to movement, meditation and exercise. Students will learn breathing and flexibility-based movement exercises. These activities will help students build their confidence and develop social skills.

£91	£35	£225	Thu	13:15-15:15	10	MAC	26/09/19	DP1040
			Thu	13:15-15:15	10	MAC	09/01/20	DP2040
			Thu	13:15-15:15	10	MAC	23/04/20	DP3040

Inclusive/advanced

Advanced classes that are suitable for people with learning difficulties and disabilities, and those without, who have little or no previous experience in the subjects taught. The courses cover introductory projects which give a wide range of opportunities to develop skills and have the in-class support of a learning support assistant. These courses run for 10 weeks, starting in September, January and April and are ideal for people who are ready to move on from classes designed for learners with special educational needs.

Art - inclusive class

A basic art course that covers a variety of topics and is suitable for people who are new to the subject and want to work at a slower pace and those with moderate learning difficulties and disabilities.

£87	£35	£271	Mon	13:30-15:30	10	MAC	23/09/19	AA1010
			Mon	13:30-15:30	10	MAC	06/01/20	AA2010
			Mon	13:30-15:30	10	MAC	20/04/20	AA3010

Jewellery - inclusive class

Enjoy making your own jewellery using lots of safe but exciting methods including beads, wire and strings, recycled materials, cold enamelling and resins.

£114	£57	£285	Fri	10:00-12:00	10	MAC	27/09/19	AJ1625
			Fri	10:00-12:00	10	MAC	10/01/20	AJ2625
			Fri	10:00-12:00	10	MAC	24/04/20	AJ3625

Inclusive computers

A very basic introduction to using a computer.

£87	£35	£263	Tue	15:30-17:30	10	MAC	24/09/19	JS1025
			Tue	15:30-17:30	10	MAC	07/01/20	JS2025
			Tue	15:30-17:30	10	MAC	21/04/20	JS3025

To book your interview, call **020 8753 3600**

Tutor profile: Wolfgang Stange

AMICI Dance Dynamics,
Founder and Tutor

// I started out studying dance with the legendary expressionist dancer Hilde Holger and then got a three years grant at the London School of Contemporary Dance from 1972 to 1975.

My teaching has included many community settings: psychiatric day centres and general hospitals as well as on the cardiac and stroke units of Charing Cross Hospital. I founded the Amici Inclusive Dance Theatre Company in 1980 in Hammersmith and Fulham and next year we will celebrate its 40th anniversary.

Working in community settings one comes across amazing and authentic talent, combined with such purity and honesty - that is the most refreshing and rewarding aspect of the work. The teaching is based on the origins of education, drawing out potential, which requires the creation of a non-threatening environment where each student is respected for their individuality.

My team and I have taught Dance Dynamics extensively to community groups in the UK, Europe, Sri Lanka, Japan, Australia, New Zealand and the USA. I have created Inclusive Dance Companies in Sri Lanka and Japan. The work in Sri Lanka extended to teaching disabled soldiers and former Tamil Tigers (ex-militants in rehabilitation camps).



My most influential teacher was Hilde Holger. The artist George Beven, along with theatre director and set designer Michael Vale are also both great inspirations to me. AMICI has collaborated with many creatives over the years: the New London Orchestra, the writers Julia Pascal and Gilly Frazer, jazz singer Barb Jung, opera singer Wendy Grose, acrobats Ockham's Razor and Joli Vyann, Albert the Clown, director/designer/writer/teacher/illustrator/musician Julian Crouch, and Improbable Theatre.

I would love to teach autocratic figures to see if our humane approach would change their ways. After teaching hardened soldiers and ex-militant combatants and seeing the change in them - maybe there can be a glimmer of hope.

Apart from our usual courses, we have an open workshop at The Lyric Theatre each term and forthcoming rehearsals for the 40th anniversary production. In the summer there are also planned workshops for traumatised children in Sri Lanka.

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Inclusive cookery

A basic cookery course covering the preparation and cooking of a variety of dishes for people who are new to the subject and want to work at a slower pace or those with moderate learning difficulties and disabilities.

£99	£43	£357	Fri	13:00-15:30	10	MAC	27/09/19	FC1120
			Fri	13:00-15:30	10	MAC	10/01/20	FC2120
			Fri	13:00-15:30	10	MAC	24/04/20	FC3120

Inclusive pottery **NEW**

A basic pottery course that covers a variety of techniques and is suitable for people who are new to the subject and want to work at a slower pace and those with moderate learning difficulties and disabilities.

£112	£39	£312	Tue	10:00-12:30	10	MAC	24/09/19	AF1570
			Tue	10:00-12:30	10	MAC	07/01/20	AF2570
			Tue	10:00-12:30	10	MAC	21/04/20	AF3570

Lip reading

The theory and practice of lip reading. Learn the systematic practice of analysing groups of sounds / lip shapes, and explanation of common mistakes. Become aware of rhythm and stress, and how to develop concentration, mental agility and anticipation skills.

£25	£25	£41	Fri	15:30-17:00	10	MAC	27/09/19	DP1090
			Fri	15:30-17:00	10	MAC	10/01/20	DP2090
			Fri	15:30-17:00	10	MAC	24/04/20	DP3090
£25	£25	£25	Tue	15:30-17:00	10	MAC	24/09/19	DP1095
			Tue	15:30-17:00	10	MAC	21/04/20	DP3095
			Tue	15:30-17:00	10	MAC	07/01/20	DP2095





Health, care
and teaching

About health, care and teaching

Childcare, teaching, health and care courses offer an opportunity to join an expanding industry, where the work is both flexible and fulfilling. We offer a range of nationally recognised qualifications from industry-leading awarding bodies to fully prepare you for this rewarding career. To get you started on a teaching career, we offer the Award in Education and Training at level 3, or Supporting Teaching and Learning at levels 1, 2 and 3.

Further professional development courses will be running throughout the year including: Safeguarding, Prevent, Employability Support, and more. Please check our website for more details or sign up to our newsletter to be kept updated on future courses.

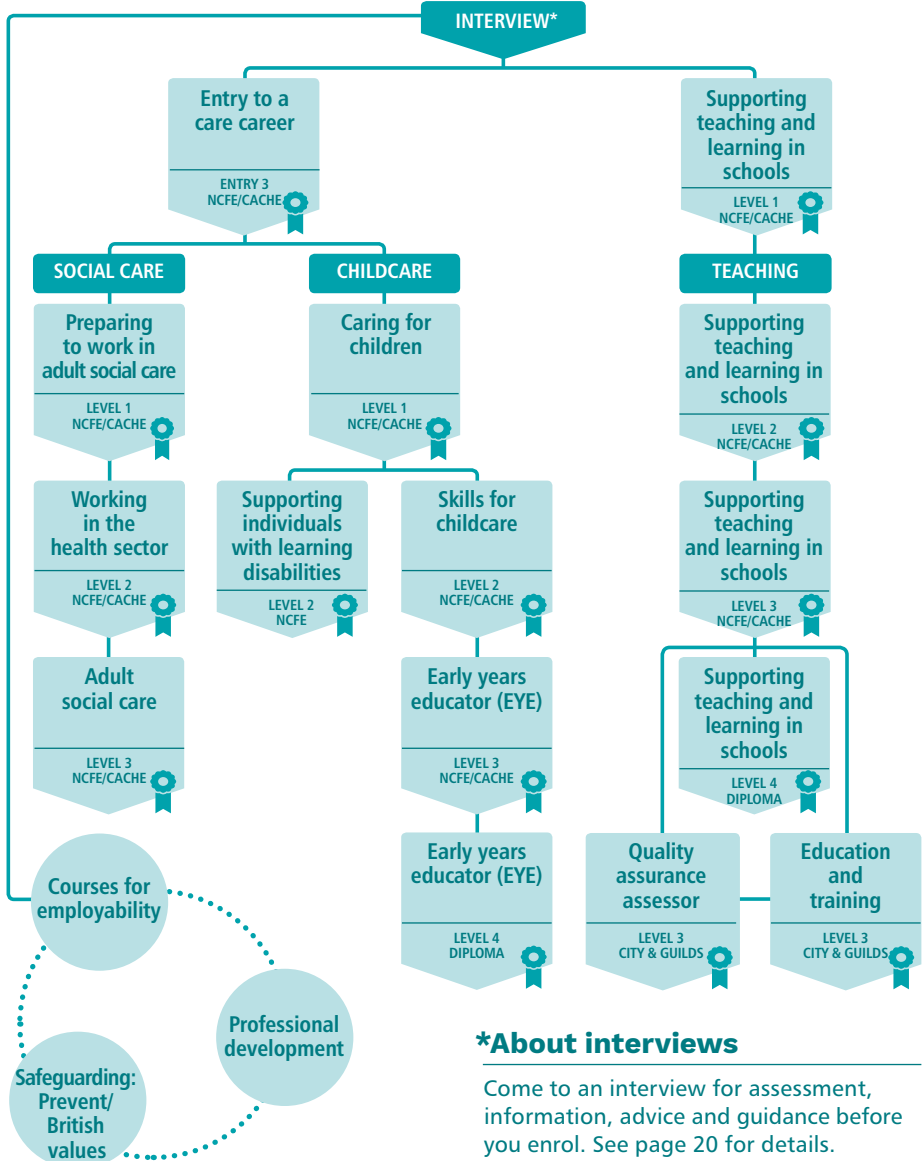
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Skill pathways

Develop new skills, gain a qualification, find employment or further your career. Choose your progression route:



*About interviews

Come to an interview for assessment, information, advice and guidance before you enrol. See page 20 for details.

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Childcare

Entry to care (entry 3)

NCFE/CACHE

A foundation course to build the skills to start your childcare education.

£799	£Free	£2392	Wed	09:30-15:30	36	UXB	18/09/19	CC1000
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Caring for children (CACHE level 1)

NCFE/CACHE

Gain the knowledge required for starting a hugely rewarding career working with children.

£768	£Free	£2079	Fri	09:30-14:30	36	MAC	20/09/19	CC1025
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Diploma in childcare (early years educator) (NCFE/CACHE level 2)

NCFE/CACHE

This course is for those who want to work towards becoming a qualified childcare practitioner.

£988	£Free	£2079	Thurs/Fri	10:00-15:30	36	MAC	19/09/19	CC1050
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Early years workforce (early years educator) (level 3 Diploma)

NCFE/CACHE

Gain knowledge, skills and the qualification required to work with children in a supervisory role.

£3027	£3027	£3027	Tue	09:30-15:30	36	MAC	17/09/19	CC1075
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Setting up a home-based childcare service (level 3 Unit)

NCFE/CACHE

£335	£320	£431	Sat	10:00-15:30	7	MAC	02/11/19	CC1077
			Sat	10:00-15:30	7	MAC	06/06/20	CC3077

We offer a wider range of professional development and support courses (such as paediatric first aid, health and safety, risk assessment and more) through our training department - see our website for details.

Health and adult care

Preparing to work in adult social care (level 1 Award)

NCFE/CACHE

Take the first steps on a path to a career in caring for adults.

£762	£Free	£1905	Tue	09:30-15:30	36	UXB	17/09/19	CC1600
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Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Working in the health sector (level 2 Certificate)

NCFE/CACHE

This course gives learners the opportunity to investigate a work role in the health sector and to develop the knowledge and skills needed to work effectively.

£784	£Free	£2296	Fri	12:30-15:30	33	MAC	11/10/19	CC1300
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Food safety in health and social care (level 2 Award)

NCFE/CACHE

Develop the knowledge and skills needed when working with food in health and early years care.

£133	£Free	£212	Sat	09:30-15:30	2	MAC	25/04/20	CC3300
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Teaching and learning

Supporting teaching and learning (level 1 Certificate) **NEW**

NCFE/CACHE

This course will prepare you to move in to supporting teaching in schools.

£228	£Free	£574	Mon	10:00-14:30	33	MAC	23/09/19	TT1400
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Supporting teaching and learning (level 2 Certificate)

NCFE/CACHE

The course will cover the key skills and knowledge you need to get started on a career supporting learners and teachers in schools.

£930	£Free	£2442	Mon	09:30-14:30	36	MAC	16/09/19	TT1500
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Supporting teaching and learning (level 3 Specialist Diploma)

NCFE/CACHE

Train to support teaching and learning in schools as a teaching assistant and gain a nationally recognised qualification that will help to boost your career.

£2337	£2337	£2337	Wed	10:00-15:30	32	MAC	16/10/19	TT1525
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Preparing to teach (level 3 Award in education and training)

City & Guilds

This course will cover the key skills and knowledge you need to get started on a career teaching adults.

£390	£197	£768	Sat	10.00-15.30	11	MAC	21/09/19	TD1000
			Thu	18.00-21.00	22	MAC	11/01/20	TD2000



Learner profile:

Nadia Gul

- Supporting teaching and learning (level 3 Specialist Diploma)
 - Supporting teaching and learning (level 4 Diploma)
 - Preparing to teach (Award in education and training)
-

// Before coming to the UK, I was working as a program manager on child rights awareness with a Non-Governmental Organisation (NGO) back home in Pakistan. When I first came here I had no idea what to do, or how to start my professional career, especially with having young children. A friend told me she was starting a teaching assistant course at the Macbeth centre. Being the mother of four children I wanted to find out more about how the UK education system works (as I was educated in Pakistan) and was curious to see how children learn at school here. I applied for the course, and after going for the initial assessment, I was offered a place on the teaching assistant course at level 3.

My experience has been amazing! I am learning so much about how the education system works here in the UK including current legislation regarding children. There have been lots of opportunities to express myself as a professional. My presenting skills to groups producing PowerPoint

presentations have improved. During the group work activities we discussed current policies and procedures that ultimately enhanced my knowledge and helped me to apply this practically in the class room environment during my work placement.

After successfully passing the teaching assistant level 3 course, I did another course; the Award in education and training level 3 (also at the Macbeth centre). Now I am working towards becoming an assessor.

I feel like my life is now quite organised and am more confident now. I am proud of myself and feel very good and happy. I do feel like I am still a learner though! I want to do other courses to improve my qualifications that will ultimately help me to get a good job.

My tutor has really encouraged me during my course work and this has helped me to have confidence in myself. That's the reason I want to learn more and more in coming years.



Tutor profile: Iffy Laleye

Programme leader, care



// Teaching is something I have been exposed to from a young age. I studied economics and grew up in a home with both parents as teachers. After graduation I originally went into fashion; designing clothes combined with running/managing a school.

After my son started at nursery it was a very challenging transition as he would not settle. I ended up being there all day, every day. After spending a year volunteering in the nursery I applied to study a childcare vocational qualification, and got a job on completion as a nursery manager.

Whilst working in the nursery, I started doing in-house training, and made improvements to how things were running. I felt working in the nursery would not have as much impact as training people to work there - so starting my teaching journey and a new chapter in my life.

My teaching style is more learner-focused/centred. The learners take responsibility for what we learn and the classroom rules. I am more of a facilitator. My learners inspire me every day because of their willingness and eagerness to learn.

Within the department we have about 70 learners. The courses we have run from entry 3 to level 4. Currently I am developing adult health and social care and plan to run it at level 3 in 2019/20 academic year.

Also available are short courses which support employment and CPD. These include: Dyslexia, Employability skills, Mental health awareness, First aid, Interpreting for childcare, and Food award.

I would love to set up the classroom as a nursery class where learners can actually be in the real work environment whilst learning the theory. Currently there are resources in the classroom however we do need to pack them up after every use.

In 2019/20 plans are in place to run a qualification on learning how to prepare nutritious meals for children and the elderly. Our centre has a state-of-the-art and well-equipped kitchen. On successful completion students could become a school chef.

The care department has an excellent success rate, which does not end with achieving but with high employment rates and opportunities to explore other career pathways such as nursing, midwifery, hospital play work, and care advocates.

I enjoy meeting people and sharing ideas. For me the icing on the cake is when the learners either send me a message or I get a phone call telling me they've got the job!

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Introduction to mentoring (Level 1 Award in mentoring) **NEW**

NCFE

This course will cover the basic skills and knowledge needed to support individuals through mentoring.

£289	£free	£892	Tue/Wed	12.30-15:30	11	MAC	17/09/19	TT1000
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Professional development

Interpreting for childcare

ASCENTIS

An introduction to interpreting in a childcare setting.

£248	£Free	£702	Thurs	10:00-12.00	2	MAC	31/10/19	CC3780
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Food production and cooking in early years (NCFE/CACHE level 2 Diploma)



NCFE/CACHE

Learn all about nutrition and meal planning, and how to cook a range of meals for childcare settings.

£550	£Free	£1533	Thurs	10:00-12.00	2	MAC	31/10/19	CC1900
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Putting up a wall display (unit)

Learn how to make striking and effective wall displays in childcare settings.

£36	£17	£80	Sat	10:00-15:30	2	MAC	02/11/19	CC1760
			Sat	10:00-15:30	2	MAC	09/05/20	CC3760

Understanding autism in children

GATEWAY

Gain an understanding of strategies that can be used to support the learning and development of children and young people with autism.

£92	£Free	£158	Sat	10:00-15:30	2	MAC	30/11/19	CC3730
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Understanding special educational needs (Unit)

GATEWAY

Gain an understanding of strategies that can be used to support children and young people with special educational needs

£64	£Free	£140	Sat	10:00-15:30	2	MAC	11/01/20	CC1735
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Supporting individuals with learning disabilities

GATEWAY

This course aims to give learners knowledge and understanding to work with individuals with learning disabilities or difficulties.

£92	£Free	£158	Sat	10:00-15:30	2	MAC	30/11/19	CC3730
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75

Arts, crafts and
performing arts

About arts, crafts and performing arts

Choose from painting, drawing, jewellery, beading, sugar craft, drama, music, dance, mosaic, stained glass, clothes making, interior design, photography, illustration, woodwork and furniture making, pottery and lots more. With such a wide variety of classes your only dilemma will be which one to do first!

All courses aim to give you an enjoyable and satisfying experience while you learn skills and techniques that will enhance your skill set and appreciation of your chosen subject/s.

If you fancy trying something new look out for our one-day workshops, short courses, or join our longer 11-weekly classes for more in-depth study.

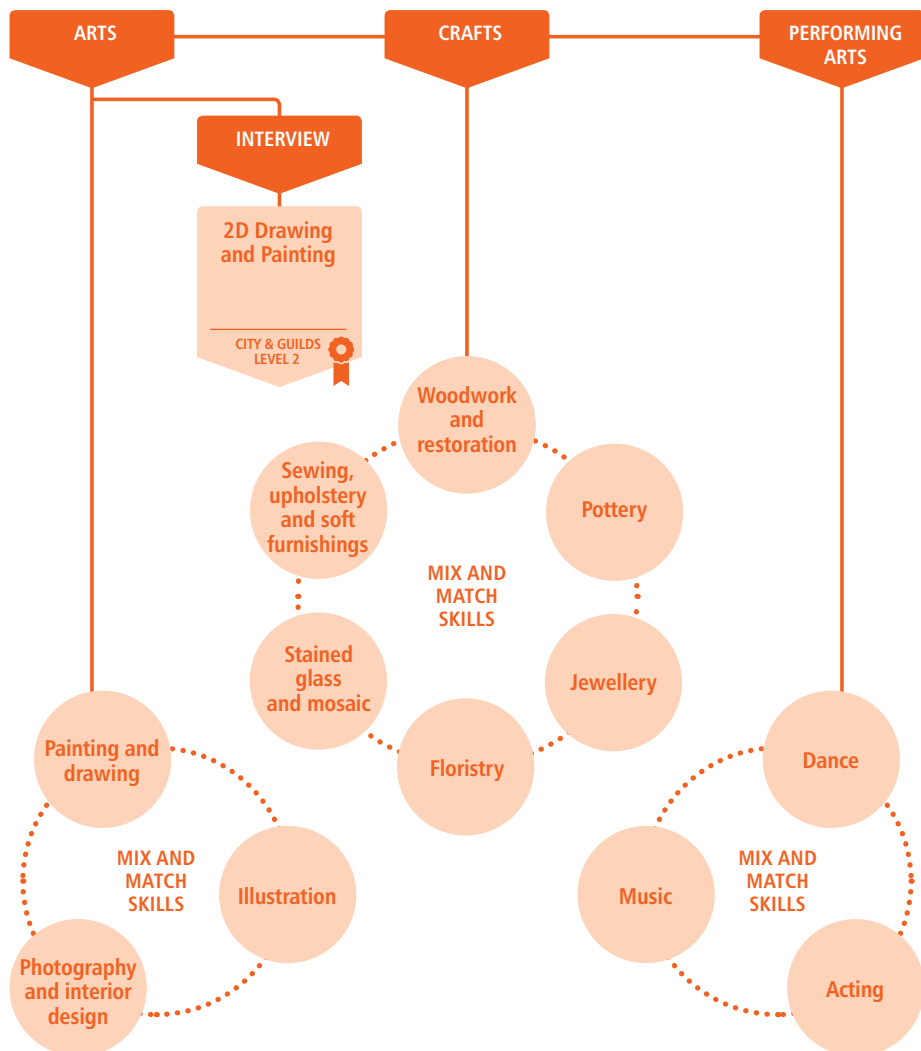
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Skill pathways

Develop new skills, gain a qualification, find employment or further your career. Choose your progression route:



Our art courses are all taught by professional tutors who are also practicing artists.

For detailed course information go to www.hfals.co.uk



Learner profile: **Nurgul Sumer**

- City & Guilds level 2 certificate in 2D drawing and painting
- Art - oil painting (mixed ability)

// When I was a child I was always drawing around newspapers, tissues, and anything I used to find. That's when I knew I'd found my passion - drawing - and I was also inspired by a lot of artists around my area in Turkey.

I've found the course to be very beneficial for me, helping improve my techniques in drawing and painting. It is a very friendly and helpful environment. All the equipment and materials in class are very useful and good quality, and I can use new media I have never used

before. It's also very enjoyable through meeting lots of new and friendly people.

