

# Term 1 Course Listings

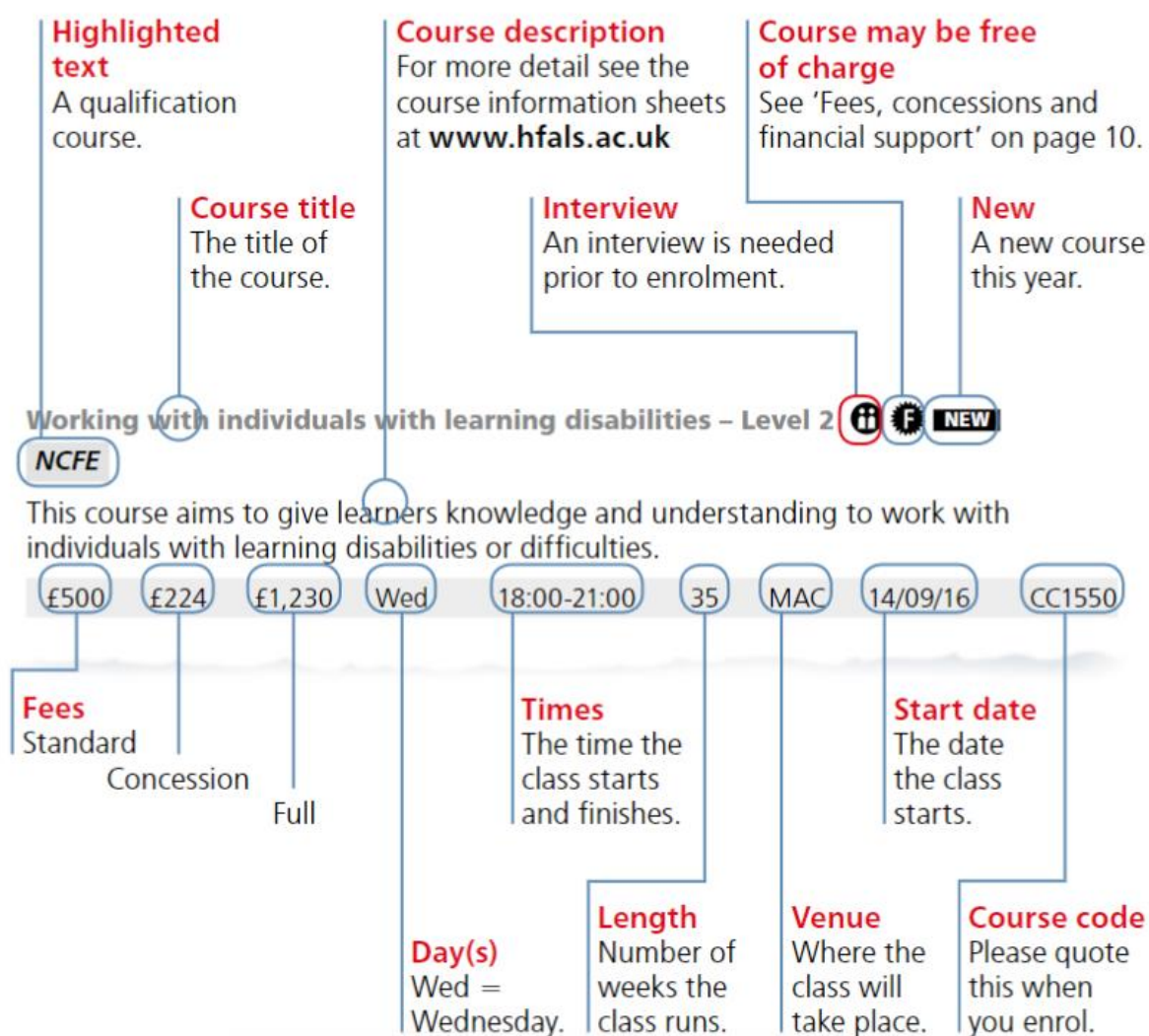
September – December 2023

Welcome to the Term 1 course listing from the Adult Learning & Skills Service. We have a wide range of courses on offer from September to suit all interests, both in the centres and online, so have a browse and see what sparks your interest!

Enjoy the rest of this year, and we look forward to seeing you in the new term!

**Course dates may be subject to change. Please go to [www.hfals.ac.uk](http://www.hfals.ac.uk) for the latest information and to book online.**

Course details are listed under the individual courses and usually follow this structure:



# English, ESOL, Maths & Family Learning



We offer a range of courses designed to build the skills needed in order to progress in life. Most classes are accredited, and you will have the opportunity to gain a qualification. For more information and to enrol on any of these courses, please book an interview at <https://www.lbhfadmin.com/InterviewCreates/Book>

## English for speakers of other languages (ESOL)

These courses are for people whose first language is not English and who want to improve, in order to help deal with everyday life. Learners will work on their speaking, listening, reading, and writing according to their level. Most of our courses are free and lead to a qualification.

### ESOL Pre-Entry

A course for people who don't speak any English and want to learn the basics of reading, writing and speaking & listening in English.

Standard £266    Conc £ Free    Full £1346    Mon/We 12:45-14:45    23    MAC    18/09/23    EE108M

### ESOL Entry 1/2 Conversation with grammar

Practise your speaking and improve your English grammar at the same time on this course for people with basic English language skills.

Standard £266    Conc £ Free    Full £1346    Mon/We 19:00-21:00    23    MAC    18/09/23    EE107M

### ESOL Entry 3 Writing

**Trinity**

Develop and improve your English writing skills on this course for intermediate ESOL learners.

Standard £332    Conc £ Free    Full £1682    Tue/Th 09:30-12:00    23    MAC    19/09/23    EE103WM

### ESOL E2 Employability and conversation

**City and Guilds**

Practise your English conversation and develop the skills you need to help you look for work/in work. This course has a qualification.

Standard £173    Conc £ Free    Full £878    Tue/Th 09:30-12:00    12    MAC    19/09/23    EE106M

### ESOL E2 Speaking and listening

**Trinity**

This is Introduction to accredited Entry 2 (Pre-intermediate) Speaking and Listening course for adults who are at E1 (elementary speakers of English).

Standard £332    Conc £ Free    Full £1682    Tue/Th 09:30-12:00    23    UXB    19/09/23    EE101P

## ESOL E3 Speaking and listening ⓘ

Trinity

This course is an introduction to an intermediate ESOL course. You will learn how to use simple present, past and future tenses as well as extended vocabulary for everyday conversations.