There are several firsts for me: how to make a sculpture (as I never did this before) and was so happy I was able to do it; I also used ink for the first time - it was so easy and useful to use and I'm really pleased with the results - it was just like a dream.

Right now, I look after the administration and paperwork for my son's accounting business, and I do my art class - but the majority of the time throughout the week I like to be creative, drawing and painting at home in my free time, and also making clothes and knitting.

I'm learning and improving my abilities in art and this is also boosting my morale and confidence. I am more active and feel my emotions and mind-state have changed into more positive ones because whenever I do what I love to do, I feel amazing! I feel freer and happier.

I have progressed a lot by seeing myself as a better artist and am striving to do better all the time to get to my best ability. Although I need more practice I still think I am doing very well, much more than before.

My next step is to further my art by making it into a business. I want my art work to be out there for the rest of the world to see, but I would also love to study more and maybe go to University.

This course is very helpful towards my plans. It's made me more confident in what I want to do - which is drawing. My only dream and wish has come true and I'm hoping this can impact the rest of my life positively.



Tutor profile: Stephen Gregson

City & Guilds level 2 Certificate in
2D drawing and painting

/// I graduated from art school in '77 (Byam Shaw School of Art, Kensington) working since then as a practising artist exhibiting in both private/commercial galleries and public spaces. These include: the Royal Academy, Fine Arts Society, Riverside Studios, Pitshanger Gallery, Watermans Brentford, Barbican, Strand Gallery, Christopher Hull Gallery, Gallery 286 and this year (2019) at the Art Pavilion, Mile End.

Just after leaving art school I lived and worked in New York and have shown abroad in Chicago, Formentera and South Africa.

Since I was a child I've always drawn and painted, with one of my earliest memories of being taken to the Sistine Chapel when I was five.

I did a little teaching when I was in my final year at art school and found I was able to give useful critical evaluations and advice to students, then did a few days as a guest lecturer at Newport Art School. Following that, a fellow artist friend of mine put me in touch with a full time lecturer at Maidstone Art School who invited me along for a trial day and I ended up teaching there for seven or eight years. I enjoy interacting with students, discussing their work intentions and ambitions and trying to help them achieve their aims. I give them help, advice and information - which I



have gained over 40 years of practice as a fine artist and 30 years of teaching.

Both contemporary artists and old masters inspire me, including: Picasso, Matisse, Francis Bacon, Alan McGowan, Rembrandt, Caravaggio, Raphael, Michelangelo, Leonardo and Rubens. I would love to have collaborated with Picasso as his inventiveness, intensity and enthusiasm was so inspiring. If I was to pick a historical figure to teach I would have loved to have taught Winston Churchill as he had real natural talent but no formal training.

I run a number of courses at the Macbeth Centre, teach at Putney School of Art & Design and work with a secure mental health unit teaching and helping patients facilitate their ideas. I also teach private classes: Life Drawing, Portraiture, Water Colours, Oil Painting and Drawing for Beginners; and run my own summer workshops in August, plus Open Studios each year which I encourage my students to attend (so that they can see if I practice what I preach)!

You can view my work on the Saatchi online website or view my Instagram account - stephengregsonart

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Drawing and painting

Art - City & Guilds level 2 Certificate in 2D drawing and painting (QCF)

City & Guilds

A comprehensive course in art, for those who want an opportunity to take their work to another level or build a portfolio to use for application to higher level courses.

£715	£Free	£2072	Mon	09:45-15:00	33	MAC	16/09/19	AA1015
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Art - inclusive class

A basic art course that covers a variety of topics and is suitable for people who are new to the subject and want to work at a slower pace and those with moderate learning difficulties and disabilities.

£87	£35	£271	Mon	13:30-15:30	10	MAC	23/09/19	AA1010
			Mon	13:30-15:30	10	MAC	06/01/20	AA2010
			Mon	13:30-15:30	10	MAC	20/04/20	AA3010

Art - drawing beginners

Develop the skills of composition, draughtsmanship and modelling.

£189	£76	£426	Wed	18:30-21:00	11	MAC	18/09/19	AA1020
			Wed	18:30-21:00	11	MAC	08/01/20	AA2020
			Wed	18:30-21:00	11	MAC	22/04/20	AA3020

Art - drawing and painting - mixed ability

Develop the skills of composition, draughtsmanship and modelling.

£230	£90	£431	Mon	15:15-18:15	11	MAC	16/09/19	AA1040
			Thu	13:00-16:00	11	MAC	19/09/19	AA1041
			Mon	15:15-18:15	11	MAC	06/01/20	AA2040
			Thu	13:00-16:00	11	MAC	09/01/20	AA2041
			Mon	15:15-18:15	11	MAC	20/04/20	AA3040
			Thu	13:00-16:00	11	MAC	23/04/20	AA3041

Art - life drawing - beginners/intermediate

This course covers proportion, centre of gravity, structure, mark making, styles and approaches and use of various materials.

£192	£96	£429	Thu	19:00-21:00	11	MAC	19/09/19	AA1100
			Thu	19:00-21:00	11	MAC	09/01/20	AA2100
			Thu	19:00-21:00	11	MAC	23/04/20	AA3100



Learner profile: **Amanda Williams**

- Art - drawing and painting
 - Art - life drawing (beginners/intermediate)
 - Art - portraiture (mixed ability)
 - Art - City & Guilds level 2 Certificate in 2D drawing and painting
 - Floristry
 - Stained glass
-

/// My journey began with my partner enrolling me on two short courses; drawing and painting, and life drawing. I met with a very well-rounded and disciplined teacher at the Macbeth Centre (Jutta Gloeckner). She inspired me from the start, appreciating my raw talent and potential, and has opened my eyes up to many things I never knew. She continues to encourage me immensely, more than she even realises.

Jutta recommended the 2D drawing and painting course, and as I wanted to explore and develop my art to a higher level, she said this would be a great first step. She was right. It has really ignited a thirst for more achievement, helping to unleash a creative side I was certainly unaware of.

The course has been very interesting and enlightening on both the practical and theoretical side. The practical part has given me the opportunity to experiment with so much, while tapping into an inner creative bubble. On the theoretical side, it has increased my knowledge and interest in a host of artists, new and old, as well as consolidating my understanding of how historical art and art movements have progressed. To add to the multitude of art knowledge gained, it's helped me to appreciate an array of different techniques, using a variety of mediums in diverse ways.

I think what I like best is that under the creative eye and directive of our teacher, Tim Cunliffe, we have the freedom to express art in our own way - I am much more freer in my work and understand what works and what doesn't.

I'm still enjoying the challenges and journey and believe I have progressed well. I'm very eager and determined, and often I'll work many hours on art outside class. It has made me stronger and more

resolute personally, and given me much more focus professionally.

The course has a mixed range of abilities; the great thing about art is that this does not really impact you as an artist. In fact, it can help all sides to learn from each other in many ways.

Together with the encouragement of both my tutors (Jutta and Tim), the course has made me very determined to pursue my art studies further and ultimately advance in my career.

My next step is a foundation in art course but I plan to expand my studies up to and beyond degree level.



Tutor profile: Trisha Krauss

- Illustrating children's books
- Illustration skills and techniques

// I studied commercial art at Syracuse University in New York. After university, I moved to London and worked in various restaurants and art shops while developing my career as a freelance illustrator. I then moved to Italy for two years, painting and teaching English.

In the 90's I moved back to the US and began my career as a freelance illustrator in New York City. My work has appeared in many publications including: The New Yorker, The New York Times, Town and Country magazine, Chronicle books and Rizzoli. I also illustrated several fashion campaigns for companies such as Nordstrom, Ultimo and Anne Taylor Loft.

In 2003 I married my husband from Rome and we moved to Hammersmith. For the past few years I have primarily been working in publishing. My first illustrated book: Maude, The Not So Noticeable Shrimpton was written by Lauren Child and published by Puffin. Following this, Charlotte's Very Own Dress, which I wrote and illustrated, was published by Random House, USA. My latest publishing job was illustrating Midnight at Moonstone, written by Lara Flecker and published by Oxford University Press.

I am currently working on re-illustrating a classic children's novel to present to publishers in autumn 2019 and I illustrate a bi-monthly column for the New York Times.



I teach through example. Each week I bring the project I am working on to class and discuss what I am doing. Often it is an illustration for The New York Times and I am half-way through. I ask my students what is and isn't working. We discuss technique, the concept, the drawing and sometimes my lack of sleep!

It is thrilling to see my students' progress and learn new artistic techniques and styles. I have learned a lot about illustration from teaching. It keeps me curious, current and open to new ideas.

For the illustrating children's book class, I give my students an assignment that lasts for the term, usually a short story that is quite open to interpretation. This allows each student to use their imagination: either creating characters for the assignment or using characters already developed for their own personal projects. We paginate the story, create a story board, learn about page diversity, book rhythm, and character consistency. I show many examples of different Illustrator's techniques and demonstrate how to achieve these results. By the end of term my students have final artwork and a fully planned and sketched story.

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Art - portraiture - mixed ability

Make a successful likeness and select methods to bring out the personality of the sitter.

£236	£116	£467	Thu	09:15-12:15	11	MAC	19/09/19	AA1200
			Fri	13:45-16:45	11	MAC	20/09/19	AA1250
			Thu	09:15-12:15	11	MAC	09/01/20	AA2200
			Fri	13:45-16:45	11	MAC	10/01/20	AA2250
			Thu	09:15-12:15	11	MAC	23/04/20	AA3200
			Fri	13:45-16:45	11	MAC	24/04/20	AA3250

Art - oil painting - mixed ability

You will learn to handle, mix, control and apply oil paints using mixing mediums, paper and boards.

£192	£74	£373	Tue	18:30-21:00	11	MAC	17/09/19	AA1210
			Tue	18:30-21:00	11	MAC	07/01/20	AA2210
			Tue	18:30-21:00	11	MAC	21/04/20	AA3210

Art - watercolour - mixed ability

Learn about papers, pigments, colour mixing, reinforcing the techniques of watercolour.

£218	£82	£372	Tue	09:45-12:45	11	MAC	17/09/19	AA1230
			Tue	09:45-12:45	11	MAC	07/01/20	AA2230
			Tue	09:45-12:45	11	MAC	21/04/20	AA3230

Illustration

Children's book illustration and illustration skills NEW

This course is suitable for people who would like to learn about illustrating children's books, or just develop their illustration skills. Beginners to advanced students are all welcome.

£189	£76	£369	Mon	18:30-21:00	11	MAC	16/09/19	AB1240
			Wed	10:00-12:30	11	MAC	18/09/19	AB1241
			Mon	18:30-21:00	11	MAC	06/01/20	AB2240
			Wed	10:00-12:30	11	MAC	08/01/20	AB2241
			Mon	18:30-21:00	11	MAC	20/04/20	AB3240
			Wed	10:00-12:30	11	MAC	22/04/20	AB3241

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Photography

Photography - beginners one-day course

You will be introduced to using a camera and techniques to make a good composition.

£45	£20	£60	Sat	10:30-15:30	1	MAC	21/09/19	AC1300
			Sat	10:30-15:30	1	MAC	25/04/20	AC3300

Photography - intermediate one-day course

Learn further skills for using a camera and creating good compositions.

£45	£20	£60	Sat	10:30-15:30	1	MAC	11/01/20	AC2301
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Photography - advanced one-day course

Learn lots of skills to take better photos in this packed one-day course.

£45	£20	£60	Sat	10:30-15:30	1	MAC	06/06/20	AC3301
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Photography - beginners

You will be introduced to techniques including exposure, depth of field, lenses and filters.

£192	£74	£374	Tue	13:00-15:30	11	MAC	17/09/19	AC1400
			Tue	18:30-21:00	11	MAC	17/09/19	AC1405
			Tue	13:00-15:30	11	MAC	21/04/20	AC3400

Photography - intermediate

For those with some experience who want to learn more skills and techniques to take good photographs.

£192	£74	£374	Tue	13:00-15:30	11	MAC	07/01/20	AC2400
			Tue	18:30-21:00	11	MAC	07/01/20	AC2405

Photography - advanced

For learners who want to improve and develop their use of the camera, and expand their knowledge of photography.

£192	£74	£374	Tue	18:30-21:00	11	MAC	21/04/20	AC3407
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For updates, news and events, text **LEARN** to **60777**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Interior design

Interior design - beginners

In this practical course you will be introduced to the interior design process. We will look at room surveys, plans and elevations and colour theory as a first step towards redesigning a room to a specific design brief.

£192	£74	£374	Wed	18:30-21:00	11	MAC	18/09/19	AD1800
			Wed	18:30-21:00	11	MAC	22/04/20	AD3800

Floristry

Floristry - introduction to floristry and flower arranging **NEW LONGER COURSE**

Learn the basics of floristry with a trained teacher and florist.

£179	£72	£345	Mon	10:00-12:30	10	MAC	23/09/19	GR1000
			Mon	18:30-21:00	10	MAC	06/01/20	GR2002

Floristry - modern and traditional summer arrangements **NEW LONGER COURSE**

Learn floristry techniques whilst making summer arrangements and displays.

£179	£72	£345	Mon	10:00-12:30	10	MAC	20/04/20	GR3000
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Floristry - Christmas wreath

Make a beautiful Christmas wreath for your front door.

£32	£16	£43	Sat	10:00-13:00	1	MAC	30/11/19	GR1005
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Floristry - basket arrangement for Mother's Day

Learn to make a floral arrangement in a basket, and a possible gift for Mother's Day.

£32	£16	£43	Sat	10:00-13:00	1	MAC	21/03/20	GR2010
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Pottery and ceramics

Welcome to our new pottery studio at Macbeth!

Pottery: inclusive **NEW**

A basic pottery course that covers a variety of techniques and is suitable for people who are new to the subject and want to work at a slower pace and those with moderate learning difficulties and disabilities.

£112	£39	£312	Tue	10:00-12:30	10	MAC	24/09/19	AF1570
			Tue	10:00-12:30	10	MAC	07/01/20	AF2570
			Tue	10:00-12:30	10	MAC	21/04/20	AF3570

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Art and pottery at Masbro Centre



The Masbro Centre is run by the Urban Partnership Group and works in partnership with H&F adult and learning skills service to provide courses, sports facilities, parenting projects, youth, employment and volunteer services.

Classes start on 23 September.
A range of classes include, pottery, life drawing and sculpture.

For more information and to enrol on courses at Masbro Centre please call **020 7605 0800** or visit **www.upg.org.uk**
The Masbro Centre, 87 Masbro Road, W14 0LR

Pottery: beginners

For those who have little or no experience of pottery. We cover various techniques including coiling, moulding, pinching and slabbing. Throwing techniques may be taught later in the course.

£214	£89	£455	Mon	13:00-16:00	11	MAC	16/09/19	AF1500
			Mon	13:00-16:00	11	MAC	06/01/20	AF2500
			Mon	13:00-16:00	11	MAC	20/04/20	AF3500

Pottery: mixed ability

Suitable for those new to pottery or with experience. You will be supported to develop your skills. Throwing techniques will be included.

£214	£89	£455	Tue	09:30-12:30	11	HAC	17/09/19	AF1510
			Thu	09:30-12:30	11	MAC	19/09/19	AF1511
			Thu	13:00-16:00	11	MAC	19/09/19	AF1512
			Tue	09:30-12:30	11	HAC	07/01/20	AF2510
			Thu	09:30-12:30	11	MAC	09/01/20	AF2511
			Thu	13:00-16:00	11	MAC	09/01/20	AF2512
			Tue	09:30-12:30	11	HAC	21/04/20	AF3510
			Thu	09:30-12:30	11	MAC	23/04/20	AF3511
			Thu	13:00-16:00	11	MAC	23/04/20	AF3512

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Pottery: mixed ability - evening class **NEW**

Suitable for those new to pottery or with experience. You will be supported to develop your skills.

£214	£89	£455	Wed	18:00-21:00	11	MAC	18/09/19	AF1513
			Wed	18:00-21:00	11	MAC	08/01/20	AF2513
			Wed	18:00-21:00	11	MAC	22/04/20	AF3513

Ceramics: hand-building - beginners/improvers **NEW**

Taught by ex-Royal College of Art and PhD student. Learn a range of hand-building techniques such as pinching, coiling, slab working and using press moulds.

£214	£89	£455	Wed	09:30-12:30	11	MAC	18/09/19	AF1514
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Contemporary ceramic sculpture **NEW**

Continuing from the above course or starting from this term. Drawing from observation, you will develop individual ideas/themes from a still life set up that you will develop into three-dimensional forms using the visual elements of line, texture, colour and shape to construct abstract forms.

£214	£89	£455	Wed	09:30-12:30	11	MAC	08/01/20	AF2514
			Wed	09:30-12:30	11	MAC	22/04/20	AF3514

Ceramics - printing on clay **NEW**

For beginners or those who wish to develop their skills using printmaking decorating techniques and want to learn how to make a personalised plate.

£49	£20	£72	Sat	10:00-15:00	1	MAC	12/10/19	AF3514
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Pottery - Saturday raku firing sessions **NEW**

These sessions will be planned once we have an idea of demand. Please discuss with your tutor.

Jewellery

Jewellery – inclusive class

Enjoy making your own jewellery using lots of safe but exciting methods including using beads, wire and strings, recycled materials, cold enamelling and resins. Most materials costs are included.

£114	£57	£285	Fri	10:00-12:00	10	MAC	27/09/19	AJ1625
			Fri	10:00-12:00	10	MAC	10/01/20	AJ2625
			Fri	10:00-12:00	10	MAC	24/04/20	AJ3625

To book your interview, call **020 8753 3600**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Jewellery - beginners and refreshers

Learn how to produce rings and other jewellery working with a variety of metals and gems.

£206	£84	£383	Tue	13:00-15:30	11	MAC	17/09/19	AJ1610
			Tue	13:00-15:30	11	MAC	07/01/20	AJ2610
			Tue	13:00-15:30	11	MAC	21/04/20	AJ3610

Jewellery - intermediate

Develop the skills to produce rings and other jewellery working with a variety of metals and gems.

£206	£84	£383	Tue	10:00-12:30	11	MAC	17/09/19	AJ1600
			Tue	10:00-12:30	11	MAC	07/01/20	AJ2600
			Tue	10:00-12:30	11	MAC	21/04/20	AJ3600

Jewellery - bead and metalwork - all levels **NEW**

On this course you will design and make pieces of jewellery combining beadwork and traditional jewellery-making techniques such as: soldering, attaching of findings/beads and polishing items to create unique and wearable pieces of jewellery.

£206	£84	£383	Tue	18:30-21:00	11	MAC	17/09/19	AJ1611
			Wed	10:00-12:30	11	MAC	18/09/19	AJ1618
			Tue	18:30-21:00	11	MAC	07/01/20	AJ2611
			Wed	10:00-12:30	11	MAC	08/01/20	AJ2618
			Tue	18:30-21:00	11	MAC	21/04/20	AJ3611
			Wed	18:30-21:00	11	MAC	22/04/20	AJ3618

Jewellery - making beaded jewellery with wire and thread

Learn the skills of beading to create exciting and colourful jewellery.

£157	£61	£301	Thu	10:00-12:30	11	MAC	19/09/19	AJ1612
			Thu	10:00-12:30	11	MAC	09/01/20	AJ2612
			Thu	10:00-12:30	11	MAC	23/04/20	AJ3612



MADE IN H&F

The Made in H&F pop-up shop is a unique boutique located in Kings Mall Shopping Centre, Hammersmith. Celebrating local designers, craft makers and artists, the pop-up shop provides Hammersmith's creative traders with an attractive arena to sell their goods.

OPPORTUNITY TO SHOWCASE YOUR PRODUCTS

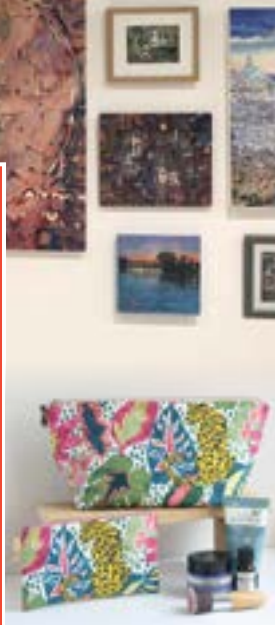
If you live or work in Hammersmith & Fulham and are looking for an affordable opportunity to showcase your products, please email: sonia.gorniak@lbhf.gov.uk to find out more.

MADE IN H&F

Kings Mall, King Street, Hammersmith, W6 9HW

www.lbhf.gov.uk/madeinhf

  @madeinhf



Working in partnership to support
local businesses and artists

**HAM
MER
SMITH**

**KINGS
MALL**

h&f
hammersmith & fulham

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Stained glass, mosaic and decoupage

Stained glass - all levels

You will work on a stained glass panel during which time a range of skills will be taught.

£201	£79	£449	Wed	13:00-16:00	11	MAC	18/09/19	AS1700
			Wed	18:00-21:00	11	MAC	18/09/19	AS1701
			Wed	13:00-16:00	11	MAC	08/01/20	AS2700
			Wed	18:00-21:00	11	MAC	08/01/20	AS2701
			Wed	13:00-16:00	11	MAC	22/04/20	AS3700
			Wed	18:00-21:00	11	MAC	22/04/20	AS3701

Mosaic: all levels

You will learn all the skills needed to produce a piece of mosaic art using glass and unglazed ceramic tesserae. These skills include designing, cartooning, cutting and shaping the mosaic, grouting and polishing.

£201	£79	£449	Thu	13:00-16:00	11	MAC	19/09/19	AS1800
			Thu	13:00-16:00	11	MAC	09/01/20	AS2800
			Thu	13:00-16:00	11	MAC	23/04/20	AS3800

PETIT
MIRACLES

THE PETIT MIRACLES HUB

The Petit Miracles Hub is an innovative pop-up shop model that is completely original to West London. The Hub acts as a testing ground for new businesses to sell their product - complete with business support, learning opportunities, mentorship, meeting and workshop space. The Hub embraces local customers too, for example; you can take in a workshop; volunteer; or for young people looking for work, the Hub provides apprenticeships - enabling young people to enter the workforce and achieve qualifications. The Hub hosts small business brands ranging from candles to toiletries, designer clothing to jewellery. The space can also be hired for meetings and events, many of which are open to the public.