Standard £332   Conc £ Free   Full £1346   Tue/Th   12:30-15:00   23   MAC   19/09/23   EE102M

## ESOL Level 1 Speaking and listening ⓘ

Trinity

Practise and develop your speaking and listening skills at upper intermediate level. For learners who already have established skills at E3.

Standard £332   Conc £ Free   Full £1346   Tue   12:30-15:00   23   NOR   19/09/23   EE104SN

## ESOL L2 Speaking and listening ⓘ

Practise and develop your speaking and listening skills at advanced level. For learners who already have established skills at L1.

Standard £332   Conc £ Free   Full £1682   Mon   09:30-12:00   23   MAC   18/09/23   EE105M

## English and Maths

These courses are for adults who want to return to learning to develop, improve and extend their skills, gain confidence and gain a qualification for work or further studies. We offer all levels including Functional Skills at L1 and L2 and GCSE. The courses are mostly free. You can book an interview on our website or by calling our team on 020 8753 3600 to find the best course for you.

## Family Learning

Family Learning is part of wider community learning provision, supporting parents and carers to engage with their children, to understand more about their children's learning, improve self-confidence and skills for life, by providing inclusive learning opportunities for families. Activities take place throughout the year - check our website, social media, and notices in the centre for details.

## Special Educational Needs



Our provision aims to support learners to develop and progress into higher level courses, work opportunities, supported employment and have an active life in the community. This program is made up of a wide selection of courses, to meet the wide range of needs learners with learning difficulties and disabilities have.

## Preparation for Work ⓘ

Students will develop interview skills and confidence, build a CV, investigate applying for jobs, improve employability skills and learn practical skills in several different employment areas.

Standard £455   Conc £Free   Full £935   Mon   10:00-12:00   30   MAC   18/09/23   DE1070

## Catering for Work and Life ⓘ

On this course will learn about what kind of cookery jobs are available and the skills you need to get them. We will cover all the areas involved in cooking for work and at home including food preparation, food hygiene, kitchen safety, etc.

Standard £935	Conc £Free	Full £2015	Mon	15:15-17:30	30	MAC	18/09/23	DE1025
			Mon	15:15-17:30	30	MAC	18/09/23	DE1025

### Pre-Employment Skills

This course will cover employment skills and develop learners skills for life, through in class projects and activities.

Standard £1205	Conc £Free	Full £2645	Mon	13:00-15:00	30	MAC	18/09/23	DD1050
			Tue	10:00-12:00	30	MAC	19/09/23	DD1050
			Tue	13:00-15:00	30	MAC	19/09/23	DD1050
			Wed	10:00-12:00	30	MAC	20/09/23	DD1050
			Thu	10:00-12:00	30	MAC	21/09/23	DD1050
			Thu	13:00-15:00	30	MAC	21/09/23	DD1050
			Fri	10:00-12:00	30	MAC	22/09/23	DD1050

### Personal development

Learners select a tailor-made learning package from a range of classes, to help build skills for personal development and independent living.

Standard £1925	Conc £Free	Full £4325	Mon	10:00-12:00	30	MAC	18/09/23	DD1025
			Tue	10:00-12:00	30	MAC	19/09/23	DD1025
			Tue	13:00-15:00	30	MAC	19/09/23	DD1025
			Wed	10:00-12:00	30	MAC	20/09/23	DD1025
			Wed	13:00-15:00	30	MAC	20/09/23	DD1025
			Thu	10:00-12:00	30	MAC	21/09/23	DD1025
			Fri	10:00-12:00	30	MAC	22/09/23	DD1025
			Fri	13:00-15:00	30	MAC	22/09/23	DD1025

### AW Mind & Body

There will be meditation and mindfulness as well as flexibility-based exercises and circuit training. Learners will build up their fitness, confidence, and mental health.

Standard £74.20	Conc £30	Full £216.20	Mon	13:15-14:45	10	MAC	18/09/23	DP1065
			Mon	13:15-14:45	10	MAC	08/01/24	DP2065
			Mon	13:15-14:45	10	MAC	15/04/24	DP3065

### AW AMICI Dance AM

Amici Dance introduces learners to movement and dance. Learners will develop creative relationships, skills in taking turns, making choices, performing for the group and being part of an audience.

Standard £103.05	Conc £40	Full £286.05	Tue	10:00-12:00	10	MAC	19/09/23	DP1010
			Tue	10:00-12:00	10	MAC	09/01/24	DP2010
			Tue	10:00-12:00	10	MAC	16/04/24	DP3010

### AW AMICI Dance PM

This course develops learners' personal and social skills by developing skills in taking turns, making choices, performing for the group and being part of an audience.

Standard £103.05	Conc £40	Full £286.05	Tue	13:00-15:00	10	MAC	19/09/23	DP1015
			Tue	13:00-15:00	10	MAC	09/01/24	DP2015
			Tue	13:00-15:00	10	MAC	16/04/24	DP3015

## AW AMICI Movement

AMICI Movement teaches learners to move in a variety of ways and respond to different kinds of music: being aware of rhythm, pace, mood and other learners.

Standard £103.05	Conc £40	Full £286.05	Tue	15:30-17:30	10	MAC	19/09/23	DP1020
			Tue	15:30-17:30	10	MAC	09/01/24	DP2020
			Tue	15:30-17:30	20	MAC	16/04/24	DP3020

## AW Arts & Crafts

Selection of 2D and 3D art projects including Mark making, Introduction to the colour wheel, Collages, Pencil and pastel colouring and Painting.

Standard £103.05	Conc £40	Full £286.05	Mon	10:00-12:00	10	MAC	18/09/23	DP1025
			Mon	10:00-12:00	10	MAC	08/01/24	DP2025
			Mon	10:00-12:00	10	MAC	15/04/24	DP3025

## AW Yoga

Yoga introduces students to movement, meditation and exercise. Exercises will include breathing and flexibility-based movement helping students to build up their confidence and develop social skills.

Standard £74.20	Conc £30	Full £216.20	Fri	13:00-14:30	10	MAC	22/09/23	DP1040
			Fri	13:00-14:30	10	MAC	12/01/24	DP2040
			Fri	13:00-14:30	10	MAC	19/04/24	DP3040

## AW Walk & Talk

On this course you will get to build up your fitness, chat and socialise with your fellow walkers, explore local walking routes, see some of the beautiful parks in the borough and take part in trips to walk in other places in London.

Standard £103.05	Conc £40	Full £286.05	Wed	13:00-15:00	10	MAC	20/09/23	DP1045
			Wed	13:00-15:00	10	MAC	10/01/24	DP2045
			Wed	13:00-15:00	10	MAC	17/04/24	DP3045

## AW Dance Fitness

Movement and Dancing to increase learners health, flexibility and well being

Standard £74.20	Conc £30	Full £216.20	Thu	13:00-14:30	10	MAC	21/09/23	DP1030
			Thu	13:00-14:30	10	MAC	11/01/24	DP2030
			Thu	13:00-14:30	10	MAC	18/04/24	DP3030

## 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.

Standard £88.47	Conc £36.51	Full £274.97	Mon	13:30-15:30	10	MAC	18/09/23	AA1010
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## Pottery: inclusive class

A basic pottery 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.

Standard £125.77	Conc £53.03	Full £349.58	Tue	10:00-12:30	10	MAC	19/09/23	AF1570
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## 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.

Standard £110.84	Conc £47.11	Full £301.62	Fri	10:00-12:00	10	MAC	22/09/23	AJ1625
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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.

Standard £113.05 Conc £50 Full £296.05 Fri 13:00-15:30 10 MAC 22/09/23 FC1120

## Arts, crafts & 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.

### Painting and Drawing

#### 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.

Standard £88.47 Conc £36.51 Full £274.97 Mon 13:30-15:30 10 MAC 18/09/23 AA1010

#### Art - Drawing and painting - mixed ability

Develop the skills of composition, draughtsmanship and modelling.

Standard £232.35 Conc £92.41 Full £434.84 Mon 15:15-18:15 11 MAC 18/09/23 AA1040

Thu 13:00-16:00 11 MAC 21/09/23 AA1041

#### Art - Portraiture - mixed ability

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

Standard £265.40 Conc £130.31 Full £523.31 Thu 09:15-12:15 11 MAC 21/09/23 AA1200

Fri 13:45-16:45 11 MAC 22/09/23 AA1250

#### Art - Watercolour painting - mixed ability **New!**

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

Standard £223.31 Conc £88.06 Full £418.19 Tue 10:30-13:30 11 MAC 19/09/23 AA1230

### Illustration

#### Children's book illustration and illustration skills

Learn about illustration, how to go about it and how to work freelance in this area.

Standard £212.92 Conc £86.16 Full £395.49 Mon 18:30-21:00 11 MAC 18/09/23 AB1240

## Photography

### Photography - beginners and improvers

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

Standard	£216.36	Conc	£83.35	Full	£419.92	Tue	13:00-15:30	11	MAC	19/09/23	AC1400
						Tue	18:30-21:00	11	MAC	19/09/23	AC1405

## Pottery

### Pottery: inclusive class

A basic pottery 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.

Standard	£125.77	Conc	£53.03	Full	£349.58	Tue	10:00-12:30	10	MAC	19/09/23	AF1570
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### 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.

Standard	£240.88	Conc	£100.25	Full	£510.51	Mon	13:00-16:00	11	MAC	18/09/23	AF1500
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### Pottery: mixed ability 2.5 hour course

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

Standard	£200.72	Conc	£83.53	Full	£425.50	Wed	13:00-15:30	11	MAC	20/09/23	AF1510
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### Pottery: mixed ability

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

Standard	£240.88	Conc	£100.25	Full	£510.51	Thu	09:30-12:30	11	MAC	21/09/23	AF1511
						Thu	13:00-16:00	11	MAC	21/09/23	AF1512

### Pottery: mixed ability - evening class

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

Standard	£240.88	Conc	£100.25	Full	£510.51	Wed	18:00-21:00	11	MAC	20/09/23	AF1513
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## Jewellery

### Jewellery - making beaded jewellery

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

Standard	£192.15	Conc	£78.17	Full	£422.10	Wed	10:00-12:30	11	MAC	20/09/23	AJ1612
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### 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.

Standard	£110.84	Conc	£47.11	Full	£301.62	Fri	10:00-12:00	10	MAC	22/09/23	AJ1625
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### Jewellery - beginners and refreshers

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

Standard	£231.28	Conc	£94.81	Full	£429.51	Tue	13:00-15:30	11	MAC	12/09/23	AJ1610
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### Jewellery - all levels - short course

You will learn to make rings, earrings whilst learning a variety of jewellery techniques.

Standard	£106.05	Conc	£43.94	Full	£196.35	Tue	18:15-20:45	5	MAC	19/09/23	AJ1611
						Tue	18:15-20:45	5	MAC	31/10/23	AJ1621

## Jewellery - intermediate

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

Standard	£231.28	Conc	£94.81	Full	£429.51	Tue	10:00-12:30	11	MAC	19/09/23	AJ1600
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## Stained glass

### Stained glass - all levels

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

Standard	£225.96	Conc	£89.49	Full	£545.69	Mon	18:30-21:00	11	MAC	18/09/23	AS1703
						Wed	13:00-16:00	11	MAC	20/09/23	AS1700
						Wed	18:00-21:00	11	MAC	20/09/23	AS1701

## Mosaic

### Mosaic: all levels - 5 session course

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.

Standard	£102.72	Conc	£40.68	Full	£247.83	Thu	13:00-16:00	5	MAC	21/09/23	AS1800
						Thu	13:00-16:00	5	MAC	02/11/23	AS1801

## Picture framing, Woodwork and Restoration

### Picture framing and mount cutting

Learn the skills of picture framing and mount cutting whilst framing your own pictures.

Standard	£225.96	Conc	£89.49	Full	£424.19	Mon	18:30-21:00	11	MAC	18/09/23	CF1010
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### Picture framing, mount cutting and upcycling **New!**

Learn the skills associated with picture framing, mount cutting and picture and frame upcycling to bring your works of art to life.

Standard	£225.96	Conc	£89.49	Full	£425.19	Wed	10:00-12:30	11	MAC	20/09/23	CF1011
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### Furniture upcycling, restoration and conservation

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 parts, to colouring and finishing.

Standard	£225.96	Conc	£89.49	Full	£424.19	Fri	10:00-12:30	11	MAC	22/09/23	CF1032
						Fri	13:30-16:00	11	MAC	22/09/23	CF1033

### Woodwork - skills and projects - all levels

Start or develop your skills in woodwork and furniture making. Learning how to maintain and use tools, cut various joints and make working drawings of your designs. *Now a three-hour course so lower fees.*

Standard	£285.30	Conc	£111.56	Full	£507.80	Tue	10:00-13:00	11	MAC	19/09/23	CH1220
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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.

Standard	£239.81	Conc	£95.02	Full	£425.25	Tue	18:30-21:00	11	MAC	19/09/23	CH1210
						Wed	18:30-21:00	11	MAC	20/09/23	CH1208



## Woodwork and restoration Saturdays

If you are a beginner, you will acquire basic woodwork skills and techniques before embarking on a personal project. More experienced students can extend their knowledge and skills whilst working on more complex items.