Special rates are available to H&F residents and for those who meet our entrance criteria can trade from the Hub for 12 weeks free of charge. Get in touch to learn more:

Please call **07557 672911** or email **hub@petitmiracles.org.uk**

West12 Shopping Centre, Shepherd's Bush Green, W12 8PP • www.petitmiracles.org.uk

ART AND CRAFT **2019 SUMMER EXHIBITION**

Open evening Thursday 25 July, 6-8.30pm
Prize giving at 7pm. All welcome

- **Drawing ● Illustration ● Woodwork**
- **Upholstery ● Clothes making ● Jewellery**
- **Painting ● Sugar craft ● Furniture**
- **Sculpture ● Stained glass ● Welding**
- **Mosaic ● Photography ● Floristry**
- **Ceramics ● Picture framing**

Macbeth Centre, Macbeth Street, Hammersmith W6 9JJ

**Exhibition
continues
until 1 August**
10am-3pm

(Saturday 27 July
open 11am-2pm.
Closed Sunday 28 July)

Free entry



Nurgul Sumer
Experimental study in coloured inks



Amanda Williams
Portrait in charcoal



Rachita Papneja
Stained glass panel



Meredith Townsley-Fenton
Blouse

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Decoupage for beginners **NEW**

Learn how to use decoupage to decorate a variety of items.

£93	£38	£175	Wed	18:30-21:00	5	MAC	15/01/20	AS2900
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Woodwork, picture framing and furniture restoration**Picture framing and mount cutting**

Learn the skills associated with picture framing and mount cutting.

£201	£79	£378	Mon	18:30-21:00	11	MAC	16/09/19	CF1010
			Mon	18:30-21:00	11	MAC	06/01/20	CF2010
			Mon	18:30-21:00	11	MAC	20/04/20	CF3010

Furniture upcycling, restoration and conservation - mixed ability

Start or further develop your skills in furniture restoration. While working on your own furniture, learn how to cope with the different problems that can occur, from patching missing wood, mouldings and veneers, to colouring, finishing/ refinishing and final waxing. Please bring your project with you to the first class.

£201	£79	£378	Tue	18:30-21:00	11	MAC	17/09/19	CF1030
			Fri	10:00-12:30	11	MAC	20/09/19	CF1032
			Tue	18:30-21:00	11	MAC	07/01/20	CF2030
			Fri	10:00-12:30	11	MAC	10/01/20	CF2032
			Tue	18:30-21:00	11	MAC	21/04/20	CF3030
			Fri	10:00-12:30	11	MAC	24/04/20	CF3032

Woodwork - projects - all levels

This course is designed to take you through the theory and practice of furniture/ cabinet making. You will produce designs and technical drawings and create finished pieces of work. Practical work includes wood machining, cutting complex joints, using veneer, shaping and basic wood finishing that you will be able to incorporate into your projects. You will also learn how to produce designs and drawings to plan your finished items,

£319	£121	£595	Tue	10:30-15:00	11	MAC	17/09/19	CH1220
			Tue	10:30-15:00	11	MAC	07/01/20	CH2220
			Tue	10:30-15:00	11	MAC	21/04/20	CH3220

Woodwork - mixed ability

If you are a beginner you will acquire basic woodwork skills and techniques before embarking on your own personal project. More experienced students can extend their knowledge and skills whilst working on a project from the start.

£214	£85	£379	Wed	18:30-21:00	11	MAC	18/09/19	CH1208
			Wed	18:30-21:00	11	MAC	08/01/20	CH2208

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Woodwork - furniture - mixed ability

If you are a beginner you will acquire basic woodwork skills and techniques before embarking on your own personal project. More experienced students can extend their knowledge and skills whilst working on a project from the start.

£214	£85	£379	Thu	18:30-21:00	11	MAC	19/09/19	CH1210
			Thu	18:30-21:00	11	MAC	09/01/20	CH2210
			Thu	18:30-21:00	11	MAC	23/04/20	CH3210

Woodwork and restoration Saturdays

If you are a beginner you will acquire basic woodwork and/or restoration skills and techniques before embarking on your own personal project. More experienced students can extend their knowledge and skills whilst working on a project from the start.

£231	£91	£410	Sat	10:00-15:30	6	MAC	12/09/19	CH1050
			Sat	10:00-15:30	6	MAC	11/01/20	CH2050
			Sat	10:00-15:30	6	MAC	25/04/20	CH3050

Woodwork - Saturday wood workshop tasters

£42	£17	£71	Sat	10:00-15:30	1	MAC	07/12/19	CH1051
			Sat	10:00-15:30	1	MAC	14/12/19	CH1052
			Sat	10:00-15:30	1	MAC	14/03/20	CH2051
			Sat	10:00-15:30	1	MAC	21/03/20	CH2052
			Sat	10:00-15:30	1	MAC	20/06/20	CH3051
			Sat	10:00-15:30	1	MAC	27/06/20	CH3052

Upholstery and soft furnishings

Upholstery - beginners

You will be encouraged to start with a drop-in-seat which should be brought to the first class.

£209	£83	£379	Mon	10:00-12:30	11	MAC	16/09/19	CM1400
			Mon	13:00-15:30	11	MAC	16/09/19	CM1410
			Thu	13:00-15:30	11	MAC	19/09/19	CM1451
			Mon	10:00-12:30	11	MAC	06/01/20	CM2400
			Mon	13:00-15:30	11	MAC	06/01/20	CM2410
			Thu	13:00-15:30	11	MAC	09/01/20	CM2451
			Mon	10:00-12:30	11	MAC	20/04/20	CM3400
			Mon	13:00-15:30	11	MAC	20/04/20	CM3410
			Thu	13:00-15:30	11	MAC	23/04/20	CM3451



Learner profile: **Janette Lindsey**

- Upholstery (beginners)
 - Soft furnishings (beginners)
 - Watercolour painting
 - Advanced sewing machine techniques
-

/// My learning journey began because of an interest in interior design, learning a new skill and it was also a form of respite as I had close family members who were ill. I've found it really interesting, always learning new things each week. It's a friendly and relaxing course; I've made friends on it and have expert tuition.

I've done several courses including soft furnishings and upholstery allowing me to compliment interiors created in my home with colours and fabrics I wanted - as opposed to searching on the internet and in shops. It's been a fun way to introduce colours and new schemes into the home and I've saved a great deal of money making it myself rather than commissioning contractors. It gives you a great feeling of satisfaction seeing the end product.

I like the confidence gained knowing I can produce cushions, expensive Roman blinds, curtains and experiment, with the backing of the tutor to assist you. Through doing these courses my wellbeing has improved - as a form of meditation and relaxation this has provided a release for me to deal with family members' illness.

The experience has also given me the confidence to branch out into trying a start-up business. It has changed the course of my life. I'm at the cusp of starting a new commission which is the beginning of my business journey. I've displayed items in the Hammersmith & Fulham Made in H&F pop up shop (in the King's Mall) which have been sold to members of the public. I also volunteer once a week at the Petit Miracles pop-up space in Shepherd's Bush.

I've advanced quite a bit and feel like I've come a long way from when I first started the course. I was really pleased to have recently made the final 30 in the

national shortlist this year (out of hundreds of applications) for a Festival of Learning Award in recognition of my progress.

My next step will be advertising myself on social media to be recognised and take commissions - and carry on learning on these courses!

Everyone should take up a course and express their passion, or try something they've never done before as you never know where it could lead!



Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Upholstery - mixed ability

You will start with a simple chair, stool or drop-in-seat and progress to more complex items.

£214	£85	£378	Mon	18:30-21:00	11	MAC	16/09/19	CM1440
			Tue	10:00-12:30	11	MAC	17/09/19	CM1460
			Tue	13:00-15:30	11	MAC	17/09/19	CM1461
			Tue	18:30-21:00	11	MAC	17/09/19	CM1446
			Wed	09:30-12:00	11	MAC	18/09/19	CM1447
			Wed	18:30-21:00	11	MAC	18/09/19	CM1449
			Thu	10:00-12:30	11	MAC	19/09/19	CM1420
			Mon	18:30-21:00	11	MAC	06/01/20	CM2440
			Tue	10:00-12:30	11	MAC	07/01/20	CM2460
			Tue	13:00-15:30	11	MAC	07/01/20	CM2461
			Tue	18:30-21:00	11	MAC	07/01/20	CM2446
			Wed	09:30-12:00	11	MAC	08/01/20	CM2447
			Wed	18:30-21:00	11	MAC	08/01/20	CM2449
			Thu	10:00-12:30	11	MAC	09/01/20	CM2420
			Mon	18:00-21:00	11	MAC	20/04/20	CM3440
			Tue	10:00-12:30	11	MAC	21/04/20	CM3460
			Tue	13:00-15:30	11	MAC	21/04/20	CM3461
			Tue	18:30-21:00	11	MAC	21/04/20	CM3446
			Wed	09:30-12:00	11	MAC	22/04/20	CM3447
			Wed	18:30-21:00	11	MAC	22/04/20	CM3449
			Thu	10:00-12:30	11	MAC	23/04/20	CM3420

Upholstery - mixed ability three hour class

An opportunity for a longer upholstery session.

£244	£95	£450	Fri	10:00-13:00	11	MAC	20/09/19	CM1455
			Fri	10:00-13:00	11	MAC	10/01/20	CM2455
			Fri	10:00-13:00	11	MAC	24/04/20	CM3455

Upholstery - intensive

This four-day intensive course is the perfect opportunity to make good progress with your upholstery.

£164	£66	£278	Mon-Thu	10:00-15:30	1	MAC	06/04/20	CM2462
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For updates, news and events, text **LEARN** to **60777**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Make a Queen Anne style footstool in two Saturdays **NEW**

Enjoy a fun introduction to upholstery and make your own footstool. We provide everything for you so you only need to bring 1m of upholstery fabric -see the course information sheet on the website. For budgeting purposes please enrol at least one week before the class.

£95	£53	£170	Sat	10:00-15:30	2	MAC	09/11/19	CM1470
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Soft furnishings

Soft furnishings - mixed ability

Learn to make curtains, blinds, cushions and more!

£212	£81	£378	Tue	10:00-12:30	11	MAC	17/09/19	CP1502
			Tue	10:00-12:30	11	MAC	07/01/20	CP2502
			Tue	10:00-12:30	11	MAC	21/04/20	CP3502

Clothes making, pattern cutting, Korean patchwork and fabric decoration

How to use a sewing machine *(now two opportunities to take this class)*

Gain the confidence to thread and operate a domestic sewing machine. Create a variety of stitches, learn techniques and make an item using your new skills. Great if you are starting a sewing class or have a sewing machine waiting to be used.

£67	£26	£111	Sat	10:00-15:00	2	MAC	21/09/19	CS1680
			Sat	10:00-15:00	2	MAC	14/03/20	CS2680

Clothes making and pattern cutting - beginners

Even if you have never made clothes before, you will be able to make a simple garment by the end of this course.

£176	£70	£304	Mon	19:00-21:00	11	MAC	16/09/19	CS1600
			Mon	19:00-21:00	11	MAC	06/01/20	CS2600
			Mon	19:00-21:00	11	MAC	20/04/20	CS3600

Clothes making and pattern cutting - mixed ability **NEW TIME**

Work from commercial patterns or create your own to make garments with a personal fit.

£172	£65	£345	Tue	18:00-20:30	10	MAC	01/10/19	CS1610
£193	£77	£378	Tue	18:00-20:30	11	MAC	07/01/20	CS2610
			Tue	18:00-20:30	11	MAC	21/04/20	CS3610

To book your interview, call **020 8753 3600**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Clothes making - mixed ability

Simple garments for beginners and more advanced projects as you progress to develop your skills.

£193	£77	£378	Thu	09:30-12:00	11	MAC	19/09/19	CS1620
			Thu	13:00-15:30	11	MAC	19/09/19	CS1630
			Thu	09:30-12:00	11	MAC	09/01/20	CS2620
			Thu	13:00-15:30	11	MAC	09/01/20	CS2630
			Thu	09:30-12:00	11	MAC	23/04/20	CS3620
			Thu	13:00-15:30	11	MAC	23/04/20	CS3630

Clothes making - making children's clothes **NEW**

Learn sewing techniques and pattern cutting skills to make adorable children's garments

£86	£37	£162	Mon	10:00-12:00	5	MAC	28/10/19	CS1635
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Pattern cutting **NEW**

Those with little or no experience of pattern cutting and those who have worked on a basic block already.

£176	£70	£304	Tue	15:00-17:00	11	MAC	17/09/19	CS1803
			Tue	15:00-17:00	11	MAC	07/01/20	CS2803
			Tue	15:00-17:00	11	MAC	21/04/20	CS3803

Korean patchwork

A great opportunity to make beautiful items and learn the skills associated traditional Korean patchwork. Supported by the Korean Institute.

£62	£25	£131	Wed	10:00-12:00	5	MAC	13/11/19	PS1000
			Wed	10:00-12:00	5	MAC	08/01/20	PS2000
			Wed	10:00-12:00	5	MAC	17/06/20	PS3000

Fabric decoration **NEW**

Learn fabric decorating techniques such as painting and stencilling to decorate bags, aprons and T shirts etc.

£93	£38	£175	Mon	18:30-21:00	5	MAC	26/02/20	CS2902
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For updates, news and events, text **LEARN** to **60777**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Performing arts

Our performing arts department offers dance, music and acting courses. Our ballet teacher has a wealth of experience and helps her students to keep fit, learn a discipline and an appreciation of this wonderful art form. We also offer popular one to one piano and guitar classes that support your progress whatever your starting point. Our acting classes teach many aspects of acting from movement and improvisation to learning text and putting words across with meaning and expression. These skills also support the development of self-confidence, personal satisfaction and working as a group.

Acting

Beginners

Learn core acting skills and the joy of performing

£142	£50	£295	Sat	10:00-12:00	11	MAC	21/09/19	PD1800
			Sat	10:00-12:00	11	MAC	11/01/20	PD2800
			Sat	10:00-12:00	11	MAC	25/04/20	PD3800

Dance

Amici dance group

To find out more about the Amici dance class contact Wolfgang Stange at barons.wolf@gmail.com

£168	£168	£168	Wed	18:30-21:00	30	LYR	25/09/19	PD1100
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Ballet - level 1 beginners and improvers

Improve on skills learned at beginners level, develop to perform steps and sequences accurately.

£107	£41	£189	Tue	18:10-19:25	11	MAC	17/09/19	PD1220
			Tue	18:10-19:25	11	MAC	07/01/20	PD2220
			Tue	18:10-19:25	11	MAC	21/04/20	PD3220

Ballet level 2/3 - elementary/intermediate

Building on skills to improve technique, musicality and performance quality.

£126	£48	£224	Tue	19:30-21:00	11	MAC	17/09/19	PD1230
			Tue	19:30-21:00	11	MAC	07/01/20	PD2230
			Tue	19:30-21:00	11	MAC	21/04/20	PD3230

Ballroom dancing - mixed ability

Learn ballroom and Latin American dancing, we cover the Waltz, Foxtrot, Quick Step, Rumba and Cha Cha Cha –it's great fun and good exercise too.

£126	£48	£224	Mon	19:00-20:30	11	MAC	16/09/19	PD1300
			Mon	19:00-20:30	11	MAC	06/01/20	PD2300
			Mon	19:00-20:30	11	MAC	20/04/20	PD3300

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Music

Guitar for beginners and improvers

New to guitar or a competent player? Build your confidence and repertoire with these 45 minute one-to-one lessons. There are 10 slots each term, please call for availability.

£259	£259	£259	Tue	15:00-15:45	10	MAC	17/09/19	PM1700
			Tue	15:45-16:30	10	MAC	17/09/19	PM1701
			Tue	16:30-17:15	10	MAC	17/09/19	PM1702
			Tue	17:15-18:00	10	MAC	17/09/19	PM1703
			Tue	18:00-18:45	10	MAC	17/09/19	PM1704
			Tue	18:45-19:30	10	MAC	17/09/19	PM1705
			Tue	19:30-20:15	10	MAC	17/09/19	PM1706
			Tue	20:15-21:00	10	MAC	17/09/19	PM1707
			Tue	15:00-15:45	10	MAC	07/01/20	PM2700
			Tue	15:45-16:30	10	MAC	07/01/20	PM2701
			Tue	16:30-17:15	10	MAC	07/01/20	PM2702
			Tue	17:15-18:00	10	MAC	07/01/20	PM2703
			Tue	18:00-18:45	10	MAC	07/01/20	PM2704
			Tue	18:45-19:30	10	MAC	07/01/20	PM2705
			Tue	19:30-20:15	10	MAC	07/01/20	PM2706
			Tue	20:15-21:00	10	MAC	07/01/20	PM2707
			Tue	15:00-15:45	10	MAC	21/04/20	PM3700
			Tue	15:45-16:30	10	MAC	21/04/20	PM3701
			Tue	16:30-17:15	10	MAC	21/04/20	PM3702
			Tue	17:15-18:00	10	MAC	21/04/20	PM3703
			Tue	18:00-18:45	10	MAC	21/04/20	PM3704
			Tue	18:45-19:30	10	MAC	21/04/20	PM3705
			Tue	19:30-20:15	10	MAC	21/04/20	PM3706
			Tue	20:15-21:00	10	MAC	21/04/20	PM3707

Learn to read music

Always wanted to understand musical notation? Take this 10 session course and learn all about it.

£141	£52	£256	Thu	18:30-21:00	10	MAC	19/09/19	PM1750
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Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Piano for beginners and improvers

New to piano or a competent player? Build your confidence and repertoire with these 30 minute one-to-one lessons. There are 10 slots, please call for availability.

£212	£212	£212	Thu	14:00-14:30	11	MAC	19/09/19	PM1801
			Thu	14:30-15:00	11	MAC	19/09/19	PM1802
			Thu	15:00-15:30	11	MAC	19/09/19	PM1803
			Thu	15:30-16:00	11	MAC	19/09/19	PM1804
			Thu	16:00-16:30	11	MAC	19/09/19	PM1805
			Thu	16:30-17:00	11	MAC	19/09/19	PM1806
			Thu	17:00-17:30	11	MAC	19/09/19	PM1807
			Thu	17:30-18:00	11	MAC	19/09/19	PM1808
			Thu	18:00-18:30	11	MAC	19/09/19	PM1809
			Thu	18:30-19:00	11	MAC	19/09/19	PM1810
			Thu	14:00-14:30	11	MAC	09/01/20	PM2801
			Thu	14:30-15:00	11	MAC	09/01/20	PM2802
			Thu	15:00-15:30	11	MAC	09/01/20	PM2803
			Thu	15:30-16:00	11	MAC	09/01/20	PM2804
			Thu	16:00-16:30	11	MAC	09/01/20	PM2805
			Thu	16:30-17:00	11	MAC	09/01/20	PM2806
			Thu	17:00-17:30	11	MAC	09/01/20	PM2807
			Thu	17:30-18:00	11	MAC	09/01/20	PM2808
			Thu	18:00-18:30	11	MAC	09/01/20	PM2809
			Thu	18:30-19:00	11	MAC	09/01/20	PM2810
			Thu	14:00-14:30	11	MAC	23/04/20	PM3801
			Thu	14:30-15:00	11	MAC	23/04/20	PM3802
			Thu	15:00-15:30	11	MAC	23/04/20	PM3803
			Thu	15:30-16:00	11	MAC	23/04/20	PM3804
			Thu	16:00-16:30	11	MAC	23/04/20	PM3805
			Thu	16:30-17:00	11	MAC	23/04/20	PM3806
			Thu	17:00-17:30	11	MAC	23/04/20	PM3807
			Thu	17:30-18:00	11	MAC	23/04/20	PM3808
			Thu	18:00-18:30	11	MAC	23/04/20	PM3809
			Thu	18:30-19:00	11	MAC	23/04/20	PM3810





Modern foreign languages

105

About modern foreign languages

From Arabic to Spanish we have a wide range of courses for anyone interested in learning a language from scratch or improving their existing language skills.

"Speak a new language so that the world will be a new world."

Rumi

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What level should I join?

What's on offer at a glance

	Basic user		Independent user		Proficient user	
ECF levels*	A1	A2	B1	B2	C1	C2
Our levels	Beginner	Lower intermediate	Intermediate	Upper intermediate	Advanced	Proficiency/mastery
Spanish	✓	✓	✓	✓	✓	✓
Italian	✓	✓	✓	✓	✓	✓
French	✓	✓	✓	✓	✓	✓
Portuguese	✓	✓	✓			
Polish	✓	✓	✓			
Japanese	✓	✓	✓			
German	✓	✓	✓			
Greek	✓					
Korean	✓					
Arabic	✓					
Russian	✓					
Chinese	✓					
EFL/IELTS			✓	✓		

Different levels explained

Beginners stage 1

Choose this stage if you have no knowledge of the language.

Beginners stage 2

Choose this stage if you have studied the language for approximately three months (20 hours) or if you can:

- understand by listening or reading a few familiar words and phrases
- say and write short simple phrases such as stating your name and nationality

- understand letters and symbols of the alphabet/sound system.

Beginners stage 3

Choose this stage if you have studied the language for approximately six months (40 hours) or if you can:

- understand by listening or reading a range of familiar spoken phrases (greetings, personal introduction etc.)
- answer simple questions and/or give basic information orally or in writing (eg, personal details, nationality, job etc.).

Continued

What level should I join? continued

Lower intermediate

Choose this stage if you have studied the language for approximately one year (60 hours) or if you can:

- hold a simple conversation and ask and answer simple questions on a variety of everyday topics (eg, personal introduction, shopping, directions, time and numbers etc.)
- read and write sentences or a short passage on a variety of everyday topics (eg, personal introduction, shopping, directions, time and numbers etc.)
- use present, basic past tenses and future.