Standard	£259.00	Conc	£101.74	Full	£459.36	Sat	10:00-15:30	6	MAC	23/09/23	CH1050
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## Upholstery

### Upholstery - beginners

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

Standard	£234.48	Conc	£93.16	Full	£425.25	Mon	09:30-12:00	11	MAC	18/09/23	CM1400
						Mon	12:30-15:00	11	MAC	18/09/23	CM1410

### Upholstery - mixed ability

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

Standard	£239.81	Conc	£95.02	Full	£425.25	Tue	09:30-12:00	11	MAC	19/09/23	CM1460
						Tue	12:30-15:00	11	MAC	19/09/23	CM1461
						Tue	18:30-21:00	11	MAC	19/09/23	CM1440
						Wed	10:00-12:30	11	MAC	20/09/23	CM1447

### Upholstery - mixed ability 3 hour class

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

Standard	£272.42	Conc	£106.37	Full	£501.18	Fri	10:00-13:00	11	MAC	22/09/23	CM1455
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## Sewing and Textiles

### Clothes making - mixed ability *New extra class!*

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

Standard	£216.37	Conc	£86.82	Full	£424.18	Wed	10:00-12:30	11	MAC	20/09/23	CS1640
						Thu	10:00-12:30	11	MAC	21/09/23	CS1620
						Thu	13:00-15:30	11	MAC	21/09/23	CS1630

### Textile techniques: Block printing, screen printing and painting on fabric and paper

Learn how to design for and print on paper and fabrics through a series of projects.

Standard	£215.25	Conc	£89.00	Full	£416.85	Wed	10:00-12:30	11	MAC	20/09/23	CS1700
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## Performing Arts

### Amici dance

To find out more about the Amici dance class contact: [amici@turtlekeyarts.org.uk](mailto:amici@turtlekeyarts.org.uk)

Standard	£188.65	Conc	£188.65	Full	£188.65	Wed	18:30-21:00	30	LYR	20/09/23	PM1804
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### Ballroom and Latin American dance

Learn to dance ballroom and Latin American dance for fun or for your first dance at your wedding reception, we cover the Waltz, Foxtrot, Quick Step, Rumba and Cha Cha Cha –it's great fun and good exercise too!

Standard	£85.58	Conc	£35.14	Full	£150.40	Sat	10:00-12:00	5	MAC	23/09/23	PD1300
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### Macbeth Community choir

A fun way to express yourself, sing with others and de-stress.

Standard	£63.95	Conc	£22.38	Full	£204.63	Mon	18:45-20:30	10	MAC	18/09/23	PM1600
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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 1-2-1 lessons. Please call for availability.

Standard £237.67	Conc £237.67	Full £237.67	Thu	15:30-16:00	11	MAC	21/09/23	PM1804
			Thu	16:00-16:30	11	MAC	21/09/23	PM1805
			Thu	16:30-17:00	11	MAC	21/09/23	PM1806
			Thu	17:00-17:30	11	MAC	21/09/23	PM1807

## Business & computing



Whether for home use or work our computer courses will give you the digital knowledge you need to progress, while our business courses will help you develop your small business or gain valuable skills. Please check our website for up-to-date details about new computing and business courses, as more are often added during the term.

## Accounting

### Book-Keeping and Accounts (level 1)

[City & Guilds](#)

Learn manual book-keeping and gain a qualification.

Standard £150	Conc £Free	Full £395	Sat	10:00-12:30	10	MAC	23/09/23	BS1200
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### Computerised Accounts (level 1)

[City & Guilds](#)

Learn how to use accounting software and gain a qualification.

Standard £170	Conc £Free	Full £464	Tue	18:00-21:00	10	MAC	19/09/23	BS1300
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## Accounting Basics with Spreadsheets

How to use spreadsheets for basic accounting.

Standard £70	Conc £27.75	Full £145	Wed	18:30-20:30	5	MAC	01/11/23	IT1035
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## Business

### Social Media for business

Find out how to use social media to promote and grow your business.

Standard £70	Conc £27.75	Full £145	Mon	18:00-20:00	5	MAC	30/10/23	BS1510
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### WordPress for business

Learn how to build a basic online site to promote your business.

Standard £70	Conc £27.75	Full £150	Mon	18:00-20:00	5	MAC	18/09/23	BS1790
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## Customer Service: Introduction

### City & Guilds

Learn the basics of good customer service.

Standard £85	Conc £Free	Full £215	Tue	10:00-12:30	5	MAC	19/09/23	BS1400
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## Retail and Customer Experience

### City & Guilds

Introduction to skills for retail jobs.

Standard £85	Conc £Free	Full £215	Tue	10:00-12:30	5	MAC	31/10/23	BS1450
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## Computers

### Computers: Basics

Absolute basics for absolute beginners.

Standard £40	Conc £17.25	Full £255	Sat	10:00-12:00	5	MAC	23/09/23	IT1000
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### Computers: Next Steps

#### City & Guilds

Covers more basic skills needed to start using IT with confidence.

Standard £110	Conc £Free	Full £275	Wed	13:00-15:00	8	MAC	27/09/23	IT1005
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### Computers: Essential Digital Skills (E3)

#### NCFE

Gain vital skills and a qualification in using IT.

This course is <b>free</b>	Thu	10:00-13:00	20	MAC	28/09/23	IT1015
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### Computers: Essential Digital Skills (E3) Intensive

#### NCFE

Gain vital skills and a qualification in using IT.

This course is <b>free</b>	Fri	10:00-15:00	11	MAC	22/09/23	IT1016
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### Budgeting with Spreadsheets

How to budget using spreadsheets.

This course is <b>free</b>	Wed	18:30-20:30	5	MAC	20/09/23	IT1030
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## Health, Childcare & Teaching



Childcare, teaching, health and care courses offer an opportunity to join an expanding industry, where the work is both flexible and fulfilling. New courses to support development in these areas are added throughout the year. Additional Professional Development courses are also offered and cover a range of topics such as Understanding Dyslexia, Autism and other special needs, Safeguarding and Values, Mental Health and more. Please check our website at [www.hfals.ac.uk/departments/health-childcare-teaching](http://www.hfals.ac.uk/departments/health-childcare-teaching) for the latest offers.

## Childcare

### Childcare: Caring for children (level 1) ⓘ

NCFE

Gain the knowledge required to start a rewarding career working with children.