Intermediate

Choose this stage if you have studied the language for approximately two years or if you can:

- take part in a simple conversation on a variety of everyday topics
- express your likes, dislikes and simple opinions
- write and/or understand a piece of formal or informal writing (eg, a short letter, note or summary)
- accurately use a range of present, future and past tenses.

Upper intermediate

Choose this stage if you have studied the language for approximately three years or if you can:

- understand the gist of a range of authentic conversations and produce a detailed oral or written summary of a given text

- take part in a discussion, giving and justifying opinions and ideas
- understand a wide range of authentic texts (eg, press articles) and produce a summary or translation of a given text
- use a wide range of grammar structures including conditional and subjunctive tenses, pronouns etc.

Advanced

Choose this stage if you have studied the language for approximately four years or can:

- understand authentic passages of moderate length and complexity involving one or more speakers (eg, interviews, adverts, news broadcast etc.)
- give a presentation on a theme and argue viewpoints with some degree of confidence
- understand articles from the press or other authentic sources and produce a written summary covering the majority of points
- confidently use a wide range of grammar structures including conditional and subjunctive tenses, pronouns etc.

Proficiency/mastery

For those who wish to use their language skills to gain an insight into the culture and society where the foreign language is spoken through a variety of authentic texts (literature, cinema, newspapers etc.). Courses are added regularly, so check our website for updates.

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Arabic

اللغة العربية

Learn how to speak, read and write this beautiful language spoken by almost 250 million people in 25 countries from Morocco to Iraq.

Arabic beginners

For complete beginners and those who did a little Arabic a while ago but need a refresher course. Learners can join at stage 2 or 3 if they have some knowledge of Arabic.

£134	£53	£260						
stage 1			Tue	18:45-20:45	10	MAC	24/09/19	LA1025
stage 2			Tue	18:45-20:45	11	MAC	07/01/20	LA2025
stage 3			Tue	18:45-20:45	11	MAC	21/04/20	LA3025

Talk Arabic: an introduction to modern standard Arabic **NEW**

An intensive introduction to Modern Standard Arabic for beginners and anyone planning a visit to an Arab-speaking country.

£120	£45	£260	Sat	10:00-14:00	5	MAC	06/06/20	LA3030
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Chinese (Mandarin)

汉语

Learn how to speak, read and write Mandarin Chinese. The world's most spoken language will open the doors to a better understanding of East Asia and provide business opportunities for the future for anyone interested in mainland China or Taiwan.

Chinese (Mandarin) beginners

For complete beginners and those who did a little Chinese a while ago but need a refresher course. Learners can join at stage 2 or 3 if they have some knowledge of Mandarin.

£130	£53	£260						
stage 1			Tue	19:00-21:00	10	MAC	24/09/19	LC1025
stage 2			Tue	19:00-21:00	11	MAC	07/01/20	LC2025
stage 3			Tue	19:00-21:00	11	MAC	21/04/20	LC3025

To book your interview, call **020 8753 3600**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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French

Français

Spoken in almost 40 countries around the world, French is your passport to a vibrant culture with a long, rich literary and cultural tradition that has helped shape modern day Europe and beyond.

French beginners stage 1

Practical language to enable you to communicate on a visit to France or a French-speaking country.

For complete beginners and those who did a little French a while ago but need a refresher course. Learners can join at stage 2 or 3 if they have some knowledge of French.

£134	£53	£260	Tue	10:00-12:00	10	MAC	24/09/19	LF1025
			Wed	18:45-20:45	10	MAC	25/09/19	LF1027

French beginners stage 1 Saturday fast track

Practical language to enable you to communicate on a visit to France.

£130	£49	£260	Sat	10:30-13:00	10	MAC	28/09/19	LF1040
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French: the basics for beginners

A short, intensive course to learn the basics before a holiday to a French-speaking country.

£129	£48	£261	Sat	10:00-14:00	5	MAC	25/04/20	LF3026
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French beginners stage 2

£144	£53	£260	Tue	10:00-12:00	11	MAC	07/01/20	LF2025
			Wed	18:45-20:45	11	MAC	08/01/20	LF2030

French beginners stage 3

£144	£53	£260	Tue	10:00-12:00	11	MAC	21/04/20	LF3025
			Wed	18:45-20:45	11	MAC	22/04/20	LF3036

French lower intermediate stage 1

Want to move beyond basic French? This is the course for you. For anyone who has completed one year of regular classes (around 60 hours of classroom instruction) or whose French is rusty.

£152	£56	£286	Mon	18:30-20:30	11	MAC	16/09/19	LF1050
			Wed	10:00-12:00	11	MAC	18/09/19	LF1051

French lower intermediate stage 2

£152	£56	£286	Mon	18:30-20:30	11	MAC	06/01/20	LF2050
			Wed	10:00-12:00	11	MAC	08/01/20	LF2051

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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French lower intermediate stage 3

£152	£56	£286	Mon	18:30-20:30	11	MAC	20/04/20	LF3050
			Wed	10:00-12:00	11	MAC	22/04/20	LF3051

French intermediate

Ideal course for those wishing to communicate in a variety of situations with French speakers. You will reach GCSE level by the end of the academic year.

£152	£56	£286						
Stage 1			Thu	18:45-20:45	11	MAC	19/09/19	LF1075
Stage 2			Thu	18:45-20:45	11	MAC	09/01/20	LF2075
Stage 3			Thu	18:45-20:45	11	MAC	23/04/20	LF3075

French upper intermediate

For anyone wishing to move beyond intermediate French and be able to deal effectively in a variety of situations with French speakers. You should have studied French for a couple of years and have reached GCSE standard or equivalent before joining this course.

£152	£56	£286						
Stage 1			Mon	10:00-12:00	11	MAC	16/09/19	LF1100
			Tue	18:30-20:30	11	MAC	17/09/19	LF1101
Stage 2			Mon	10:00-12:00	11	MAC	06/01/20	LF2100
			Tue	18:30-20:30	11	MAC	07/01/20	LF2101
Stage 3			Mon	10:00-12:00	11	MAC	20/04/20	LF3100
			Tue	18:30-20:30	11	MAC	21/04/20	LF3101

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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French advanced

This course is for those with a good working knowledge of French who wish to read about and discuss a variety of topics (current affairs, cinema, literature, etc.) while also reviewing and consolidating grammatical structures.

£152	£56	£286						
Stage 1			Wed	10:00-12:00	11	MAC	18/09/19	LF1125
			Thu	10:00-12:00	11	MAC	19/09/19	LF1126
Stage 2			Wed	10:00-12:00	11	MAC	08/01/20	LF2125
			Thu	10:00-12:00	11	MAC	09/01/20	LF2126
Stage 3			Wed	10:00-12:00	11	MAC	22/04/20	LF3125
			Thu	10:00-12:00	11	MAC	23/04/20	LF3126

French advanced conversation **NEW**

Improve your spoken French while discussing a variety of topics (from culture to current affairs) in a small group. This aim of this is advanced level conversation course is to help you consolidate and develop your French speaking skills.

£75	£30	£125						
Stage 1			Mon	12:30-13:30	10	MAC	23/09/19	LF1130
Stage 2			Mon	12:30-13:30	10	MAC	13/01/20	LF2130
Stage 3			Mon	12:30-13:30	10	MAC	27/04/20	LF3130

German

Deutsch

Spoken by almost 80 million people around the world, German is your passport to a vibrant society with a rich cultural tradition. Particularly useful for those wishing to do business in a German-speaking country.

German beginners

Practical language to enable you to communicate on a visit to Germany or a German-speaking country. For complete beginners and those who did a little German a while ago but need a refresher course.

£134	£53	£260						
Stage 1			Thu	18:45-20:45	10	MAC	26/09/19	LG1025
Stage 2			Thu	18:45-20:45	11	MAC	09/01/20	LG2025
Stage 3			Thu	18:45-20:45	11	MAC	23/04/20	LG3025

For updates, news and events, text **LEARN** to **60777**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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German lower intermediate

Want to move beyond basic German? This is the course for you. For anyone who has completed one year of regular classes (around 60 hours of classroom instruction) or whose German is rusty.

£145	£56	£286						
Stage 1			Tue	19:00-21:00	11	MAC	17/09/19	LG1050
Stage 2			Tue	19:00-21:00	11	MAC	07/01/20	LG2050
Stage 3			Tue	19:00-21:00	11	MAC	21/04/20	LG3050

German intermediate

Ideal course for those wishing to communicate in a variety of situations with German speakers.

You will reach GCSE level by the end of the academic year.

£145	£56	£286						
Stage 1			Mon	19:00-21:00	11	MAC	16/09/19	LG1075
Stage 2			Mon	19:00-21:00	11	MAC	06/01/20	LG2075
Stage 3			Mon	19:00-21:00	11	MAC	20/04/20	LG3075

(Modern) Greek

ελληνικά **NEW**

Learning Greek is your passport to a vibrant society with a rich cultural tradition that has shaped Western society and customs.

Greek beginners

Practical language to enable you to communicate on a visit to Greece or Cyprus. For complete beginners and those who did a little Greek a while ago but need a refresher course.

£120	£45	£260						
Stage 1			Thu	18:45-20:45	10	MAC	26/09/19	LGR1000
Stage 2			Thu	18:45-20:45	11	MAC	09/01/20	LGR200
Stage 3			Thu	18:45-20:45	11	MAC	23/04/20	LGR350

Talk Greek: an introduction to modern Greek

An intensive introduction to Modern Greek for beginners and anyone planning a visit to Greece or Cyprus.

£120	£45	£260	Sat	10:00-14:00	5	MAC	25/04/20	LGR300
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To book your interview, call **020 8753 3600**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Italian

Italiano

Spoken by over 60 million people around the world, Italian is your passport to a society with an extremely rich cultural tradition and unparalleled artistic heritage.

Italian beginners stage 1

Practical language to enable you to communicate on a visit to Italy. For complete beginners and those who did a little Italian a while ago but need a refresher course.

£134	£53	£260	Mon	10:00-12:00	10	MAC	23/09/19	LI1025
			Tue	18:45-20:45	10	MAC	24/09/19	LI1030

Italian: the basics for beginners

A short, intensive course to learn the basics before a holiday to Italy.

£129	£48	£261	Sat	10:00-14:00	5	MAC	25/04/20	LI3036
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Italian beginners stage 2

£144	£53	£260	Mon	10:00-12:00	11	MAC	06/01/20	LI2025
			Tue	18:45-20:45	11	MAC	07/01/20	LI2030

Italian beginners stage 3

£144	£53	£260	Mon	10:00-12:00	11	MAC	20/04/20	LI3025
			Tue	18:45-20:45	11	MAC	21/04/20	LI3035

Italian lower intermediate

Want to move beyond basic Italian? This is the course for you. For anyone who has completed one year of regular classes (around 60 hours of classroom instruction) or whose Italian is rusty.

£152	£56	£286						
Stage 1			Mon	10:00-12:00	11	MAC	16/09/19	LI1050
Stage 2			Mon	10:00-12:00	11	MAC	06/01/20	LI2050
Stage 3			Mon	10:00-12:00	11	MAC	20/04/20	LI3050

For updates, news and events, text **LEARN** to **60777**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Italian intermediate

Ideal course for those wishing to communicate in a variety of situations with Italian speakers.

You should have studied Italian for a couple of years before joining this class. You will reach GCSE standard by the end of the year.

£152	£56	£286						
Stage 1			Tue	10:00-12:00	11	MAC	17/09/19	LI1075
Stage 2			Tue	10:00-12:00	11	MAC	07/01/20	LI2075
Stage 3			Tue	10:00-12:00	11	MAC	21/04/20	LI3075

Italian upper intermediate

For anyone wishing to move beyond intermediate Italian and be able to deal effectively in a variety of situations with Italian speakers You should have studied Italian for a couple of years and have reached GCSE standard or equivalent before joining this course.

£152	£56	£286						
Stage 1			Wed	10:00-12:00	11	MAC	18/09/19	LI1100
Stage 2			Wed	10:00-12:00	11	MAC	08/01/20	LI2100
Stage 3			Wed	10:00-12:00	11	MAC	22/04/20	LI3100

Italian advanced conversation fast track

Improve your spoken Italian while discussing a variety of topics (from culture to current affairs) in a small group. This is an extended (90 minutes) conversation course at advanced level whose aim is to help you consolidate and develop your Italian speaking skills.

£112	£42	£190						
Stage 1			Wed	12:30-14:00	10	MAC	25/09/19	LI1130
Stage 2			Wed	12:30-14:00	10	MAC	15/01/20	LI2130
Stage 3			Wed	12:30-14:00	10	MAC	29/04/20	LI3131

Italian proficiency

This course is for those with a good working knowledge of Italian who wish to read about and discuss a variety of topics (current affairs, cinema, literature, etc.) while also reviewing and consolidating grammatical structures.

£152	£56	£286						
Stage 1			Thu	10:00-12:00	11	MAC	19/09/19	LI1150
Stage 1			Thu	10:00-12:00	11	MAC	09/01/20	LI2150
Stage 1			Thu	10:00-12:00	11	MAC	23/04/20	LI3150

To book your interview, call **020 8753 3600**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Italian proficiency conversation fast track

Improve your spoken Italian while discussing a variety of topics (from culture to current affairs) in a small group.

£112	£42	£190						
Stage 1			Mon	12:30-14:00	10	MAC	23/09/19	LI1155
Stage 2			Mon	12:30-14:00	10	MAC	13/01/20	LI2155
Stage 3			Mon	12:30-14:00	10	MAC	27/04/20	LI3155

Italian mastery

This course is for anyone with a good knowledge of Italian who wishes to explore different aspects of Italian society and culture while working on higher level grammar.

£152	£56	£286						
Stage 1			Fri	10:00-12:00	11	MAC	20/09/19	LI1175
Stage 2			Fri	10:00-12:00	11	MAC	10/01/20	LI2175
Stage 3			Fri	10:00-12:00	11	MAC	24/04/20	LI3175

Passeggiate italiane / Italian walks through London **NEW**

Con Passeggiate Italiane scopriremo i luoghi d'interesse italiano, o collegati in qualche modo all'Italia, che Londra vi offre. Una passeggiata al mese per visitare la storia che gli italiani hanno contribuito a sviluppare nella nostra meravigliosa città, in lingua italiana. Gli studenti dovranno quindi aver studiato l'italiano per almeno 2 anni.

£25	£10	£25	Thu	10:00-15:00	1	MAC	26/09/19	LI1081
£25	£10	£25	Thu	10:00-15:00	1	MAC	31/10/19	LI1082

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Japanese

日本語

Spoken by almost 130 million speakers, Japanese is a fascinating language with a long literary tradition and it is well worth studying both for cultural reasons (cinema, anime, art etc.) as well as practical ones (business opportunities).

Japanese beginners

Practical language to enable you to communicate on a visit to Japan. For complete beginners and those who did a little Japanese a while ago but need a refresher course.

£130	£53	£260						
Stage 1			Mon	18:45-20:45	10	MAC	23/09/19	LJ1025
Stage 2			Mon	18:45-20:45	11	MAC	06/01/20	LJ2025
Stage 3			Mon	18:45-20:45	11	MAC	20/04/20	LJ3025

Japanese lower intermediate

Want to move beyond basic Japanese? This is the course for you. For anyone who has completed one year of regular classes (around 60 hours of classroom instruction) or whose Japanese is rusty.

£135	£56	£286						
Stage 1			Tue	18:30-20:30	11	MAC	17/09/19	LJ1050
Stage 2			Tue	18:30-20:30	11	MAC	07/01/20	LJ2050
Stage 3			Tue	18:30-20:30	11	MAC	21/04/20	LJ3050

Japanese intermediate

Ideal course for those wishing to communicate in a variety of situations with Japanese speakers.

You should have studied Japanese for a couple of years before joining this class. You will reach GCSE standard by the end of the year.

£135	£56	£286						
Stage 1			Thu	18:45-20:45	11	MAC	19/09/19	LJ1075
Stage 2			Thu	18:45-20:45	11	MAC	09/01/20	LJ2075
Stage 3			Thu	18:45-20:45	11	MAC	23/04/20	LJ3075

To book your interview, call **020 8753 3600**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Korean

한국어 **NEW**

Spoken by almost 80 million speakers, Korean is a fascinating language well worth studying both for cultural reasons (cinema, anime, art etc.) as well as practical ones (business opportunities).

Korean beginners

Practical language to enable you to communicate on a visit to Korea. For complete beginners and those who did a little Korean a while ago but need a refresher course.

£110	£42	£261						
Stage 1			Wed	18:30-20:30	10	MAC	25/09/19	LK1025
Stage 2			Wed	18:30-20:30	10	MAC	15/01/20	LK2025
Stage 3			Wed	18:30-20:30	10	MAC	29/04/20	LK3025

Polish

Polski

Learn how to speak, read and write this wonderful language spoken by over 36 million people in Poland and also the by the largest (over 550,000) foreign community in the UK. All classes take place at the Polish Centre (POSK) in Hammersmith.

Polish beginners

Practical language to enable you to communicate on a visit to Poland. For complete beginners and those who did a little Polish a while ago but need a refresher course.

£120	£45	£260						
Stage 1			Thu	19:00-21:00	10	PSK	26/09/19	LP1025
Stage 2			Thu	19:00-21:00	11	PSK	09/01/20	LP2025
Stage 3			Thu	19:00-21:00	11	PSK	23/04/20	LP3025

Polish intermediate

Ideal course for those wishing to communicate in a variety of situations with Polish speakers.

You should have studied Polish for a couple of years before joining this class. You will reach GCSE standard by the end of the year.

£120	£45	£260						
Stage 1			Mon	19:00-21:00	11	PSK	16/09/19	LP1075
Stage 2			Mon	19:00-21:00	11	PSK	06/01/20	LP2075
Stage 3			Mon	19:00-21:00	11	PSK	20/04/20	LP3075

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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(Brazilian) Portuguese

Português

Spoken by over 200 million people around the world, Portuguese is a great language to learn. Learn the basics for business or pleasure.

Brazilian Portuguese beginners

Practical language to enable you to communicate on a visit to Brazil or a Portuguese-speaking country. For complete beginners and those who did a little Portuguese a while ago but need a refresher course.

£130	£53	£260						
Stage 1			Thu	18:45-20:45	10	MAC	26/09/19	LB1025
Stage 2			Thu	18:45-20:45	11	MAC	09/01/20	LB2025
Stage 3			Thu	18:45-20:45	11	MAC	23/04/20	LB3025

Brazilian Portuguese lower intermediate

Want to move beyond basic Portuguese? This is the course for you. For anyone who has completed one year of regular classes (around 60 hours of classroom instruction) or whose Portuguese is rusty.

£134	£56	£286						
Stage 1			Mon	18:45-20:45	11	MAC	16/09/19	LB1050
Stage 2			Mon	18:45-20:45	11	MAC	06/01/20	LB2050
Stage 3			Mon	18:45-20:45	11	MAC	20/04/20	LB3050

Brazilian Portuguese intermediate

Ideal course for those wishing to communicate in a variety of situations with Portuguese speakers.

You should have studied Portuguese for a couple of years before joining this class. You will reach GCSE standard by the end of the year.

£134	£56	£286						
Stage 1			Tue	19:00-21:00	11	MAC	17/09/19	LB1075
Stage 2			Tue	19:00-21:00	11	MAC	07/01/20	LB2075
Stage 3			Tue	19:00-21:00	11	MAC	21/04/20	LB3075

To book your interview, call **020 8753 3600**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Russian

русский **NEW**

Learn how to speak, read and write this wonderful language spoken by over 160 million people in more than a dozen countries worldwide.

Russian beginners

Practical language to enable you to communicate on a visit to Russia or a Russian-speaking country. For complete beginners and those who did a little Russian a while ago but need a refresher course.

£120	£45	£260						
Stage 1			Thu	19:00-21:00	11	MAC	26/09/19	LR1025
Stage 2			Thu	19:00-21:00	11	MAC	09/01/20	LR2025
Stage 3			Thu	19:00-21:00	11	MAC	23/04/20	LR3025



For updates, news and events, text **LEARN** to **60777**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Spanish

Español

Spoken in almost 30 countries around the world by about 400 million people, Spanish is your passport to a vibrant culture with a long, rich literary and cultural tradition that has helped shape modern-day Europe and Latin America.

Spanish beginners stage 1

Practical language to enable you to communicate on a visit to Spain or a Spanish-speaking country. For complete beginners and those who did a little Spanish a while ago but need a refresher course.

£134	£53	£260	Mon	18:45-20:45	10	MAC	23/09/19	LS1025
			Tue	10:00-12:00	10	MAC	24/09/19	LS1026
			Wed	18:45-20:45	10	MAC	25/09/19	LS1028

Spanish beginners stage 1 Saturday fast track

For those who wish to learn at a faster pace at the weekend, especially for those wishing to have more opportunities to practise their speaking and listening skills.

£130	£49	£260	Sat	10:30-13:00	10	MAC	28/09/19	LS1040
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Spanish beginners stage 1 Saturday intensive

Improve your Spanish quickly with this intensive Saturday course!

£130	£49	£260	Sat	10:30-13:00	10	MAC	25/04/20	LS3026
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Spanish: the basics for beginners

A short, intensive course to learn the basics before a holiday to a Spanish-speaking country.

£129	£48	£261	Sat	10:00-14:00	5	MAC	06/06/20	LS3040
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Spanish beginners stage 2

£144	£53	£260	Mon	18:45-20:45	11	MAC	06/01/20	LS2025
			Tue	10:00-12:00	11	MAC	07/01/20	LS2030
			Wed	18:45-20:45	11	MAC	08/01/20	LS2039

Spanish beginners stage 3

£144	£53	£260	Mon	18:45-20:45	11	MAC	20/04/20	LS3036
			Tue	10:00-12:00	11	MAC	21/04/20	LS3037
			Wed	18:45-20:45	10	MAC	22/04/20	LS3038

To book your interview, call **020 8753 3600**



Learner profile: **Conor McGlone**

Spanish intermediate

// I had always wanted to think and dream in another language, and understand a different perspective. Members of my family moved to Spain and learned the language. I love the sun too, so Spanish was the obvious choice.

It is difficult, the mental fatigue after a hard day's work and then another two

hours of learning. However, the connections you make with people and the skills you acquire more than make up for the effort required. Sometimes, you forget how tired you are, and you really immerse yourself in conversations about current affairs or other subjects, and you have a sudden moment of realisation

that you're doing it in a different language. It's a very exciting feeling!

I'm lucky enough to have the tutor that I do (Carmen Garcia) as she has a really broad interest in a lot of different subjects - so you not only learn about things like art or current affairs in Spanish, but discuss them too. For me that's the most engaging way of learning - because those are things I'm already interested in rather than just the nuts and bolts and mechanics of Spanish. You do still need to get to grips with those too but it possibly makes it slightly more difficult just focusing on that.

Knowing that I am improving, learning and progressing all the time and being

able to speak another language is really benefiting me. It has helped me with my confidence in speaking up for myself in general. Learning another language is hugely empowering. I feel I'm progressing slowly, but steadily.

As a writer, I am able to work remotely so being able to speak another language opens up a lot of opportunities for me. I intend to move to Spain and live out my days watching Andalusian sunsets.

The process of learning I have found to be really rewarding, and when you notice you've progressed that's the best feeling. I want to keep learning throughout my adult life. Though I'm not quite up to dreaming in Spanish yet!



Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Spanish lower intermediate

Want to move beyond basic Spanish? This is the course for you. For anyone who has completed one year of regular classes (around 60 hours of classroom instruction) or whose Spanish is rusty.

£152	£56	£286						
Stage 1			Tue	13:00-15:00	11	MAC	17/09/19	LS1050
			Tue	18:30-20:30	11	MAC	17/09/19	LS1051
Stage 2			Tue	13:00-15:00	11	MAC	07/01/20	LS2050
			Tue	18:30-20:30	11	MAC	07/01/20	LS2051
Stage 3			Tue	13:00-15:00	11	MAC	21/04/20	LS3050
			Tue	18:30-20:30	11	MAC	21/04/20	LS3052

Spanish intermediate

Ideal course for those wishing to communicate in a variety of situations with Spanish speakers.

You should have studied Spanish for a couple of years before joining this class. You will reach GCSE standard by the end of the year.

£152	£56	£286						
Stage 1			Wed	18:45-20:45	11	MAC	18/09/19	LS1075
Stage 2			Wed	18:45-20:45	11	MAC	08/01/20	LS2075
Stage 3			Wed	18:45-20:45	11	MAC	22/04/20	LS3075

Spanish upper intermediate

For anyone wishing to move beyond intermediate Spanish and be able to deal effectively in a variety of situations with Spanish speakers. You should have studied Spanish for a couple of years and have reached GCSE standard or equivalent before joining this course.

£152	£56	£286						
Stage 1			Mon	18:45-20:45	11	MAC	16/09/19	LS1100
			Thu	10:00-12:00	11	MAC	19/09/19	LS1101
Stage 2			Mon	18:45-20:45	11	MAC	06/01/20	LS2100
			Thu	10:00-12:00	11	MAC	09/01/20	LS2101
Stage 3			Mon	18:45-20:45	11	MAC	20/04/20	LS3100
			Thu	10:00-12:00	11	MAC	23/04/20	LS3101

For updates, news and events, text **LEARN** to **60777**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Spanish advanced

Improve your Spanish language skills while discussing a variety of topics (from culture to current affairs) in a small group.

£152	£56	£286						
Stage 1			Thu	13:00-15:00	11	MAC	19/09/19	LS1125
Stage 2			Thu	13:00-15:00	11	MAC	09/01/20	LS2125
Stage 3			Thu	13:00-15:00	11	MAC	23/04/20	LS3125

Spanish proficiency

Ideal class for those wishing to improve their spoken Spanish and keep abreast of current affairs in Spain and Latin America. You should have A-level standard Spanish or equivalent before joining this course.

£152	£56	£286						
Stage 1			Fri	10:00-12:00	11	MAC	20/09/19	LS1150
Stage 2			Fri	10:00-12:00	11	MAC	10/01/20	LS2150
Stage 3			Fri	10:00-12:00	11	MAC	24/04/20	LS3150

Spanish mastery

This course is for anyone with a good knowledge of Spanish who wishes to explore different aspects of Spanish and Latin American society and culture while working on higher level grammar

£152	£56	£286						
Stage 1			Wed	13:00-15:00	11	MAC	18/09/19	LS1180
Stage 2			Wed	13:00-15:00	11	MAC	08/01/20	LS2180
Stage 3			Wed	13:00-15:00	11	MAC	22/04/20	LS3180

British Sign Language

BSL level 1 preparation course

Signature

This preparatory course is suitable for those who want to learn basic language skills to communicate simple conversations with Deaf people or want to progress to more advanced study and/or employment using BSL in the future. This course is designed for hearing people but welcomes those who are deaf or hard of hearing. Level 1 has 3 units: 101, 102 and 103 all at conversation level.

£375	no conc	£375	Fri	10:00-12:00	33	UXB	20/09/19	LZ1025
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To book your interview, call **020 8753 3600**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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BSL level 2 preparation course **NEW**

Signature

For those wishing to improve their signing skills and work towards Signature Level 2 exam. Level 2 also has 3 units: 201 is receptive skills, 202 is productive skills and 203 is conversation skills

£450	no conc	£450	Fri	13:00-15:30	33	UXB	20/09/19	LZ1050
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English as a foreign language (EFL)

Being able to speak and write English well is one of the greatest assets in today's world. Our range of courses will help you improve your pronunciation, your writing skills and your overall ability to communicate effectively at work.

IELTS exam preparation course

For anyone wishing to prepare for the IELTS examination. This is an ideal course for those intending to study at university in the UK or another English-speaking country or use English in the work environment. The daytime course focuses on the General English modules whilst the evening course is for learners wishing to take the academic route.

£250	£250	£250	Mon	18:00-21:00	15	MAC	23/09/19	LE160
			Mon	18:00-21:00	15	MAC	24/02/20	LE260

English pronunciation

This 15-week course is for anyone wishing to improve their English pronunciation skills. The course is intended for those who have the time and commitment to attend all of the classes and complete homework tasks.

£180	£180	£180	Wed	18:30-20:30	15	MAC	25/09/19	LE100
			Wed	18:30-20:30	15	MAC	26/02/20	LE210

Improve your written English

This 15-week course is for anyone wishing to improve their English writing skills both for academic and work reasons. The course is intended for those who have the time and commitment to attend all of the classes and complete homework tasks.

£180	£180	£180	Wed	13:00-15:00	15	MAC	25/09/19	LE175
			Wed	13:00-15:00	15	MAC	26/02/20	LE275

Improve your spoken English

This 15-week course is for anyone wishing to improve their English conversation skills and work on fluency. The course is intended for those who have the time and commitment to attend all of the classes and complete homework tasks.

£180	£180	£180	Mon	13:00-15:00	15	MAC	23/09/19	LE185
			Mon	13:00-15:00	15	MAC	24/02/20	LE285

About interpreting

Interpreters and translators are bridges between cultures and societies helping all of us cross the language barriers. Embarking on a career in interpreting is an exciting way of using your language skills in a variety of settings.

As well as entry level courses (community interpreting) we also offer high level courses (DPI, DPSI and DipTrans) for those with some experience who wish to specialise. We offer both a standard and an intensive DPSI Law course and bilingual law courses in Spanish and Arabic.

"There is no such thing as an innocent reading, we must ask what reading we are guilty of."

Louis Althusser

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Learner profile: **Amal Kharroub**

Diploma in public service interpreting (DPSI) Arabic

// A bus journey one day with two ladies trying to use their oyster and a short tempered bus driver was the catalyst for starting this course. I explained to both the ladies and the bus driver what was happening, calming the situation down. I discovered that I could deliver information to and between people easily, and I also like to

help people. Since then it's happened on many bus journeys! It also happened a lot when I worked in retail before, when people would put a phone to me and ask me to tell them what the other person on the phone was saying.

I like languages and learn them quickly. I previously thought about becoming an

interpreter but didn't feel confident enough to try, and settled on other job roles. Then I started looking online and came across the Macbeth Centre. I knew immediately I wanted to do the course - even though it was about to start the very next day I was able to speak to the tutor and do the assessment.

I started the course and although it was just one day a week the tutor was really encouraging, providing extra resources and also suggesting that students meet up with each other - treating everywhere we go as ongoing study and to look at whatever is written in front of you to translate. It was a struggle at the start because it was English and a foreign language but then when we all sat together and practiced, and had mock exams, along with tutor feedback, it all fell into place.

The common purpose of it, the challenges of it, and the discussions we have in and out of class, all correcting each other, was good. It encourages you, as you are all here to be interpreters. Even if it's only three hours a week in class, it helped me to identify my strengths and believe in myself because people are telling me - you actually can do it!

For me, since starting on the Interpreting course, everything has changed – my entire life has changed. I was hesitant before and wasn't sure about my abilities. I just wasn't sure whether I could do it or not. I was intimidated so what I learned is to be more confident, and it has set my path to the future and that has been very important. Even walking, when I go to have my coffee or something. I notice that I am much more confident in saying what I want to say and then I start to enjoy going out more. I enjoy going and talking to people. I think all my life is my learning journey!

At home, I notice my kids are proud of me as well. It impacts them because they see me sitting down and studying, and so they start to study more. Then when I get the results, they say to me: *"Mum, you did it!"*

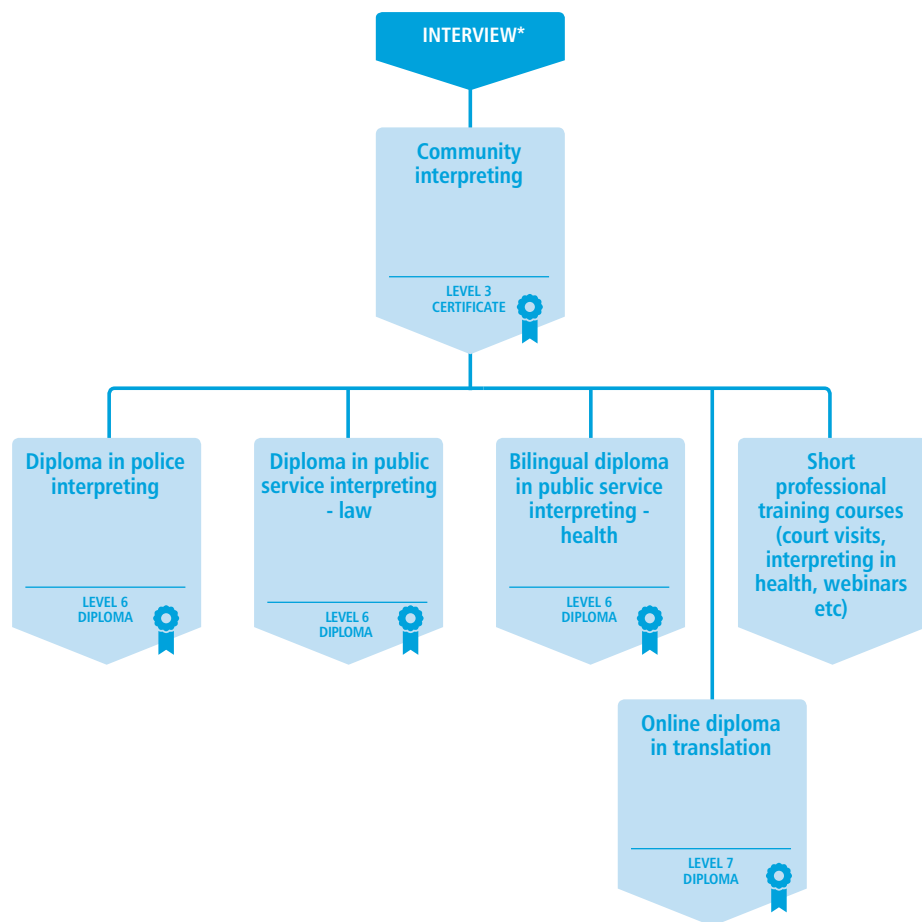
Currently, I am busy doing lots of interpreting in a variety of settings including: online, on the phone, and in person within hospital/other healthcare sites.

My next step is I want to do the Masters in interpreting and translating, or in conference interpreting, and I want to explore with teaching. Ultimately, my dream job would be interpreting in the United Nations. When I am running in the morning somehow I just think of interpreting for Presidents - I don't know where I get these ideas from!



Skill pathways

Develop new skills, gain a qualification, find employment or further your career. Choose your progression route:



*About interviews

Come to an interview for assessment, information, advice and guidance before you enrol. See pages 23 and 24 for details.

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Community interpreting level 3 summer intensive

OCN LR

A very intensive summer course that covers exactly the same material as the regular course and leads to the same OCN qualification. You will be attending 3 days a week for 4 weeks in August.

£440	no concs		Mon/Wed/Fri	10:00-16:00	4	MAC	05/08/19	LY1000
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Community interpreting level 3

Open College Network

This is the most practical course for anyone wishing to start a career in interpreting. The community interpreting course is over a term and a half (17 weeks) and all interested students must attend a pre-course interview before being allowed to join. There is no final exam: learners work throughout the course on a portfolio of work (assignments, role-plays, presentations, glossaries etc.) to be submitted for external verification. Successful learners will receive a Level 3 certificate in Community Interpreting accredited by OCN which is the standard entry requirement most interpreting / translation agencies expect nowadays.

£440	no conc	£440	Fri	10:00-13:00	17	MAC	20/09/19	LY1010
			Wed	18:00-21:00	17	MAC	18/09/19	LY1012
			Fri	10:00-13:00	17	MAC	28/02/20	LY2010
			Wed	18:00-21:00	17	MAC	26/02/20	LY2012

Community interpreting level 3 Saturday intensive **NEW**

Open College Network

For those with some experience in interpreting who wish to work towards a first qualification.

£440	no conc	£440	Sat	09:45-15:15	10	MAC	18/01/20	LY2015
			Sat	09:45-15:15	10	MAC	02/05/20	LY3075

To book your interview, call **020 8753 3600**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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DPSI Law (Diploma in public service interpreting)

Institute of Linguists

The diploma preparation courses below are for anyone wishing to work as a professional interpreter. These courses will thoroughly prepare you for the demanding final exams run by the CioL(Chartered Institute of Linguists) in June 2020. For Spanish and Arabic speakers we have specialist bilingual DPSI law courses. Speakers of other languages can attend the regular or the intensive DPSI law courses. Average class size is 7/8 with a maximum of 10 students to enable all learners to improve at their own speed. The fees listed below are for tuition only. The exam fees will be around £850. Those who wish to take the exams in June 2020 must enrol for the exam through us by the deadline, usually around the beginning of March however, this will be confirmed to you by the tutor.

Learners can apply for an advanced learner loan to cover the all the fees (tuition + exam) but must take the exam in the same academic year. Application forms can be downloaded from our website or requested from our admin team. Interviews will take place in mid-September 2019 for courses starting in October but early applications are encouraged and candidates will also be interviewed, whenever possible, during the summer.

DPSI (Spanish)

£990	no conc	£1840	Wed	18:00-21:00	27	MAC	02/10/19	LY1025
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DPSI (Arabic)

£990	no conc	£1840	Tue	14:00-17:00	27	MAC	01/10/19	LY1030
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DPSI Law (other languages) preparation course

£790	no conc	£1640	Tue	13:00-16:00	27	MAC	01/10/19	LY1036
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DPSI Law intensive (mixed languages)

£790	no conc	£1640	Fri	12:30-16:30	18	MAC	17/01/20	LY2000
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For updates, news and events, text **LEARN** to **60777**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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DPSI Health preparation course **NEW**

Institute of Linguists

This is a new preparatory course for anyone wishing to take the DPSI in health in June 2020. The course is open to speakers of all languages but it is delivered in English. Students will cover all the major areas such as the functioning of the National Health System, specialised terminology, interpreting and translation techniques as well as the fundamental principles of the code of ethics. Average class size is 7/8 with a maximum of 10 students to enable all learners to improve at their own speed.

The fees listed below are for tuition only. The exam fees will be around £850. Those who wish to take the exams in June 2020 must enrol for the exam through us by the deadline, usually around the beginning of March however, this will be confirmed to you by the tutor.

Learners can apply for an advanced learner loan to cover all the fees (tuition + exam) but must take the exam in the same academic year. Application forms can be downloaded from our website or requested from our admin team. Interviews will take place in mid-September 2019 for courses starting in October but early applications are encouraged and candidates will also be interviewed, whenever possible, during the summer.



DPSI Health preparation course

£790	no conc	£1640	Thu	14:00-17:00	27	MAC	10/10/19	LY1035
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(DPI) Diploma in police interpreting preparation course

Institute of Linguists

The Diploma in Police Interpreting (DPI) is a professional qualification for those who work, or would like to work, as interpreters for Police forces in the UK. This is a preparation course and will cover, amongst other things, the following areas: Synopsis of Court System in England and Wales, Police Procedures, Consecutive and Simultaneous Interpreting, Sight Translation, Statement Taking etc. Please note that the cost does not include examination fees (visit the IoL's website for the latest information). Interviews and assessment take place on the first day of the course and no appointment is necessary.

The fees listed below are for tuition only. The exam fees will be around £850. Those who wish to take the exams in June 2020 must enrol for the exam through us by the deadline, usually around the beginning of March however, this will be confirmed to you by the tutor.

Learners can apply for an advanced learner loan to cover all the fees (tuition + exam) but must take the exam in the same academic year. Application forms can be downloaded from our website or requested from our admin team. Interviews will take place in mid-September 2019 for courses starting in October but early applications are encouraged and candidates will also be interviewed, whenever possible, during the summer.

Tutor profile:

Mariana Asminian

- DPSI
- DPI



// I am a qualified interpreter trainer for DPSI and DPI courses (legal, police and medical) interpreting courses. These exams are taken externally at the Chartered Institute of Linguists, and candidates who pass the exam are considered professional interpreters.

I have always loved teaching, and initially started training to become a language tutor, but the head of school where I was training offered me the opportunity to teach interpreting, thus combining my interpreting knowledge with teaching. I love the interaction with students, and I hope I am mostly successful in inspiring my interest in legal interpreting in them.

It's not a regular 9-5 job - there is soul and interaction with human beings. I teach adults, often who are changing careers or starting out, and I feel our courses can sometime change the way people feel about themselves, their lives and their future prospects. That is what I like most about the job.

I love teaching people of various abilities and backgrounds who are committed to improving. I try to incorporate all types of activities in my classes, because my main objective is for students to be engaged and motivated, therefore I use a lot of pair-group activities and discussions. I also like telling anecdotes from past cases and I find learners are fascinated, a bit like hearing a story-teller!

Many excellent teachers have inspired me in the past, whom I have taken as role models for my own teaching. I also take a lot of cues from great spiritual leaders, for example; Pope Francis or the Dalai Lama; and philosophies, because in order to teach, you need to reach the student at a deeper level than just on an intellectual basis. Students come to courses with a background, problems, challenges, limitations, and if I am unable to tackle those, then I might not help them achieve. Apart from that, the feedback and requests from students are the main factor that spurs me to change things and evolve.

I am currently co-teaching one of my courses with an amazing and inspiring tutor, Zoe Diderich. I like working with intelligent, professional individuals. We have up to 15 students at any one time giving plenty of time for everyone to discuss and get feedback.

As well as teaching, I am a freelance interpreter in Spanish and Armenian, working mainly in police and legal settings, but I have also done medical interpreting, advertising campaigns, and even TV!

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
(DPI) Diploma in police interpreting preparation course ⓘ								
£450	no conc	£1300	Mon	13:00-17:00	12	MAC	02/09/19	LY1050
			Mon	13:00-17:00	14	MAC	20/01/20	LY2050

Diploma in translation: online preparation course (IoLET) ⓘ

Institute of Linguists

This course is entirely online and will prepare learners for the three-part examination in January 2020.

Following the 3 units of the DipTrans Exam format, the course is divided into 3 modules of 6 weeks each, complemented by tutorial sessions to enhance your learning.

Module 1

Introduction to Translation Theory and Application to General Text Translation

Module 2

Translation Theory Applied, Introduction to Semi Specialised Texts: Technology, Literature and Business. Translation Practice with IOL Exam Papers

Module 3

Translation Theory Applied, Introduction to Semi Specialised Texts: Science, Social Science and Law. Translation Practice with IOL Exam Papers.

You must be a native speaker of the language you translate into and have a high level of linguistic competence of the source language.

£520	no conc	£520	Wed	14:00-16:00	18	MAC	22/01/20	LY1500
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Tailored interpreter training

These unique one-day courses are intended for interpreting students or practicing professionals wishing to have a sound knowledge and high level of confidence when attending assignments within the legal system. They are also useful for students or professionals wishing to have a better and more practical view of the interpreter profession within the UK court system.

Tailored interpreter training: one-day in the tribunal

£42	£42	£42	Thu	09:00-14:00	1	MAC	14/11/19	LY1048
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Tailored interpreter training: one-day training at the magistrates' court

£42	£42	£42	Thu	09:00-14:00	1	MAC	05/12/19	LY1040
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Tailored interpreter training: one-day in the crown court

£42	£42	£42	Thu	09:00-14:00	1	MAC	06/02/20	LY1045
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Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Court training day for interpreters and future legal professionals in the Royal Courts of Justice

This one day training at the RCJ is a combined session for students and professional Interpreters and Translators. Part 1 focuses on the linguistic aspects of interpreting and translating in a legal setting and also on the everyday aspects of the life of a court interpreter. Part 2 (Delivered by the trainers of the SAS Law School) will allow students to carry out guided practical legal training on the premises.