Standard £590   Conc £Free   Full £1290   Fri   09:30-14:30   20   MAC   22/09/23   CC1025

### Childcare: Early Years Educator (level 2) ⓘ

NCFE

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

Standard £1005   Conc £Free   Full £3185   Thu   09:30-15:00   34   MAC   21/09/23   CC1050

### Childcare: Early Years Workforce Early Years Educator (level 3) ⓘ

NCFE

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

Standard £1065   Conc £Free   Full £3045   Wed   09:30-15:00   34   UXB   13/09/23   CC1075

## Care

### Introduction to Health, Social Care and Children's and Young People's Settings (level 1) ⓘ

NCFE

Take the first steps on a path to a career in caring in adult or childcare settings.

Standard £965   Conc £Free   Full £2950   Wed   09:30-15:00   34   MAC   13/09/23   CA1600

### Preparing to work in Adult Social Care (L2 cert) ⓘ

NCFE

Develop the knowledge and skills needed when working as an adult care worker.

Standard £420   Conc £Free   Full £1110   Tue   09:30-15:00   12   UXB   12/09/23   CA1300

## Teaching and Training

### Supporting Teaching & Learning (level 2) ⓘ

NCFE

Covers the key skills and knowledge you need to support learners and teachers in schools.

Standard £955   Conc £Free   Full £3005   Mon   09:30-14:30   34   MAC   18/09/23   TT1500

### Supporting Teaching & Learning (level 3) ⓘ

NCFE

Train to support teaching and learning in schools as a teaching assistant.

Standard £1090   Conc £Free   Full £3075   Tue   09:30-15:00   34   MAC   19/09/23   TT1525

### Preparing to Teach: Award in Education & Training ⓘ

NCFE

Key skills and knowledge needed to teach adults in post-16 adult education.

Standard £310   Conc £Free   Full £830   Sat   10:00-15:00   10   MAC   23/09/23   TD1000

## **Train the Trainer: Introduction to Trainer Skills** ⓘ

**City & Guilds**

Learn how to plan, deliver and evaluate effective training.

Standard £200   Conc £110   Full £340   Tue/Wed   10:00-15:00   2   MAC   24/10/23   TT1060

## **Introduction to mentoring (Level 1)** ⓘ

**NCFE**

Learn the basic skills and knowledge needed to support individuals through mentoring.

Standard £295   Conc £Free   Full £870   Fri   10:00-15:00   11   MAC   22/09/23   TT1000

## **Professional Development**

### **Safeguarding in education & childcare settings (level 1)** ⓘ

**NCFE**

Introduction to Safeguarding and Prevent in Childcare.

Standard £365   Conc £Free   Full £1065   Thu   09:30-15:00   12   MAC   14/09/23   CD1755

### **Special Educational Needs Coordinators in Early Years Settings (online)** ⓘ

**NCFE**

Explore roles and responsibilities of the SENCO in an Early Years setting.

Standard £200   Conc £Free   Full £365   Wed   18:00-20:00   10   ONLINE   20/09/23   CD1740

### **SEN: Dyslexia Awareness**

Gain a wider understanding of Dyslexia and its impact.

Standard £60   Conc £24.25   Full £140   Sat   09:00-13:00   3   MAC   04/11/23   CD1720

### **Mental Health Awareness (level 1)** ⓘ

**NCFE**

Raise your understanding of mental health issues.

Standard £130   Conc £Free   Full £340   Sat   10:00-14:00   5   MAC   23/09/23   CD1500

### **Environmental Awareness (Online)** ⓘ

**City & Guilds**

Covers environmental issues and what you can do to help.

Standard £50   Conc £Free   Full £135   Sat   10:00-12:00   2   ONLINE   25/11/23   CD1000



## Food Studies



Our teaching kitchen offers a professional catering environment for you to develop your career.

### Ready, Steady, Cook... On a Budget

Learn basic skills that will build your confidence in the kitchen and find out tips on how to make nutritional meals for yourself and your family on a budget.

This course is **free** Tue 10:00-12:30 10 MAC 19/09/23 FC1130

### 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.

Standard £113.05 Conc £50 Full £296.05 Fri 13:00-15:30 10 MAC 22/09/23 FC1120

### Entry Level Certificate in Introduction to the Hospitality Industry

You will learn, develop and practise basic catering and food safety skills required for employment and/or career progression in the hospitality sector

Standard £440 Conc £Free Full £1000 Thu 09:45-15:15 32 MAC 19/09/23 FC1065

### NVQ Level 1 Certificate in Food preparation and Cooking (QCF) ⓘ

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.

Standard £720 Conc £Free Full £1792 Tue 13:00-15:30 30 MAC 21/09/23 FC1035

## History, Culture & Writing



You can choose to delve into London's fascinating past, 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. You might want to start discovering your more creative side with our writing courses.

### Award in Counselling Skills (Level 2) ⓘ

**ABC**

An accredited course for those who either wish to take the first step in the field of counselling or wish to use counselling skills in their lives or at work.

Standard £266 Conc £Free Full £521 Fri 09:30-13:30 11 MAC 22/09/23 HC2500

### **Famous Figures from British History: 18<sup>th</sup> Century**

Anyone interested in learning about some famous British figures from the 18th century ranging from James Cook to William Blake.

Standard £145	Conc £49	Full £290	Thu	14:00-16:00	12	MAC	14/09/23	HH1500
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### **British and French colonialism: A comparison**

We will first explore the key factors that led to the establishment of colonies in the 16th century and develop a set of criteria to be able to critique and compare different colonial experiences. We shall then explore ways of conducting research into a specific British or French colony and summarise and compare the findings of the research with the rest of the group.

Standard £45	Conc £15.75	Full £90	Wed	13:00-15:00	5	MAC	27/09/23	HH1135
			Tue	18:30-20:30	5	MAC	07/11/23	HH1136

### **Politics and the media / press**

Anyone curious to explore the history of the press and be able to navigate the political landscape entrenched within it.

Standard £45	Conc £15.75	Full £90	Tue	18:30-20:30	5	MAC	26/09/23	HH1125
			Wed	13:00-15:00	5	MAC	08/11/23	HH1126

### **Mercenaries and arms**

For anyone interested in a short introduction to the world of mercenary armies from ancient times to the present.

Standard £20	Conc £7	Full £40	Sat	10:00-14:00	1	MAC	07/10/23	HH1140
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### **Writing for Well-Being**

For people who have a story inside and want to get it out. For people who want to leave a legacy. For people who want to write in a non-judgmental ambience.

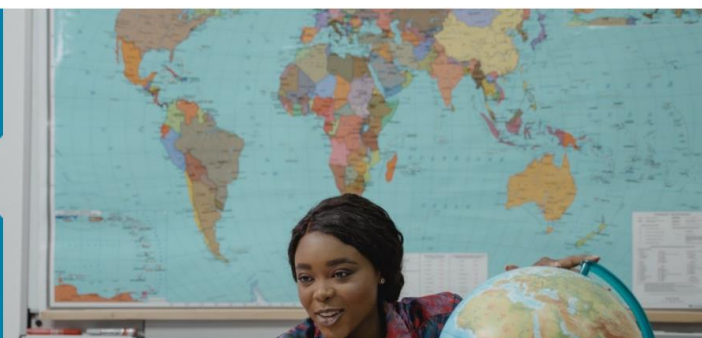
Standard £130	Conc £48.75	Full £260	Wed	12:00-14:00	10	MAC	20/09/23	HW1070
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### **First Steps in Creative Writing**

For anyone new to creative writing who wishes to master the basics skills of this craft before moving on to more advanced courses.

Standard £130	Conc £48.75	Full £260	Wed	09:30-11:30	10	MAC	20/09/23	HW1080
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## **Languages & Interpreting**



It's time to learn a new language or brush up your skills in one that you already know. As well as our regular courses we offer a number of new beginners classroom based courses. We have a number of taster sessions for you to try out.

If you are thinking of starting to learn a new language and want to try a session out before committing yourself, then look no further and book one or more of the following beginner language tasters. They are free! Go to our website to book your place.

Learn French beginners	18/09/2023	12:30:00	14:00:00	Monday
Learn French beginners	18/09/2023	18:30:00	20:00:00	Monday
Learn German beginners	18/09/2023	18:30:00	20:00:00	Monday
Learn Italian beginners	19/09/2023	10:30:00	12:00:00	Tuesday
Learn Japanese beginners	19/09/2023	18:30:00	20:00:00	Tuesday
Learn Spanish beginners	19/09/2023	11:00:00	12:30:00	Tuesday
Learn Chinese beginners	19/09/2023	19:00:00	20:30:00	Tuesday
Learn Italian beginners	20/09/2023	18:30:00	20:00:00	Wednesday
Learn Spanish beginners	20/09/2023	18:30:00	20:00:00	Wednesday

Standard	£90	Conc	£34.75	Full	£180	Tue	19:00-20:30	9	MAC	26/09/23	LC1025
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Standard	£135	Conc	£50.50	Full	£270	Thu	18:30-20:30	10	ONLINE	21/09/23	LC3100
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Standard £90	Conc £34.75	Full £190	Mon	18:30-20:00	9	MAC	25/09/23	LF1025
			Mon	12:30-14:00	9	MAC	25/09/23	LF1027

Standard £145	Conc £54	Full £290	Sat	10:30-13:30	7	MAC	14/10/23	LF1040
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Standard £145	Conc £54	Full £285	Mon	10:00-12:00	10	MAC	18/09/23	LF1050
			Tue	18:30-20:30	10	MAC	19/09/23	LF1051

Standard £75	Conc £29.50	Full £150	Thu	14:00-15:00	10	ONLINE	21/09/23	LF1080
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Standard £155	Conc £57.50	Full £310	Tue	10:00-12:00	10	MAC	19/09/23	LF1125
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### **French Advanced Conversation (online course)**

Ideal class for those wishing to improve their spoken French.

Standard £75	Conc £29.50	Full £150	Mon	12:30-13:30	10	ONLINE	18/09/23	LF1130
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### **French Proficiency**

Consolidate and improve your French language skills with this advanced course.

Standard £155	Conc £57.50	Full £310	Thu	10:00-12:00	10	MAC	21/09/23	LF1151
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### **French Proficiency (online course)**

Ideal class for those wishing to improve their French language skills at a higher level.

Standard £155	Conc £57.50	Full £310.50	Wed	10:00-12:00	10	ONLINE	20/09/23	LF1150
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## **German**

### **Learn German beginners stage 1**

Practical language to enable you to get by on a visit to Germany.

Standard £90	Conc £34.75	Full £190	Mon	18:30-20:00	9	MAC	25/09/23	LG1025
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## **Italian**

### **Learn Italian beginners stage 1**

Practical language to enable you to get by on a visit to Italy.

Standard £90	Conc £34.75	Full £180	Tue	10:30-12:00	9	MAC	26/09/23	LI1025
			Wed	18:30-20:00	9	MAC	27/09/23	LI1030

### **Learn Italian beginners (Saturday intensive)**

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

Standard £145	Conc £54	Full £290.75	Sat	10:30-13:30	7	MAC	14/10/23	LI1040
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### **Italian Lower Intermediate Stage 1**

Want to move beyond basic Italian? This is the course for you.

Standard £145	Conc £54	Full £290	Tue	10:00-12:00	10	MAC	19/09/23	LI1050
			Wed	18:30-20:30	10	MAC	20/09/23	LI1051

### **Italian Intermediate Plus**

In this course you will revise all the topics covered at intermediate level and work on your fluency.

Standard £155	Conc £57.50	Full £310	Mon	10:00-12:00	10	MAC	18/09/23	LI1075
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### **Italian Upper Intermediate stage 1 (online course)**

For anyone wishing to improve their Italian by bridging the gap between intermediate and advanced levels.

Standard £155	Conc £57.50	Full £310	Tue	18:30-20:30	10	ONLINE	19/09/23	LI1110
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### **Italian Upper Intermediate Stage 1 (classroom based with online option)**

In this course you will revise all the grammar learnt so far (up to GCSE level) and improve your conversation skills.

Standard £155	Conc £57.50	Full £310	Mon	10:00-12:00	10	MAC	18/09/23	LI1100
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### **Italian Advanced Conversation Fast Track**

Want to move beyond basic Italian? This is the course for you.

Standard £95	Conc £36.50	Full £185	Wed	12:30-14:00	10	MAC	20/09/23	LI1130
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## Italian Proficiency

Migliora il tuo italiano studiando e discutendo di letteratura, storia, società e tanto altro!

Standard £155	Conc £57.50	Full £310	Thu	10:15-12:15	10	MAC	21/09/23	LI1150
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## Italian Proficiency Conversation Fast Track

This course is for anyone with an intermediate level of Italian who would like to improve their language skills and knowledge of Italy and the Italians through speaking.

Standard £95	Conc £36.50	Full £190	Mon	12:30-14:00	10	MAC	18/09/23	LI1155
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## Italian Mastery

Ideal for those who are already fluent and wish to read and discuss in Italian.

Standard £155	Conc £57.50	Full £310	Fri	10:00-12:00	10	MAC	22/09/23	LI1175
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## Japanese

### Learn Japanese beginners stage 1

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

Standard £90	Conc £34.75	Full £190	Tue	18:30-20:00	9	MAC	27/09/23	LI1025
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## Polish

### Polish intermediate conversation and grammar

For those who wish to consolidate their grammar and develop their speaking skills at intermediate level and above.