£58	£58	£58	Thu	09:00-16:00	1	MAC	07/05/20	LY1060
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Interpreting techniques: an introduction **NEW**

Certain situations require different interpreting techniques, not every technique is suitable for every setting. In this course you will learn the main interpreting techniques and be advised on your particular needs for an interpreting situation (liaison, consecutive, first person, etc.).

£58	£58	Full £58	Sat	09:30-15:30	1	MAC	02/11/19	LY1099
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For updates, news and events, text **LEARN** to **60777**

FINDING A JOB MADE EASY



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History, Culture and Writing

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About history, culture and writing

Counselling, creative writing, history, culture and philosophy are the areas in which we offer courses. You can choose to delve into London's fascinating past or explore ancient civilisations. Or you might want to try your hand at writing children's books or other fiction. We also offer one-day Saturday courses to sample the different aspects of writing. Or you could decide to take your first step into counselling either for a future career in this field or simply to understand yourself and others better.

For 2019/20 we are introducing culture workshops across a wide breadth of topics and languages. Also new are our complementary language culture events at the Macbeth Centre – with a mix of music, readings and film, not only will you have an enjoyable night but your language skills will be exercised!

Our debut Italian evening 'Britalia' held in May was a great success, with more planned throughout the year. Keep an eye on news in the centre and on our website for further cultural language events.

"Life must be understood backward. But it must be lived forward."

Søren Kierkegaard

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Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Counselling courses

"The curious paradox is that when I accept myself just as I am, then I can change." **Carl R. Rogers**

If you are interested in counselling, you can choose from term-long, short and one-day courses covering a wide range of stimulating topics. We also offer a Level 2 Award and a Certificate in Counselling at level 2 course for those who wish to gain an entry level qualification in this field either for its own sake or before embarking on higher level studies in counselling.

Counselling for beginners

For anyone wishing to know the basics of counselling either for personal development or as the basis for further studies and eventual employment. This course will examine a variety of counselling models and techniques used in counselling. It will explore the importance of empathy and effective communication along with basic counselling skills such as active listening, reflection and constructive feedback.

£135	£51	£260	Fri	10:00-12:00	10	MAC	27/09/19	HC1025
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To book your interview, call **020 8753 3600**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Award in Counselling Skills - level 2 **NEW**

Certificate in Counselling Skills - level 2 **NEW**

ABC

These qualifications are designed for those learners who have had no previous experience of using counselling skills. Their versatility appeals to a wide range of potential learners and the target market includes those who are considering embarking on formal counselling training as an intended career change. The qualifications allow learners to make a more informed choice as to whether or not to embark on a demanding vocational training towards a possible career in counselling or an allied career, e.g. welfare advice work, where counselling skills would be useful. They are also intended for those who wish to improve their listening and communication skills.

The Award in Counselling Skills qualification covers two units:

- *Counselling Skills and Personal Development*
- *Using Counselling Skills*

The Certificate in Counselling Skills qualification covers two additional units:

- *Introduction to Counselling Skills Theories*
- *Diversity and Ethics in the Use of Counselling Skills*

Please note that only learners who have successfully completed the award can enrol on the certificate course.

All units will be internally assessed, internally and externally moderated via a learner's portfolio and other related evidence, against the unit outcomes and assessment criteria.

Each session will comprise a two-hour lesson, followed by one hour of listening practice and an optional 1 hour for portfolio building and tutorials.

Award								
£275	£Free	£540	Fri	09:30-13:30	12	MAC	10/01/20	HC2500
Certificate								
£275	£Free	£540	Fri	09:30-13:30	12	MAC	24/04/20	HC3500

Short courses

Essential counselling themes and approaches

The course provides a more in depth exploration of some key aspects of counselling - including attachment, loss and bereavement, relationship counselling, addictions and links these and their application to a number of counselling approaches.

£71	£28	£157	Fri	14:00-16:00	5	MAC	17/01/20	HC3030	
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Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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The counselling relationship in depth

The course explores the profoundness of the counselling relationship and includes the counselling process and framework, managing change, counsellor self-awareness, cross cultural aspects, supervision, managing difficulties and ethical dilemmas.

£71	£28	£157	Fri	14:00-16:00	5	MAC	28/02/20	HC3035
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One-day Saturday courses

Assertive communication **NEW**

This course teaches practical ways to increase self-confidence when getting your views across, saying "no" to unreasonable demands and managing difficult interactions. Participants will build on their skills to understand potential conflict situations, develop a range of useful perspectives and responses and to negotiate solutions.

£39	£14	£71	Sat	10:00-14:30	1	MAC	12/10/19	HC1030
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Mindfulness

Mindfulness enables participants to study how to have control over their own responses to life events and to develop new perspectives.

£39	£14	£71	Sat	10:00-14:30	1	MAC	16/11/19	HC1040
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Understanding emotional intelligence

The course will enable participants to understand the main aspects of emotional intelligence and how to develop emotional literacy for use in a range of settings including difficult situations and conflicts

£39	£14	£71	Sat	10:00-14:30	1	MAC	07/12/19	HC1055
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Change your life with CBT (cognitive behavioural therapy)

A thorough introduction to this very effective counselling technique. Topics covered include: the history of CBT, its development, the basic techniques used in therapy.

£39	£14	£71	Sat	10:00-14:30	1	MAC	25/01/20	HC2060
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The psychology of happiness

Positive Psychology focuses on the upside of human existence and is based on what is right with people and their strengths, positive emotions and happiness.

£39	£14	£71	Sat	10:00-14:30	1	MAC	15/02/20	HC2065
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Good grief: exploring endings, loss and bereavement

This course will prove an introduction to the issues of Loss and Bereavement and to good listening and helping skills. Participants will learn how to be with themselves and others who are going through this process.

£39	£14	£71	Sat	10:00-14:30	1	MAC	21/03/20	HC2075
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Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Is counselling training for me?

Learn the basic skills of counselling to increase your effectiveness at work or with friends and family. Ideal course for anyone who wants to explore basic counselling skills to help them decide whether they wish to go further with counselling training; and for those who want to use counselling skills informally with family or at work.

£39	£14	£71	Sat	10:00-13:00	1	MAC	16/05/20	HC3025
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Games people play - an introduction to transactional analysis

This course is an introduction to the key aspects of Transactional Analysis and is based on the work of Eric Berne. It includes a range of skills including how to understand transactions and 'games' and how to manage difficult interactions and understand power dynamics.

£39	£14	£71	Sat	10:00-14:30	1	MAC	20/06/20	HC3072
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Art history courses **NEW**

"Art is not what you see, but what you make others see." - Degas

Why art anyway?

Visual art has been around for 60,000 years - it was an intrinsic aspect of human nature helping us to communicate, to connect and to understand our place in the world. But what is the role of art today, why do we need to create it, what are we trying to express or is there something trying to be expressed through art? Has modern art lost its meaning or is 'old' art irrelevant to us now? Does how we see art depend solely on who is doing the looking, or does it require both something in the art and in us? This course will give you the chance to find works of art that you feel drawn to, to discover what inspires you and you may discover more than you realise.

£63	£24	£123	Wed	10:00-12:00	5	MAC	18/09/19	HA100
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Beauty in ancient Greece

By examining four famous sculptures, this short course will introduce the ideals of beauty in ancient Greek art. Politics, society and religion had an important role to play in the formation of aesthetics and craftsmanship of the time. Students, through discussion and visual resources, will discover the nuances of depicting beauty in ancient Greece and how that paved the way for the centuries to come until today's ideals.

£63	£24	£123	Thu	18:30-20:30	5	MAC	19/09/19	HA110
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Memory palace

This is a creative, practical, imaginative and reflective course where you will be the curator of your own palace of memories from your experiences of places, environment, people, images/art/pictures you've seen through your life. Through this you will be able to create a greater picture of meaning for your life, altering perceptions and giving you fresh insight into your own life.

£63	£24	£123	Mon	18:30-20:30	5	MAC	04/11/19	HA125
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Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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How to look at art

When it comes to looking at art, there is so much more than meets the eye. But often we do not know how to look. In our modern times where our eyes flit from one thing to the next many thousands of times in a day, have we lost our powers of observation and how is this impacting us? Looking at art in ways the go beyond just analysing can open entire new vistas of understanding and perceptions.

£63	£24	£123	Wed	10:00-12:00	5	MAC	30/10/19	HA150
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Temples in ancient Greece

Through the examination of architectural designs of ancient Greece, this short course will introduce classical Greek culture to the students alongside an introduction to the religion, politics, culture and society of the time. The course will examine in detail the Parthenon and Acropolis of Athens, discovering its universal importance, why it was constructed in the first place, its cultural value and its complex history throughout the centuries.

£63	£24	£123	Thu	18:30-20:30	5	MAC	31/10/19	HA160
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The art of London

Learn more about where we live and art and architecture on your doorstep! Discover some of the best known art and architecture in London as well as some secrets hidden away. We will travel back in time to when London was a Roman city and trace the changes through history and the art that was produced, ending in today's contemporary art and architecture which has shaped our current cityscape.

£63	£24	£123	Wed	10:00-12:00	5	MAC	15/01/20	HA200
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Art and consciousness

This course will explore the link between art and different aspects of consciousness and the unconscious. Where do dreams come from and the world of images? Is it possible to view art not just as objects having a practical use or purpose but as a deeper expression of consciousness? For millennia humans have expressed art from the beginnings of the hand print on the cave wall. What is this trying to communicate? You will have plenty of opportunity to discover your own thoughts and insights and ask what does it mean for you.

£63	£24	£123	Mon	18:30-20:30	5	MAC	24/02/20	HA225
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Seeing masterpieces with fresh eyes

How many times have you seen Van Gogh's Sunflowers or Leonardo da Vinci's Mona Lisa emblazoned on tea towels, chocolate boxes and every commercial product you can think of? Our eyes become complacent when seeing the same thing. Discover that when you look with fresh eyes, with your own responses and insights as opposed to being told what to think about 'masterpieces' you can decide whether it is all 'hype' or whether there really is something secret and mysterious after all hidden within the art.

£63	£24	£123	Wed	10:00-12:00	5	MAC	26/02/20	HA250
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Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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History, story and perception of art

Art continues to fascinate and draw crowds, fetch staggering sums at auction and inspire travel from all over the world to marvel at it. But what do you see when you look at art and how does it make you feel? Art presents us with doorways and windows into the entire world, not only in terms of history, philosophy, psychology and engineering but also in terms of our perceptions and responses to it. This course will track an overview of art from around the world and from different time periods, its history and story and consider its ability to be able to communicate through images, messages and meaning that words cannot always express - and what it means for you.

£63	£24	£123	Wed	10:00-12:00	5	MAC	22/04/20	HA300
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Art, meditation and mindfulness

Learn meditation, mindfulness and how to awaken the senses by looking at art. Neuroscientists have proved if you know how to really look at art mindfully and with the imagination, it has incredibly powerful and long lasting healing, transformative effects on the mind and body - even more than yoga. We need meditation to withdraw and rest our senses from the world but we also need to be able to then know how to re-engage with the world through the senses. Knowing how to look at art mindfully, slowly and with the imagination awakens all of the senses. This is one of the most powerful ways healing can take place. It can enhance your memory, concentration, increase creativity, reduce stress, and also helps you shift perceptions and make deeper connections in your life.

£63	£24	£123	Mon	18:30-20:30	5	MAC	01/06/20	HA325
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History

"Those who do not move, do not notice their chains." - Rosa Luxemburg

London history

Learn about London's fascinating history with these three courses that cover its history in chronological order. Each term consists of 11-12 two-hour long sessions with each one focussing on a particular aspect of London's history (from political developments to social and cultural aspects).

Towards the end of each course the tutor and students will discuss the possibility of a London tour to see first-hand some of the sights covered during the sessions.

London history: from Roman to Medieval times

£135	£51	£275	Fri	14:00-16:00	11	MAC	20/09/19	HH1100
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London history: from Tudor to Victorian times

£135	£51	£275	Fri	14:00-16:00	12	MAC	10/01/20	HH2100
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London history: 20th century London

£135	£51	£275	Fri	14:00-16:00	11	MAC	24/04/20	HH3100
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Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Monarchs of England **NEW**

A history of the kings of England from Alfred the Great (871-899) to Henry VI (1422-1461) and (1470-1471) spread over three terms. Each term will consist of 11-12 two-hour long sessions with each one focusing on a particular monarch of the period. Towards the end of the course the tutor and the students will discuss the possibility of a walking tour or visit to a site of historical interest in order to see first-hand relics and artefacts from the period they have covered.

Monarchs of England: Anglo-Saxons

£135	£51	£275	Thu	14:00-16:00	11	MAC	19/09/19	HH1190
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Monarchs of England: Danes, Saxons and Normans

£135	£51	£275	Thu	14:00-16:00	12	MAC	09/01/20	HH2175
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Monarchs of England: Plantagenets and Lancastrians

£135	£51	£275	Thu	14:00-16:00	11	MAC	23/04/20	HH3175
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Creative writing

"Most writers regard the truth as their most valuable possession, and therefore are most economical in its use."

- Mark Twain

Choose from term-long, short and Saturday one-day courses exploring a wide range of writing skills.

These courses are designed for anyone with an interest in creative writing or who would like to explore their creative side as well as writers who would like to test the waters before embarking on a more ambitious course.

Writing a children's book and getting it published

Your first stepping stone into the wonderful world of children books. Have you ever wanted to write or illustrate children's book? In this course we will look at writing for different ages from earliest concept books to teenage fiction. We will look at how to submit work to a publisher, as well as the publishing process from beginning to end, focusing on how to pace the text and how best to illustrate it, and the importance of a strong appealing cover image.

£120	£45	£160	Thu	13:00-15:00	10	MAC	26/09/19	HW1025
			Thu	18:30-20:30	10	MAC	30/04/20	HW3025



To book your interview, call **020 8753 3600**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Creative writing: finding a voice (Saturday course) **NEW**

In this two-term programme we explore a range of styles and genres of creative writing across fiction, autobiographical and life writing, creative non-fiction, screenwriting and poetry. In the autumn term, the focus is in on generating original creative ideas for writing through a range of innovative writing exercises - with a focus that draws on student personal interests and experience. In the spring term, aspects of writing craft will be developed across the different writing types, and there will be guest speakers for certain specialist areas. The focus is on experimenting across different kinds of writing, so that students can start developing their own voices. Students can continue workshoping, editing and developing their writing during the summer term 'Writing Workshops' programme.

£135	£45	£270	Sat	10.30-13.30	10	MAC	21/09/19	HW1030
			Sat	10:30-13:30	10	MAC	11/01/20	HW2030

Reading and writing short stories

A supportive programme that enables students to develop short story craft and technique through reading a range of published forms and focused writing exercises. Sessions will include workshoping of student writing. Taught by an award-winning short story writer.

£90	£35	£170	Tues	18:30-20:30	5	MAC	21/04/20	HW3030
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Writing workshop

A supportive workshop-style programme that enables students to develop work-in-progress. Students must have attended at least one creative writing programme already to attend this workshop, or already be writing more independently. The focus is on fiction and non-fiction of all kinds: short stories, autobiography, life stories and creative non-fiction. The programme will include one-to-one personal writing tutorials.

£90	£35	£170	Tues	18:30-20:30	5	MAC	02/06/20	HW3045
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One-day Saturday programmes

Writing autobiography, life stories and creative non-fiction - writing from places

We will explore various ways of generating ideas for autobiographical writing, life stories and creative non-fiction that focus on place (including travel-based writing). We will also look at writing techniques in published text models across different forms of place-based writing - and use these to help develop original student work. (Please bring around 5-10 place-based photos from your personal collection to the programme - where possible; they can be digital or paper-based.)

£39	£13	£71	Sat	10:30-15:30	1	MAC	19/10/19	HW1075
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Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Bookbinding: three projects For beginners **NEW**

In this one-day bookbinding course, students will be introduced to the several simple binding techniques that can be used to make books. The finished bound-books can have applications as creative journals, writing or reading journals, chapbooks for poetry or your own writing collections, sketch books, scrapbooks and diaries. They can also be adapted to use as personalised books for particular interests or hobbies - such as books for reading groups, recipe books, travel journals, crafts notebooks or books for your own artwork - and more, depending on student interests. They also make good gifts.

£39	£13	£71	Sat	10:30-15:30	1	MAC	14/12/19	HW2085
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Writing autobiography, life stories and creative non-fiction: writing from music **NEW**

We will explore various ways of generating ideas for autobiographical writing, life stories and creative non-fiction that focus on music. We will also look at writing techniques in published text models across different forms of music-based writing - and use these to help develop original student work.

£39	£13	£71	Sat	10:30-15:30	1	MAC	15/02/2020	HW1082
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Writing for cinema

We will explore the key features of a screenplay and ways that cinema tells stories through image and sound, drawing on some of these techniques to help create original cinematic ideas and writing of our own. The programme includes a range of Hollywood, European, international and independent classic and contemporary film extract screenings.

£39	£13	£71	Sat	10:30-15:30	1	MAC	04/04/2020	HW1083
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Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Writing autobiography and life stories: writing from museum collections **NEW**

We will explore various ways of generating ideas for autobiographical writing and life stories that draw on museum collections - both artefacts (objects) and artworks. We will also look at writing techniques in published text models across different forms of autobiographical and life writing - and use these to help develop original student work. Part of the day will be spent in a London-based specialist museum.

£39	£13	£71	Sat	10:30-15:30	1	MAC	20/06/2020	HW3060
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Culture **NEW**

Culture workshops **NEW**

A brand new series of Saturday and evening one-day courses that will introduce you to different aspects of the culture of a particular country from history to music, from cuisine to literature. Each session is divided into two parts: the first one will set the background, introducing key facts and terminology; the second will focus on one particular event, artwork, work of literature, piece of music in greater detail. These courses will be of particular interest to anyone studying the language of the countries below but also to anyone keen to explore various aspects of foreign cultures.



The three Bs: Bach, Beethoven, Brahms and their times (German culture workshops)

Embark on a journey of discovery through centuries tracing the footsteps of the Holy Trinity of composers from Baroque and Bach's Leipzig, through the Vienna Classical period and Beethoven's music and zeitgeist now and then, 'Fidelio' in Dresden, up to the Romantic period and Brahms who is now considered one of the most influential composers of the 19th century.

£30	£10	£50	Sat	10:00-14:00	1	MAC	28/09/2019	CWGER01
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50 shades of Goethe (German culture workshops)

A hugely complex multi-talent - from poet, natural philosopher and scientist, to politician, Minister and Privy Councillor, translator, critic, observer and informer - exploring Goethe's work and life can seem tempting, difficult and exciting. In this workshop we'll go beyond The sorrows of the Young Werther and delve into some new perspectives of the many aspects of Goethe's work, life and loves.

£30	£10	£50	Sat	10:00-14:00	1	MAC	19/10/2019	CWGER02
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German cinema: past and present (German culture workshops)

Let's take a step back from on-demand and go back in time to an exciting visual journey through German cinema from its beginnings visiting Metropolis, indulging the 'golden era' of the 1920s, meeting Marlene and Kinski, exploring the works of Rainer Werner Fassbinder, Werner Herzog, Wim Wenders and many more, up to Germany's modern film industry.

£30	£10	£50	Sat	10:00-14:00	1	MAC	16/11/2019	CWGER03
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Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Bier and Wurst (German culture workshops)

From Tacitus to Oktoberfest: Enjoy a delicious taster of the science of socializing the German way - an exploration of the history of Bier and Wurst through the ages: their roles and rituals, myths and truths, artefacts and recipes through time - up to today's exciting developments in German craft beer and the cult of Currywurst.

£30	£10	£50	Sat	10:00-14:00	1	MAC	07/12/2019	CWGER04
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Chinese history for beginners through art (Chinese culture workshops)

An overview of Chinese history from the Shang dynasty down to present-day China with stops along the way to introduce 3 personalities from different periods.

£30	£10	£50	Sat	10:00-14:00	1	MAC	05/10/2019	CWCHI01
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Chinese characters and writing (Chinese culture workshops)

Literacy in East Asia means being able to read and write thousands of characters. How do characters work? Where do they come from? How have they developed over the centuries? These are some of the questions we shall try to answer in this workshop.

£30	£10	£50	Sat	10:00-14:00	1	MAC	12/10/2019	CWCHI02
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Chinese health and medicine (Chinese culture workshops)

A look at the way the Chinese look after themselves through Tai Qi, Qi Gong, acupuncture and, of course, traditional Chinese medicine.

£30	£10	£50	Sat	10:00-14:00	1	MAC	09/11/2019	CWCHI03
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Chinese manners and etiquette seen through food (Chinese culture workshops)

A look at the importance of food and eating in China in its wider social aspects. Come along to this lively workshop to find who to do it the Chinese way.

£30	£10	£50	Sat	10:00-14:00	1	MAC	30/11/2019	CWCHI04
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Ethiopian cuisine (Ethiopian culture workshops)

Enjoy an experience where all your senses will come to life. In this session, you will learn about Ethiopia's amazing ancient culture and way of living - followed by an introduction to essential Ethiopian ingredients and you will cook a simple recipe. All of this in an authentic Ethiopian setting to bring to life this amazing culture through food.

£30	£10	£50	Sat	10:00-14:00	1	MAC	02/11/2019	CWETH01
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Ethiopian dance (Ethiopian culture workshops)

Tradition, body movement, rhythm and music make Ethiopian dance one of the most influential and original dance sources in the world. In this session, you will learn about Ethiopia's amazing ancient culture and way of living followed by a fun experience where you will learn some traditional dances, including the famous and unmissable Eskista. Free your spirit through dance and music in the most fun way possible.

£30	£10	£50	Sat	10:00-14:00	1	MAC	23/11/2019	CWETH02
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Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Ethiopian art: looking at traditional and contemporary art (Ethiopian culture workshops)

Learn about Ethiopian culture by looking at some of the amazing arts from Ethiopia. This session will look at traditional and contemporary Ethiopian art, including textiles, fashion, and visual arts as well as music, literature, theatre, and cinema - all whilst enjoying a delicious cup of Ethiopian coffee! You may even want to have a go at creating your own Ethiopian artwork - perfect timing as a Christmas gift idea.