Standard £140	Conc £52.25	Full £280	Mon	19:00-21:00	7	PSK	18/09/23	LP1100
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## Spanish

### Learn Spanish beginners stage 1

Practical language to enable you to get by on a visit to Spain or Latin America.

Standard £90	Conc £34.75	Full £190	Wed	18:30-20:00	9	MAC	27/09/23	LS1025
			Tue	11:00-12:30	9	MAC	26/09/23	LS1026

### Learn Spanish beginners (Saturday intensive)

Practical language to enable you to communicate on a visit to Spain or Latin America.

Standard £145	Conc £54	Full £290	Sat	10:30-13:30	7	MAC	14/10/23	LS1040
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### Spanish elementary

For those with a little Spanish who wish to progress quickly

Standard £100	Conc £34.75	Full £190	Wed	10:30-12:00	10	MAC	27/09/23	LS1030
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### Spanish Lower Intermediate Stage 1 (online course)

Want to move beyond basic Spanish? This is the course for you.

Standard £145	Conc £54	Full £290	Tue	10:00-12:00	10	ONLINE	19/09/23	LS1050
			Thu	18:30-20:30	10	ONLINE	21/09/23	LS1051

### Spanish Intermediate Conversation

Want to improve your spoken Spanish quickly? This is the course for you.

Standard £75	Conc £29.50	Full £150	Thu	12:30-13:30	10	MAC	21/09/23	LS1080
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## Spanish Advanced

Improve your Spanish language skills with this advanced course.

Standard £155	Conc £57.50	Full £310	Thu	10:00-12:00	10	MAC	21/09/23	LS1125
			Mon	18:30-20:30	10	ONLINE	21/09/23	LS1126

## Spanish Mastery

Spanish conversation, grammar revision for advanced learners.

Standard £155	Conc £57.50	Full £310	Wed	13:00-15:00	10	MAC	20/09/23	LS1180
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## Interpreting

### Community Interpreting Level 3 (Saturday intensive) ⓘ

**OCN LR**

A thorough introduction to the principles of community interpreting.

Standard £510	Conc £510	Full £510	Sat	09:00-10:00	10	MAC	23/09/23	LY1010
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### Community Interpreting Level 3 (online course) ⓘ

**OCN LR**

The best online introduction to community interpreting for anyone wishing to start a career in this field.

Standard £510	Conc £510	Full £510	Wed	18:00-21:00	17	ONLINE	20/09/23	LY1012
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### DPSI Law (mixed languages- blended course) ⓘ

**Ciol**

For anyone wishing to specialise in legal interpreting and prepare for the DPSI exam.

Standard £890	Conc £1835	Full £1835	Tue	13:00-16:00	27	MAC	03/10/23	LY1036
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### DPSI Law (mixed languages - blended course) intensive ⓘ

**Ciol**

This course will prepare you well to sit the final exam and gain this sought after interpreting qualification.

Standard £890	Conc £1835	Full £1835	Mon	13:00-17:00	18	ONLINE	15/01/24	LY2000
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### DPSI (Diploma in public service interpreting) pre-exam revision (online course)

A short 4-week revision course for anyone taking the DPSI exam in November 2023. You have the option of having one external paper marked as well (for an extra fee) if you wish.

Standard £60	Conc £40	Full £120	Thu	13:00-16:00	4	ONLINE	26/10/23	LY1039
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### BSL Level 1 preparation course ⓘ

**Signature**

Learn British Sign Language and take an exam if you wish.

Standard £410	Conc £Free	Full £410	Fri	11:00-13:00	30	MAC	22/09/23	LZ1025
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# Motor Vehicle, Bicycles & Welding



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.

## Bicycle Maintenance

### Bicycle maintenance part 1

Learn how to maintain your own bicycle in a safe and reliable condition. Bicycle 'first aid'.

Standard £10	Conc £10	Full £10	Mon	18:15-20:45	2	MAC	18/09/23	BM1150
			Sat	10:00-15:00	1	MAC	14/10/23	BM1152

### Bicycle maintenance part 2: electric

Find out how to do basic maintenance on electric bikes.

Standard £10	Conc £10	Full £10	Mon	17:00-21:00	1	MAC	02/10/23	BM1160
			Sat	10:00-15:00	1	MAC	21/10/23	BM1162

### City & Guilds Bicycle maintenance level 1 award

#### City & Guilds

Get started developing key cycle maintenance skills for work or personal use.

Standard £290	Conc £Free	Full £705	Mon	10:00-15:00	10	MAC	18/09/23	BM1155
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## Motor Vehicle

### City & Guilds Motor vehicle maintenance L1 award

#### City & Guilds

A great place to start your study to enable you to work in the vehicle and automotive industries.

Standard £820	Conc £Free	Full £2350	Thu	10:00-15:00	30	MAC	28/09/23	MV1450
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### Car Maintenance: Get Started (Beginners)

#### City & Guilds

Gain basic motor vehicle skills to maintain your car.

Standard £270	Conc £Free	Full £545	Wed	17:45-20:45	10	MAC	20/09/23	MV1400
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### Car maintenance: wheels and tyres

How to keep your wheels and tyres up to scratch.

Standard £80	Conc £37.75	Full £135	Mon	18:30-20:30	4	MAC	13/11/23	MV1040
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### Car care on a budget

Basics of budgeting for car maintenance

This course is <b>free</b>			Mon	18:30-20:30	4	MAC	09/10/23	MV1060
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## Awareness of Hybrid vehicles

How to work safely on Electric and Hybrid vehicles.

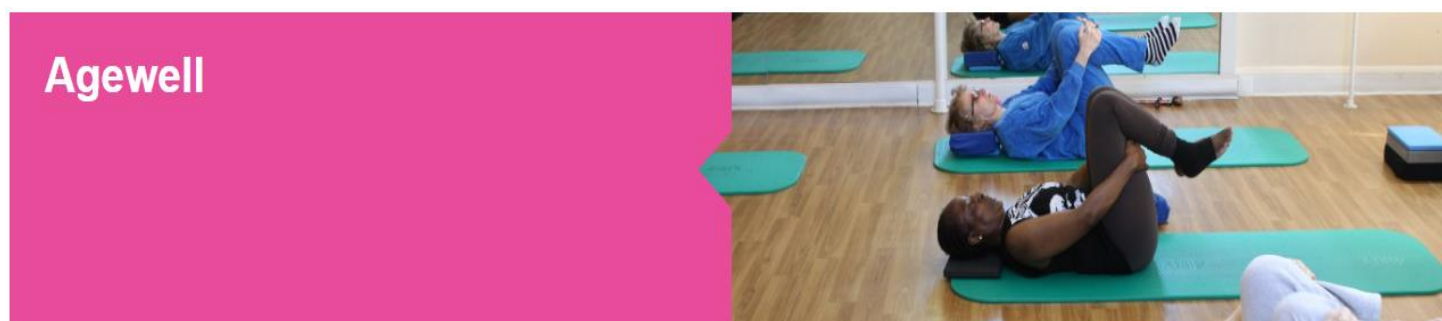
Standard £100	Conc £Free	Full £225	Sat	10:00-14:00	3	MAC	23/09/23	MV1030
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## Welding

### Welding & light metalwork

An introduction to basic welding and metal work fabrication techniques.