£30	£10	£50	Sat	10:00-14:00	1	MAC	14/12/2019	CWETH03
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Contemporary Spanish novelists (Spanish culture workshops)

After a brief overview of the current literary scene in Spain, we will concentrate on two contemporary novelists, Almudena Grandes and Arturo Perez Reverte, and their work in greater detail.

£30	£10	£50	Sat	10:00-14:00	1	MAC	11/01/2020	CWSPA01
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Spanish cuisine (Spanish culture workshops)

A look at the various cooking techniques, ingredients and famous recipes that are the core of Spanish cuisine which varies greatly from region to region of the country. Perhaps even try your hand at one simple recipe.

£30	£10	£50	Sat	10:00-14:00	1	MAC	05/04/2020	CWSPA02
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20th century Italian literature (Italian culture workshops)

After a brief overview of the main literary trends in 20th century Italian literature, we will concentrate on two modern novelists and their work in greater detail.

£30	£10	£50	Sat	10:00-14:00	1	MAC	18/01/2020	CWITA01
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Italian society as portrayed in its cinema (Italian culture workshops)

A look at how different film makers have portrayed Italian society and highlighted both the positive and, more often than not, its negative side. A few scenes from some classic films will be used to explore different aspects of modern and contemporary Italy.

£30	£10	£50	Sat	10:00-14:00	1	MAC	25/01/2020	CWITA02
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An introduction to Greek mythology (Greek culture workshops)

Greek mythology is the foundation of allusion and character genesis in literature. During this workshop, students will gain an understanding of the culture and religion of the ancient Greek and Roman world through the Olympian gods and goddesses. Zeus, Hera, Poseidon and their extended family will be seen under a different light as everyday people with passions, affairs, mischief and lots of gossip!

£30	£10	£50	Thu	18:00-21:00	1	MAC	30/04/2020	CWGRE01
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Greek cuisine (Greek culture workshops)

Greek cuisine has a long history and is known for its wide range of culinary traditions, from tender grilled meats and zesty salads, to fresh fish and syrupy pastries. This workshop will introduce the Mediterranean cuisine, its principles and most common ingredients alongside an introduction and a practical demonstration of a classic Greek dish. And maybe there will even be some Ouzo!

£30	£10	£50	Thu	18:00-21:00	1	MAC	07/05/2020	CWGRE02
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Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Greek dancing (Greek culture workshops)

Dancing has been a part of Greek folk tradition for hundreds of years and it was always an important element of the social and cultural life of this Mediterranean country. This workshop will introduce the cultural importance of Greek folk dances, their meaning and origin. It will also include a demonstration and practical lesson teaching one of the most common dances so expect a lot of Greek music and Opa! But hopefully, no plate smashing!

£30	£10	£50	Thu	18:00-21:00	1	MAC	4/05/2020	CWGRE03
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A Greek travel guide (Greek culture workshops)

Greece is one of the top travel destinations worldwide both for its history but also island life and leisure. However, a completely different language with a complicated looking alphabet can seem daunting. This workshop will look into the best not-to-miss Greek destinations, offering inside tips and information on a variety of areas. It will look into and discuss in detail Athens, islands and mainland offering a comprehensive guide very helpful for those who have already visited Greece but also the newcomers! Rest assured that after this workshop, it won't all be Greek to you!

£30	£10	£50	Thu	18:00-21:00	1	MAC	21/05/2020	CWGRE0
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Japanese cuisine (Japanese culture workshops)

A look at the various cooking techniques, ingredients and famous recipes that are the core of Japanese cuisine which varies greatly from region to region of the country. Perhaps even try your hand at one simple recipe.

£30	£10	£50	Thu	18:00-21:00	1	MAC	04/06/2020	CWJAP01
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Japanese manners and etiquette past and present (Japanese culture workshops)

What do Japanese manners and customs tell us about the way the Japanese think? We will look at a variety of practises (from bowing to gift giving) that will help us gain an understanding of Japanese society.

£30	£10	£50	Thu	18:00-21:00	1	MAC	11/06/2020	CWJAP02
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A Japanese travel guide (Japanese culture workshops)

An ideal short course for anyone looking for tips and advice on places to see and things to do in Japan, especially as the Olympic Games will be held in Tokyo in the summer of 2020.

£30	£10	£50	Thu	18:00-21:00	1	MAC	18/06/2020	CWJAP03
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To book your interview, call **020 8753 3600**





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Food studies

About food studies

Our new teaching kitchen offers a professional catering environment for you to develop your career. Specialist tutors provide accredited and non-accredited courses including: NVQ level 1 Certificate in Food Preparation and Cooking (QCF); and levels 1 and 2 City & Guilds in Cake Decoration and Sugarcraft. Each will equip you with a high level of skills to work successfully in the catering industry.

As we develop the new provision we will be announcing new courses.

Look out for our masterclass cookery courses coming soon!

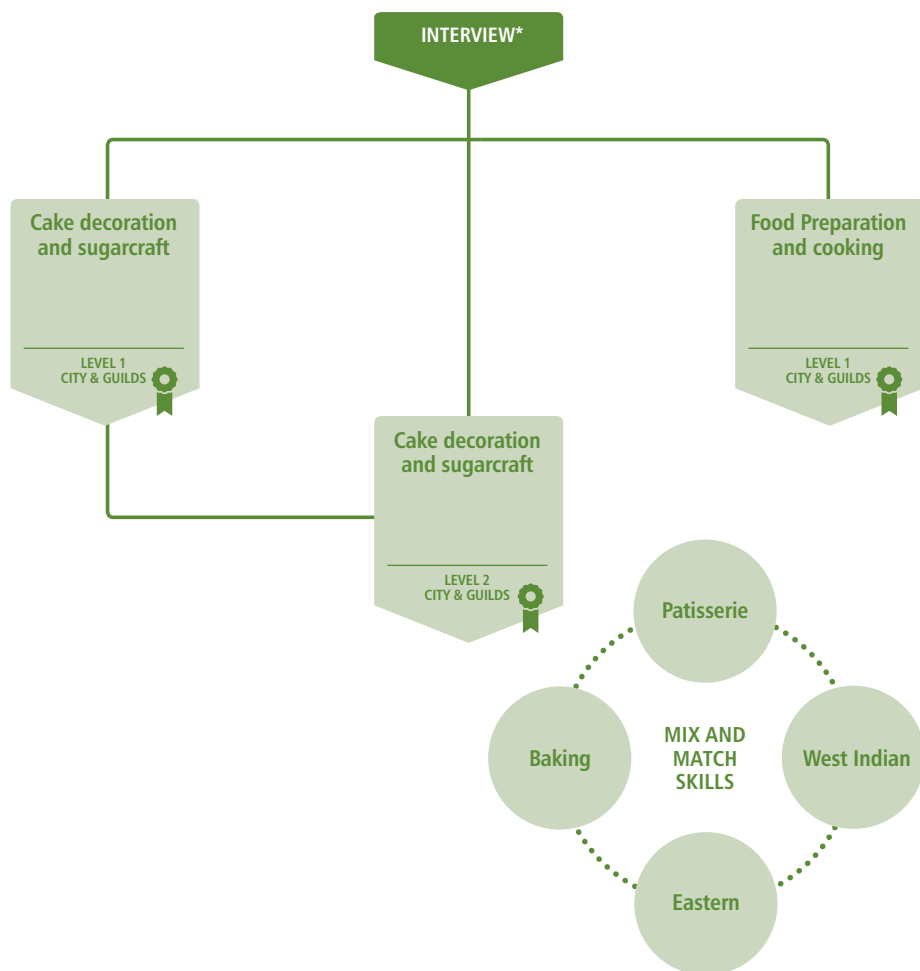
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Skill pathways

Develop new skills, gain a qualification, find employment or further your career. Choose your progression route:



*About interviews

Come to an interview for assessment, information, advice and guidance before you enrol. See pages 21 and 22 for details.

Next steps

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Learner profile: Hui Xu

NVQ level 1 City & Guilds Certificate in food preparation and cooking

// I want to be a chef one day, and as I started becoming ambitious about my cooking I decided to take the first step in joining this course. I'm really enjoying it and my favourite part is the cooking practice. We learn from scratch about how to prepare food, how to cook, and how to serve dishes.

The course also includes practical activities – it's not just about cooking and covers health and safety in the kitchen. I've been learning how to avoid getting hurt, how to store and prepare food, and that is making me more confident working in the kitchen. It has also been helpful for me in my work

experience organised through my tutor and the Macbeth Centre.

I had the opportunity to work on a private function hosted by (Great British Bake Off semi-finalist) chef Selasi Gbormittah in central London. We catered for 70 guests, and worked on preparation for 280 desserts. It was hard work but really fulfilling! I loved the experience and it gave me some great practical training, boosting my confidence. It also helped me with learning how to make a plan, how to save time and how important teamwork and communication is. I've since worked on two more work experience events including for our local Mayor. Having learned how to prepare and cook food, how to keep safe in the kitchen, and how to plan a meal... it is big progress!

On a personal level, I am confident about how to arrange a party with food at home, including menu planning, budgeting, food decoration and serving. My English is improving as well. Professionally, I've learned more about food hygiene and safety rules, and being very careful about food safety and health - this gives me more confidence to do different types of food.

I am studying in a very friendly atmosphere. Enrolment is easy, and I like working together with other students as a team. My tutor is very helpful and always there to answer our questions, and reminding us how to keep safe.

I hope I can continue the level 2 food preparation here at the Macbeth Centre and am planning to find a job in the food industry.



Tutor profile: Lynn Fleary

City & Guilds level 1 + 2
Cake decorating and Sugarcraft



// I currently run City & Guilds level 1 and 2 Cake decorating and Sugarcraft as well as mixed ability clothes making in the arts department. I'm also planning non-accredited cake decorating, a five-week baking class and possibly a few creative sewing classes.

I think teaching today is so rewarding on many levels - interacting with learners, and getting to know them beyond the formality of the classroom. I like seeing a learner grow in understanding of the subject being taught; in their confidence and achievement, helping them overcome obstacles; and supporting them through the difficulties of returning to learning as an adult.

My teaching style is quite relaxed as the subjects I teach require a small amount of formality, rules and regulations, but huge amounts of creativity – therefore I love the ebb and flow of quirky thoughts and ideas coming to life. I figure if my enthusiasm for teaching a subject which I enjoy is clear that some of that will impact on the learners - so they too will get the very best of my knowledge and come away feeling they have learnt and achieved during their time with me.

Over the years I have had some very talented students pass through. It is incredibly heart-warming and inspiring to see my students leave and set up businesses and flourish. Currently five of my previous learners are doing just that.

Having recently met Selasi from The Great British Bake Off, his young but humble passion and drive to make his mark on the industry with his baking and love for food and business is inspirational.

I set up and run the West London British Sugarcraft Guild club in Fulham, meeting up once a month. I teach a wide variety of sugarcraft skills and run workshops, inviting demonstrators and Sugarcraft professionals from across the country to share their knowledge of skill and business.

I volunteer once a week with my local youth club providing art activities for the under 11s and work closely with the 11-16s in crafting and mentoring.

Outside work, my children and grandchildren are the centre of my world.

In my spare time (ha ha!) I love to grasp the opportunity to create something for myself, be it sewing or baking, however that does not happen very often! I keep a journal of Lynn's Big Ideas - there is a lot in it but have not yet found the time to execute them...YET!

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Cookery

NVQ level 1 Certificate in food preparation and cooking (QCF)

City & Guilds

This course will enable you to gain a full understanding of food preparation, health and safety and related theory. At the same time gaining confidence and experience as you progress by making a variety of delicious dishes.

£645	£Free	£1986	Thu	09:45-15:15	32	MAC	19/09/19	FC1035
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Inclusive cookery

A basic cookery course covering the preparation and cooking of a variety of dishes for people who are new to the subject and want to work at a slower pace or those with moderate learning difficulties and disabilities.

£99	£43	£357	Fri	13:00-15:30	10	MAC	27/09/19	FC1120
			Fri	13:00-15:30	10	MAC	10/01/20	FC2120
			Fri	13:00-15:30	10	MAC	24/04/20	FC3120

Cookery - Indian, Thai and Sri Lankan

Learn how to make delicious eastern dishes -vegetarian options for all recipes.

£204	£81	£330	Wed	15:30-18:00	10	MAC	25/09/19	FC1056
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Cookery - Korean, Chinese and Vietnamese

Learn how to make delicious oriental dishes -vegetarian options for all recipes.

£204	£81	£330	Wed	15:30-18:00	10	MAC	15/01/20	FC2056
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One-day Saturday cooking courses

Cookery - one-day Indian cookery course

Learn to make mouth watering Indian dishes!

£49	£20	£72	Sat	10:00-15:00	1	MAC	28/09/19	FC1085
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Cookery - one-day Caribbean cookery course

£49	£20	£72	Sat	10:00-15:00	1	MAC	09/11/19	FC1082
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Cookery - one-day Thai cookery course

£49	£20	£72	Sat	10:00-15:00	1	MAC	18/01/20	FC2083
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Cookery - one-day Korean cookery course

Learn how to make delicious Vietnamese dishes in a day.

£49	£20	£72	Sat	10:00-15:00	1	MAC	29/02/20	FC2084
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Tutor profile:

Hildred Watts

NVQ level 1 City & Guilds Certificate in food preparation and cooking

// At school I was lucky to have a good careers lesson, with visitors from the industry coming in to talk to students about careers in hospitality and catering. I instantly loved all the pictures of food I saw - this started me on my path.

I studied Hospitality and Catering at Lincoln College; advanced City and Guilds in Kitchen, Larder and Pastry at Westminster College; then later my HCIMA (Catering Management) at Oxford. Following this, I spent time working at the Savoy Hotel, Selfridges Hotel, Sarova Hotel, the Hilton, Claridge's, Le Palais du Jardin, and I've also taught in other adult education institutions - including at the Cordon Bleu School. I enjoy teaching others to cook and see them gaining confidence for personal achievement as well as for work.

There are a number of talented chefs I look up to: Monica Galetti, Raymond Blanc, Giorgio Locatelli, Ainsley Harriet, James Martin, and of course Marco Pierre White - in fact it was one of his early cook books that inspired me.

Our refurbished kitchen is great because it gives the students a good idea of the working environment they can expect in future employment. Further equipment and tools are being continually added, in order to give the students a larger variety of skills and experience. This will equip them with the confidence they



need to secure work in the catering industry.

I have set up some work experience activities for current NVQ level 1 students and also plan more events for new students joining in the next academic year. I believe this helps to prepare them for their future careers and give them the confidence they need to thrive.

In the future I'd also like to run some international cookery workshops - French, Thai, Chinese, Caribbean, Italian and others.

Favourite go-to recipes of mine are French, Thai and Caribbean. I love to cook roast stuffed crown of lamb with dauphinoise potatoes and ratatouille, Thai green curry (with my own freshly made Thai curry paste), Caribbean mutton curry or oxtail with coconut rice and plantain, fried fish with chill sauce and papaya salad - to mention but a few!

My dream dinner guests would have to be: Alan Sugar (just to see if he would hire or fire me after eating but not before I pick his entrepreneurial brains!), Gabrielle (as I like her music), and finally, actress/singers Jennifer Hudson and Brown Lindiwe Mhize.

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Baking and patisserie **NEW**

Baking perfect cakes **NEW**

Learn how to bake, fill and decorate three perfect cakes.

£98	£39	£190	Mon	18:00-21:00	5	MAC	28/10/19	FC1015
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Baking - bread baking and finishing Saturday

Learn how to make delicious bread in our one-day course.

£40	£17	£70	Sat	10:00-15:30	1	MAC	12/10/19	FC1044
			Sat	10:00-15:30	1	MAC	08/02/20	FC2045
			Sat	10:00-15:30	1	MAC	16/05/20	FC3045

Cake decoration and Sugarcraft

Cake decoration and Sugarcraft - C&G level 1 Certificate in Sugarcraft (QCF)

City & Guilds

Learn craft skills and get a C&G certificate. This is a great place to start for any serious cake decorator. Please go to our website to book an interview.

£607	£Free	£1711	Tue	10:00-14:45	30	MAC	24/09/19	FD1001
			Tue	18:00-21:00	36	MAC	17/09/19	FD1003

Cake decoration and Sugarcraft - C&G level 2 Certificate in Sugarcraft

City & Guilds

Gain a highly regarded level 2 qualification in cake decoration and sugar craft.

£607	£Free	£1711	Mon	10:00-14:45	30	MAC	23/09/19	FD1010
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Sugarcraft skills **NEW**

Learn sugar crafting skills to be able to make decorated cakes for special occasions and for fun.

£196	£79	£380	Mon	10:00-13:00	10	MAC	13/01/20	FD2030
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To book your interview, call **020 8753 3600**





Motor vehicle and bicycle maintenance

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About motor vehicle and bicycle maintenance

We have a well-equipped workshop where you will be able to access professional trade equipment, and cover aspects of motor vehicle maintenance, diagnostic testing and repair. We also offer a range of bicycle maintenance classes to help keep you roadworthy. Our welding and light metalwork classes demonstrate techniques that can be used for making a variety of projects.

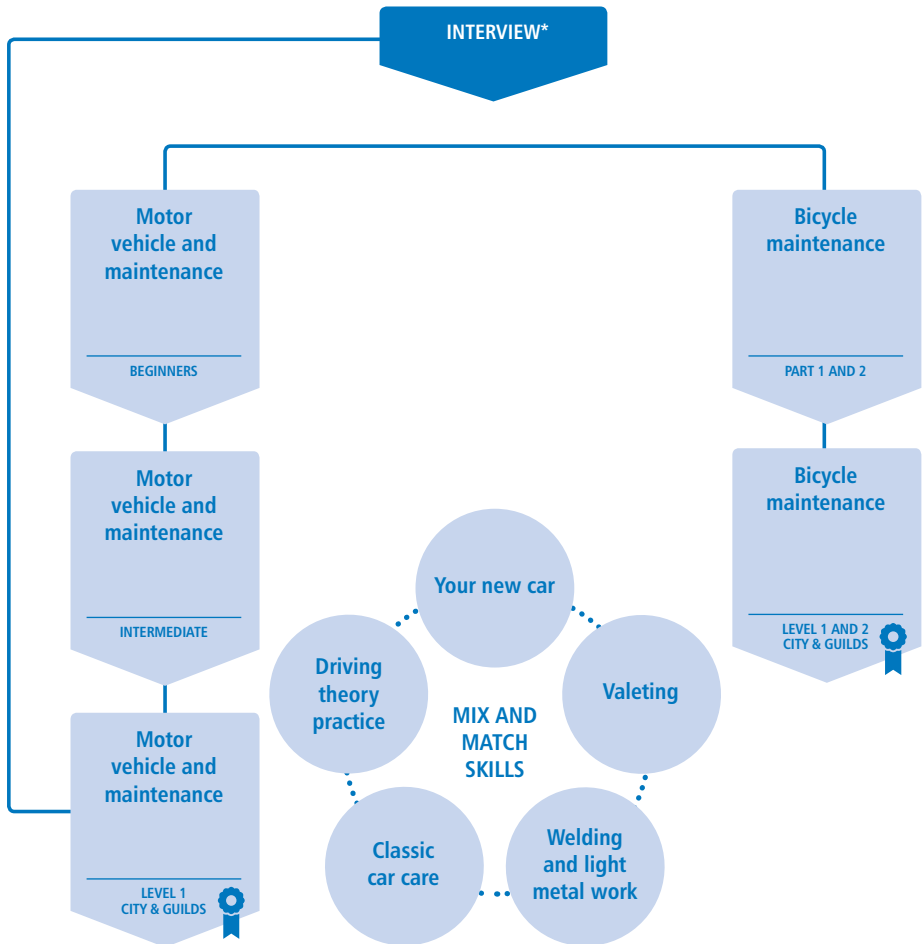
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Skill pathways

Develop new skills, gain a qualification, find employment or further your career. Choose your progression route:



*About interviews

Come to an interview for assessment, information, advice and guidance before you enrol. See page 24 for details.

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Learner profile: **Paul Curran**

- Practical classic car care
 - Car maintenance - dealing with minor bodywork repairs
 - Car maintenance - intermediate
 - Welding and light metalwork
-

/// I was getting more and more into working on classic cars. I had owned an MG and was given an old VW Beetle which needed a lot of work. I had also bought a VW Camper. I was okay at basic DIY mechanics but clueless with welding and body work. So, I signed up for the beginners welding course a few years back at the Macbeth Centre (it was over the road from where I work as a teacher in Hammersmith) and that was it...I was hooked! Four motor engineering courses later I'm still here. It feels like my second home and second family.

The best bit is the welcome from the tutors, their knowledge, support, friendship and kindness. I also treasure the friendships and wider support network that has developed across the courses - all levels, backgrounds, cultures, ethnicities, ages, both male and female. It's great having so many females on the courses. They seem to bring a completely different dimension to the classes which have traditionally seemed to be male-dominated. This has been invaluable.

I now have the confidence to have a go myself and get stuck in. I service and maintain my VW camper myself and do all the welding and body work. My wife and I plus our family (two small children aged six and three at the time) spent a month on the road travelling from London to Sweden, and back, for a family wedding. I don't think I would have had the confidence to take that on in a 44-year-old campervan if it hadn't been for my experience gained at the Macbeth Centre.

Teaching in a primary school, although amazing, is challenging in all sorts of ways. It can be very intense and stressful. Having an outlet where you can spend time for yourself is extremely important. It can be hard juggling this while trying

to raise and support a young family too, but it can be done and cannot be underestimated in terms of mental health and well-being. I think it's made me a better husband, father and teacher.

Motor engineering is a hobby for me...I love it. But I hope to be able to combine my teaching skills with what I have learnt on the courses here. Who knows, perhaps student could become teacher. Hang on a minute...it's all gone a bit Kung Fu Panda!



Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Motor vehicle

Motor vehicle maintenance (level 1 Award)

City & Guilds

A great place to start your study to enable you to work in the vehicle and automotive industries.

£463	£Free	£1254	Thu	13:00-16:00	32	MAC	03/10/19	MV1402
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Practical classic car care

A maintenance class focused on keeping classic cars running.

£189	£80	£342	Sat	09:30-15:30	4	MAC	02/11/19	MV1080
			Sat	09:30-15:30	4	MAC	25/04/20	MV3080

Car maintenance - beginners

A comprehensive introduction to D.I.Y. car maintenance and repairs.

£232	£107	£383	Wed	18:15-20:45	11	MAC	18/09/19	MV1025
			Thu	18:15-20:45	11	MAC	09/01/20	MV2025
			Wed	18:15-20:45	11	MAC	29/04/20	MV3025

Car maintenance - intermediate

Take the next step in D.I.Y. car maintenance and repairs.

£232	£107	£383	Thu	18:15-20:45	11	MAC	19/09/19	MV1050
			Wed	18:15-20:45	11	MAC	08/01/20	MV2050
			Thu	18:15-20:45	11	MAC	23/04/20	MV3050

Driving theory

Come and learn your driving theory in a supportive group atmosphere.

£76	£31	£160	Wed	10:00-12:00	5	MAC	30/10/19	MV1095
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Car valeting **NEW**

Discover how to keep your car spick and span with basic valeting techniques.

£50	£22	£82	Wed	10:00-12:00	3	MAC	29/01/20	MV2085
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Love your new car! **NEW**

Discover the ins and outs of your new car and how to keep it in peak condition.

£60	£25	£103	Wed	10:00-12:00	4	MAC	29/04/20	MV3995
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To book your interview, call **020 8753 3600**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Bicycle maintenance

City & Guilds bicycle maintenance Award/Certificate

City & Guilds

The course covers the knowledge and skills needed to become a qualified bicycle technician.

£628	£Free	£1474	Mon	09:30-16:30	16	MAC	23/09/19	MV1163
			Mon	09:30-16:30	16	MAC	24/02/20	MV2163

Bicycle maintenance part 1

Learn how to maintain your own bicycle in a safe and reliable condition. Bicycle 'first aid'.

£8	£8	£8	Mon	18:15-20:45	2	MAC	16/09/19	MV1150
			Mon	18:15-20:45	2	MAC	25/11/19	MV1151
			Sat	09:45-15:30	1	MAC	30/11/19	MV1152
			Mon	18:15-20:45	2	MAC	03/02/20	MV2150
			Sat	09:45-15:30	1	MAC	29/02/20	MV2152
			Mon	18:15-20:45	2	MAC	20/04/20	MV3150
			Sat	09:45-15:30	1	MAC	23/05/20	MV3152
			Mon	18:15-20:45	2	MAC	06/07/20	MV3151

Bicycle maintenance part 2

Follows on from part 1 and offers a more comprehensive course designed to keep your bike in tip top condition.

£8	£8	£8	Mon	18:15-20:45	2	MAC	30/09/19	MV1160
			Sat	09:45-15:30	1	MAC	07/12/19	MV1162
			Mon	18:15-20:45	2	MAC	20/01/20	MV2160
			Sat	09:45-15:30	1	MAC	07/03/20	MV2162
			Mon	18:15-20:45	2	MAC	16/03/20	MV2161
			Mon	18:15-20:45	2	MAC	11/05/20	MV3160
			Sat	09:45-15:30	1	MAC	06/06/20	MV3162

To book your interview, call **020 8753 3600**

Tutor profile: **Nick McKenzie**

**Programme Leader, motor vehicle
and bicycle maintenance**

// From an early age I'd always been interested in mechanical objects and was good at practical subjects at school: metalwork, woodwork, technical drawing and art. I started to get interested in car mechanics because my uncle was a mechanic - when he was doing his private work I used to help him by handing him the spanners!

On leaving school I went straight into a small family-run repair garage and spent over five years there, gaining my C&G certificates. After this I moved on to join Datsun (part of Nissan), staying for another five to six years until business changes led to restructuring. I worked for some smaller garages after this, eventually becoming a self-employed mobile mechanic and building up a private customer following, before going on to start my teaching career.

I started teaching at Tower Hamlets College and Lewisham College, then moving on to the Macbeth Centre. I've been Programme Leader and teaching here ever since, for over sixteen years. Teaching has allowed me to capitalise on my previous knowledge and experience of automotive technology and has given me a work environment conducive to good health. The greatest bit about the job is passing on my knowledge and providing information about motor vehicle technology but most of all, empowering others.



My style of teaching is relaxed, informative, jokey, inclusive, and I am extremely patient and welcoming. We have a wide range of courses including: motor vehicle maintenance (beginners and intermediate), classic car maintenance, C & G level 1 (adults) and entry 3 (for 16-18s) car maintenance, welding and light metalwork, bicycle maintenance levels 1 and 2.

Despite the range of subjects and facilities the motor vehicle department offers, I'm of the mind that we have more to give and to achieve, especially in the area of working with young people, with the right mix of environment, tutors and resources.

Recently, a current student invited me to join his fledgling race team. We're four of us altogether - three drivers and myself. I look after both the maintenance of the car and its performance during race meetings. This is a dream-come-true for me as it's something I've wanted to do for as long as I can remember! I'm hoping that this new direction will open up many possibilities - and I can also use this to introduce young people we work with into the world of motor sport and classic cars.

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Welding

Welding and light metalwork

An introduction to basic welding and metal work fabrication techniques.

£352	£205	£476	Tue	18:15-20:45	11	MAC	17/09/19	MV1250
			Tue	18:15-20:45	11	MAC	07/01/20	MV2250
			Tue	18:15-20:45	11	MAC	21/04/20	MV3250

Welding intensive

Learn the basics of welding methods and techniques, including gas and electric welding.

£336	£200	£430	Sat	09:30-15:30	5	MAC	21/09/19	MV1251
			Sat	09:30-15:30	5	MAC	18/01/20	MV2251
			Sat	09:30-15:30	5	MAC	13/06/20	MV3251



To book your interview, call **020 8753 3600**





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Agewell

About Agewell

The Agewell project is open to anyone over 50. Membership can be obtained through our Macbeth Centre and provides access to all courses in the Agewell programme.

If you are under 50 and suffering from a chronic complaint that may be improved by physical activity you may be able to access the Agewell classes.

There are a number of courses that are pay-as-you-go and, as such, are not subject to the termly fees. Please check the Agewell leaflet for details.

For further information please call 020 8753 3600.



Enrolments and fees

We will be enrolling for the autumn term on Tuesday 30 July at Macbeth Centre. Fees are:

Borough residents

£40 per course, per term.

Out-of-borough residents

£50 per course, per term.

Concessions

£20 per course, per term.

You will need to bring proof of address in order to get the in-borough rates. If you are claiming concessionary fees you will need to bring proof of entitlement and you national insurance number.

Country rambles: call Debbie Peters on 07949 244 253 for further information (out-of-borough residents may only enrol for rambles/badminton from 31 July 2019).

Beginners

Advanced

Intermediate

Courses include those listed below, for a leaflet listing full course details please ask at reception.

Aquacise
Awareness through movement
Badminton
Balance, strength and stability
Barre fitness
Be good to your back
Body conditioning
Breathe better
Cardiac rehabilitation
Ceili dancing
Complete body workout
Dance fitness
Deep water aquacise
Exercise after stroke
General / monitored / senior circuit training
Gentle keep fit / falls prevention
Gentle exercise / osteoporosis prevention
iPads for beginners / improvers
Osteoporosis prevention
Pilates - various levels
Qi Gong
Short tennis
Singing
Slimnastics
Tai Chi Lam style - various levels
Watercolour painting
Yoga - various levels
Yogalates
Zumba gold

To book your interview, call **020 8753 3600**

Tutor profile:

Petra Hind

- Prevention and rehabilitation for Osteoporosis
- Strength and balance

// I started out in life from school and youth training as a nanny but always knew that one day I would be a fitness instructor. I entered fitness when I was 30 years old, fresh from Hackney College working in Islington for a number of years where I trained for Level 4 special populations, and have never looked back.

I was always good at fitness from primary school: I swam for my borough, played all the usual sports, and loved gymnastics. By my teens I was always training and running; at 16 I started going circuit training; then spent my 20s working and got my head down to studying fitness when I was 28.

The best thing about my job is helping people overcome the fear of exercising with conditions and seeing the change in their lives and well-being - it's such a brilliant feeling.

I was once referred to as 'small but mighty'! I like to think I give beneficial, enjoyable, and achievable targets. My participants really inspire me - as the more they get out of it, the better they feel, the more I get out of it.



I would love to collaborate with specialist Doctor Dawn Skelton and Susie Dynon - they are wonderful people, with worlds of knowledge.

At the moment we have between 12 and 16 students in the Osteoporosis classes, and 10 currently on the Strength and Balance, so it's a nice number for people to get the opportunity to have one to one attention as well as group training.

For the future, I'm thinking of running a taster Strength and Balance Circuit class through the summer programme; and am continuing my research into the new and updated information on bone strength - by continuously improving the training it will enable students to get the best out of the Osteoporosis classes.

I'd like to say thank you to all the participants that have loyally come through the many years I have taught, and will go on to teach, for Agewell. It's an absolute pleasure!

Love and Blessings

Petra x

THINKING ABOUT
STARTING
A BUSINESS?

ALREADY UP
AND RUNNING?

H&F ENTERPRISE CLUB

Presentations from business and industry specialists

Seminar sessions facilitated by a local business,
sharing experiences, successes and pitfalls

The opportunity to network and meet other entrepreneurs
just like you!

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BUSINESS GROW

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Business and computing

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About business and computing

Whether for home use or work our computer courses will give you the digital knowledge you need to progress. If you want to update your skills, or are thinking about returning to work, we have suitable courses covering essential business skills.

We offer courses from very basic levels for absolute beginners to advanced courses. We work with a range of awarding bodies to ensure our courses are relevant to the industry standard.

We also run short business courses to get you ready for business throughout the year - check our website for details.

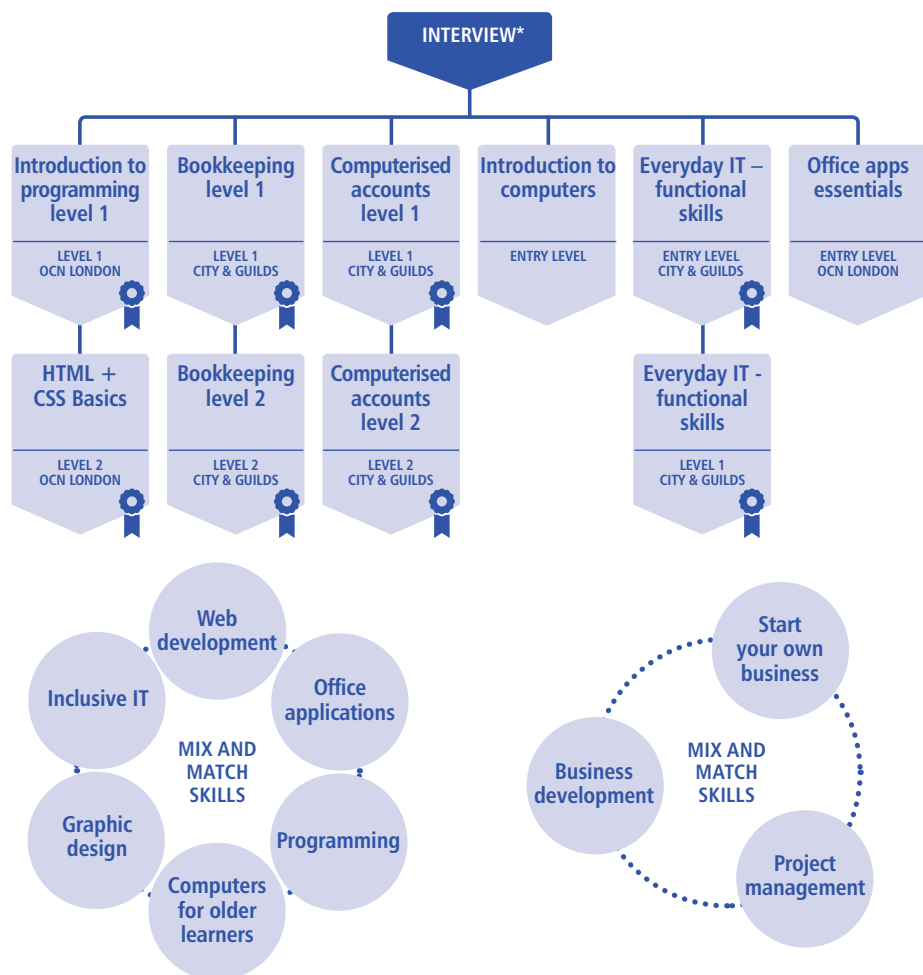
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Skill pathways

Develop new skills, gain a qualification, find employment or further your career. Choose your progression route:



*About interviews

Come to an interview for assessment, information, advice and guidance before you enrol. See page 24 for details.

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 Courses and employability **24 and 28-29**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Business

Book-keeping level 1

City & Guilds

Learn manual book-keeping and gain a qualification.

£140	£Free	£418	Tue	18:00-20:30	10	MAC	17/09/19	BS1200
			Sat	09:30-12:00	10	MAC	11/01/20	BS2200
			Tue	18:00-20:30	10	MAC	21/04/20	BS3200

Book-keeping level 2

City & Guilds

Gain more in-depth knowledge of manual book-keeping with a higher level qualification.

£160	£Free	£418	Thu	18:00-21:00	10	MAC	19/09/19	BS1250
			Sat	12:30-15:30	10	MAC	11/01/20	BS2250
			Thu	18:00-21:00	10	MAC	23/04/20	BS3250

Computerised accounts Sage level 1

City & Guilds

Learn the industry standard software for accounting, leading to a qualification.

£162	£Free	£423	Wed	18:00-21:00	10	MAC	18/09/19	BS1300
			Tue	18:00-21:00	10	MAC	14/01/20	BS2300
			Wed	18:00-21:00	10	MAC	29/04/20	BS3300

Computerised accounts Sage level 2

City & Guilds

Improve your knowledge of Sage Accounts software and gain a higher level qualification.

£162	£Free	£423	Tue	18:00-21:00	10	MAC	17/09/19	BS1350
			Wed	18:00-21:00	10	MAC	15/01/20	BS2350
			Tue	18:00-21:00	10	MAC	28/04/20	BS3350

Project management

Help your projects succeed with this overview of effective project management principles.

£143	£55	£267	Thu	18:30-20:30	10	MAC	19/09/19	BS1525
			Thu	18:30-20:30	10	MAC	23/04/20	BS3525

Stay updated each term and check out our website www.hfals.co.uk for a wide range of short business support courses running throughout the year.

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Computing¹

Inclusive computers

A very basic introduction to using a computer.

£87	£35	£263	Tue	15:30-17:30	10	MAC	24/09/19	JS1025
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Everyday IT (functional skills entry level)

City & Guilds

Get a good grounding in the basic IT skills you need for everyday life.

£209	£Free	£603	Mon	10:00-12:30	18	MAC	16/09/19	JS1000
			Wed	12:30-15:00	18	MAC	26/02/20	JS2000

Everyday IT (functional skills level 1)

City & Guilds

Take your everyday IT skills to the next level.

£211	£Free	£605	Wed	12:30-15:00	18	MAC	18/09/19	JS1010
			Mon	10:00-12:30	18	MAC	24/02/20	JS2010

Introduction to computers

Get to grips with the basics of using a computer, word processing and internet and email.

£137	£50	£319	Fri	10:00-12:30	10	MAC	27/09/19	JS1150
			Tue	12:30-15:00	10	MAC	14/01/20	JS2150
			Thu	12:30-15:00	10	MAC	30/04/20	JS3150

Typetastic

Learn tips and tricks to improve your typing speed and accuracy.

£70	£25	£129	Tue	18:30-20:30	5	MAC	25/02/20	JS2240
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Office apps essentials - boost productivity and develop your skills using Office **NEW**

OCN

Learn how to improve your skills using the three core Office Applications.

£230	£Free	£665	Mon	18:00-20:30	20	MAC	13/01/20	JS2100
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Computers - beyond the basics

Learn a bit more about the ins and outs of your computer, and how to get more out of it.

£77	£32	£136	Sat	10:00-12:00	6	MAC	06/06/20	JS3170
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Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Picture editing: an introduction

Take your digital images to the next level with picture editing software.

£181	£68	£327	Mon	18:30-20:30	10	MAC	23/09/19	JS1900
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Excel made easy

Learn how to use spreadsheets effectively.

£114	£44	£263	Sat	13:00-15:00	10	MAC	28/09/19	JS1250
			Tue	18:00-20:00	10	MAC	28/04/20	JS3250

Excel next steps

Explore advanced techniques in this *next steps* course and increase your Excel skills.

£77	£32	£136	Sat	13:00-15:00	6	MAC	11/01/20	JS2230
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Podcasting: an introduction **NEW**

Find out how to create podcasts and upload them to the internet.

£70	£25	£129	Tue	13:00-15:00	5	MAC	17/09/19	JS1180
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Youtube: an introduction **NEW**

Find out how to create video and upload them to Youtube channels.

£70	£25	£129	Tue	13:00-15:00	5	MAC	29/10/19	JS1185
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Computing for older learners 1.1

Learn how to use a computer in a relaxed and friendly environment. For complete beginners.

£114	£44	£263	Mon	13:00-15:00	10	MAC	23/09/19	JS1050
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Computing for older learners 1.2

Learn how to use a computer in a relaxed and friendly environment. Some basic knowledge required.

£114	£44	£263	Mon	13:00-15:00	10	MAC	13/01/20	JS2060
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Computing for older learners 1.3

Learn how to use a computer in a relaxed and friendly environment. Some confidence required.

£114	£44	£263	Mon	13:00-15:00	10	MAC	20/04/20	JS3070
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For updates, news and events, text **LEARN** to **60777**

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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Web development

Web design: HTML5 and CSS basics (level 2 award) NEW

OCN

Gain an understanding of the core skills needed to build websites.

£220	£free	£550	Wed	18:00-21:00	12	MAC	18/09/19	JS1610
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Web design: JavaScript/jQuery

Add interactivity and involve your website visitors with JavaScript and jQuery.

£170	£60	£330	Thu	18:30-21:00	10	MAC	26/09/19	JS1730
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Web design: Bootstrap

Learn Bootstrap, the most popular front-end framework to design standout responsive websites.

£170	£60	£330	Wed	18:30-21:00	10	MAC	15/01/20	JS2725
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Web design: Angular

Learn Angular JS, the most popular MVC framework to make single-page web applications.

£170	£60	£330	Thu	18:30-21:00	10	MAC	30/04/20	JS3790
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Quick blogs and websites using Wordpress

Learn how to use Wordpress to create your own mini website or blog.

£70	£25	£129	Thu	13:00-15:00	5	MAC	27/02/20	JS2785
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Programming

Data: Python (programming for beginners level 1) NEW

OCN

Gain an understanding of programming with a focus on Python.

£175	£free	£505	Thu	18:00-21:00	12	MAC	09/01/20	JS2810
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Data: Python advanced

Continue to study Python and gain advanced skills.

£170	£60	£330	Wed	18:30-21:00	10	MAC	29/04/20	JS3850
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Stay updated each term and check out our website www.hfals.co.uk for a wide range of short business support courses running throughout the year.

To book your interview, call **020 8753 3600**

Where to find us

Main centre

1 Macbeth Centre (MAC)

Macbeth Street, W6 9JJ

Tel: 020 8753 3600

Bus: 27, 190, 211, 266, 267, 295, 391, H91

Tube: Hammersmith

Satellite centres

2 Normand Croft Community School (NCCS)

Bramber Road, Fulham, W14 9PA

Please use the Lillie Road entrance

3 239a Uxbridge Road (UXB)

Shepherds Bush, W12 9DL

Outreach centres

If you need further information about adult learning and skills courses at these centres please call the course information line on 020 8753 3600. Please note we cannot answer general queries about these centres.

The Adventure Café (ADV)

White City Adventure Playground

Canada Way, White City Estate, W12 7PH

ARK Swift School

Australia Road, White City, W12 7PT

Charecroft Community Centre

Rockley Rd, W12 8PQ

Charing Cross Hospital

Fulham Palace Road, W6 8RF

Charing Cross Sports Club

Aspenlea Road, W6 8LH

City Mission Nursery (CM)

Scrubs Lane, White City, NW10 6RB

Fulham Jobcentre Plus

Waterford House, 1-7 Waterford Road, SW6 2DL

Fulham Palace (FLP)

Bishop's Avenue, SW6 6EA

Gibbs Green

Gibbs Green Tenants Hall, Dieppe Close, W14

The Hub

75 Bloemfontein Rd, Shepherds Bush, W12 7DA

Hurlingham Academy (HAC)

Peterborough Road, SW6 3ED

Lyric Hammersmith (LYR)

Lyric Square, King Street, W6 0QL

Masbro Centre (MAS)

87 Masbro Road, W14 0LR

Melcombe Children's Centre (MCC)

Fulham Palace Road, W6 9ER

Melcombe Primary School (MEL)

Fulham Palace Road, W6 9ER

Old Oak Children's Centre (OOC)

76 Braybrook Street, W12 0AP

Phoenix High School (PHO)

The Curve, W12 0RQ

Polish Centre (PSK)

238-246 King Street, W6 0RF

Ravenscourt Park (RAV)


The Glasshouses, Ravenscourt Park

Dalling Road, W6 0TW

Vanston Place Community Centre

(also known as

Samuel Lewis Trust Community Centre)

Vanston Place, SW6 1AZ 

The Wharf Rooms (WHR)

Imperial Road, SW6 2PY

Tudor Rose (formerly Fulham Court) (TR)

Shottendane Road, SW6 5TJ

Wormholt Park Primary School

Bryony Road, London, W12 0SR

Key:

Fully accessible  Partially accessible 



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