Standard £340	Conc £216.50	Full £525	Tue	18:15-20:45	10	MAC	19/09/23	WE1000
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## Agewell programme

Our Agewell courses are open to anyone aged 50 and over. If you are under the age of 50 and suffering from a chronic complaint that may be improved by physical activity you may be able to access the Agewell classes.

## Dance-based exercise classes

### Dance Mix

A typical Dance mix session lasts about an hour and incorporates several dance styles. The Latin music includes both fast and slow rhythms, allowing for a great cardio workout as well as body sculpting exercises.

Standard £45	Conc £20.00	Full £45	Thu	10:00-11:00	10	MAC	21/09/23	AW1880
			Mon	13:00-14:00	10	MAC	18/09/23	AW1516

### Zumba Gold

A typical Zumba session lasts about an hour and incorporates several dance styles, including cumbia, merengue, salsa, reggaeton, mambo, rumba, flamenco, and calypso and Salsaton.

Standard £45	Conc £20.00	Full £45	Fri	11:30-12:30	10	MAC	22/09/23	AW1515
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## Rehabilitation courses

### Be good to your back

This course is designed to give you a series of simple strengthening and stretching exercises to gain and maintain a strong and flexible back.

Standard £45	Conc £20.00	Full £45	Mon	12:00-13:00	10	MAC	18/09/23	AW1801
			Wed	12:00-13:00	10	MAC	20/09/23	AW1800

### Cardiac rehab Phase IV

Circuit-based class with exercises designed to support participants in maintaining/improving their physical health and control their heart condition. Open to all

Standard £45	Conc £20.00	Full £45	Wed	10:30-12:00	10	MAC	20/09/23	AW1885
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## Circuit training and body workout classes

### General Circuit training

The development of co-ordinated movement, understanding of how to self-monitor the intensity of an exercise and change it to suit. Increase general cardiovascular fitness and strength.

Standard £45	Conc £20.00	Full £45	Mon	10:00-11:30	10	MAC	18/09/23	AW1050
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### Circuit Training (Level 2)

A more challenging cardiovascular experience with an optional 30mins of floor -based exercises following the circuit. Also suitable for low-risk individuals and those who do not have a heart condition

Standard £45	Conc £20.00	Full £45	Mon	09:45-11:45	10	MAC	18/09/23	AW1040
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### Complete Body Workout

This course is for those learners who would like a more challenging cardiovascular experience! Suitable for low-risk individuals and those who do not have a heart condition.

Standard £45	Conc £20.00	Full £45	Sat	11:30-13:00	10	MAC	23/09/23	AW1755
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### Senior total body workout

This course is for learners who would like a more challenging cardiovascular experience! Suitable for low-risk individuals and those who do not have a heart condition.

Standard £45	Conc £20.00	Full £45	Thu	13:30-15:00	10	WR	21/09/23	AW1061
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### Gentle Keep Fit/Falls Prevention

If you have mobility problems and would prefer to exercise sitting in a chair, then this is the class for you. Don't be fooled into thinking that you will have an easy time because you will still receive a comprehensive workout suitable

Standard £45	Conc £20.00	Full £45	Tue	10:00-11:00	10	VPCC	19/09/23	AW1090
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## Qi Gong and Tai Chi

### Qi Gong

The course is for Agewell students who are interested in increasing strength, energy and a focused mind and looking to improve balance, stamina and flexibility.

Standard £45	Conc £20.00	Full £45	Wed	14:00-15:00	5	MAC	20/09/23	AW1176
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### Tai Chi (Yang Style) beginners

Tai Chi is a traditional Chinese exercise system that relaxes the body calms the mind and lifts the spirit. It is suitable for those who enjoy good health as well as those with health problems.

Standard £45	Conc £20.00	Full £45	Wed	12:45-13:45	10	MAC	20/09/23	AW1170
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## Pilates courses

### Pilates beginners/improvers

Pilates is a mat-based exercise programme which focuses on posture, body alignment and breathing. Initially the emphasis will be on correct execution of the exercises, understanding 'core stability' and breathing.

Standard £45	Conc £20.00	Full £45	Tue	12:30-13:30	5	MAC	19/09/23	AW1132
			Tue	14:00-15:00	5	MAC	19/09/23	AW1133

### Pilates

Pilates is a mat-based exercise programme which focuses on posture, body alignment and breathing. Initially the emphasis will be on correct execution of the exercises, understanding 'core stability' and breathing.

Standard £45	Conc £20.00	Full £45	Fri	14:00-15:00	10	MAC	22/09/23	AW1130
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## Yoga classes face to face and online

### Yogalates

This is a mat-based exercise class that will help you to improve posture, body awareness, muscle tone and flexibility using a variety of core exercises from Pilates and stretches from yoga.

Standard £45	Conc £20.00	Full £45	Fri	12:40-13:40	10	MAC	22/09/23	AW1235
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### Yoga and meditation (online course)

The course is for Agewell students who are interested in improving posture, learning to relax, developing and maintaining core strength and flexibility and using the breath effectively to enhance health.

Standard £45	Conc £20.00	Full £45	Wed	09:30-11:30	10	ONLINE	20/09/23	AW1190
			Wed	15:15-16:45	10	ONLINE	20/09/23	AW1183

### Hatha Yoga

The course is for Agewell students who are interested in improving posture, learning to relax, developing and maintaining core strength and flexibility and using the breath effectively to enhance health.

Standard £45	Conc £20.00	Full £45	Mon	15:45-17:15	10	MAC	18/09/23	AW1196
			Sat	11:30-12:30	10	MAC	23/09/23	AW1195

### Yoga for better breathing (online course)

The course is for Agewell students who are interested in improving posture, learning to relax, developing and maintaining core strength and flexibility and using the breath effectively to enhance health.

Standard £45	Conc £20.00	Full £45	Mon	08:00-09:00	10	ONLINE	18/09/23	AW1180
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