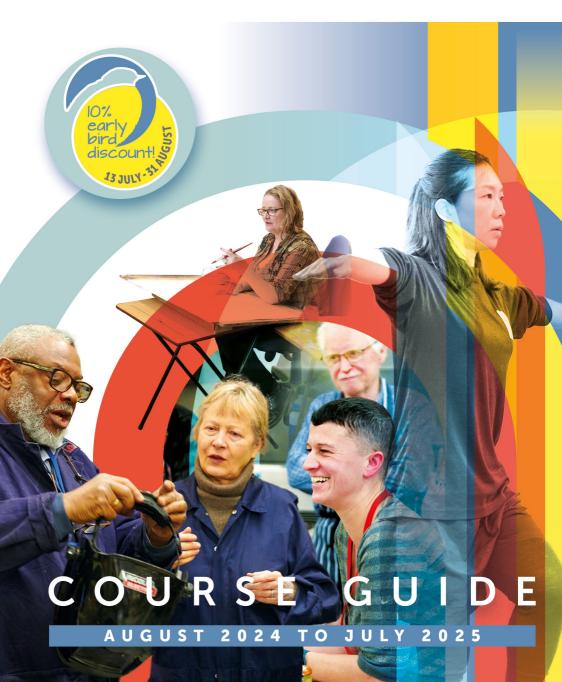
Adult learning and skills service





Contents

Welcome	1
About us	2
Term dates for 2024/25 Parking	2 2
Main venues	3
Early bird discount	4
How to apply the discount	4
How to sign up in five easy steps	5
How to book an interview	6
Interview dates	7

English for speakers of other languages (ESOL)	8
other languages (ESOL)	8
English and maths	9
Care and teaching	10
Languages	13
Arts and crafts and	
performing arts	22
Business and computing	28
Cooking	30
Car and bicycle maintenance	31
Agewell for over 50s	33
Special educational needs	39
Humanities	42
How we support our learners	45
How to contact us Inside b	ack over

Welcome

Dear learner,

Welcome back and a warm hello to our new learners for 2024/25.

This year, we're proud to introduce more than 20 exciting new courses to our diverse curriculum.

Our courses can help you gain a qualification, develop new skills, improve your well-being or pursue your love of learning.

Our flexible learning options include weekday, weekend and evening classes, making lifelong learning available to all.

We're committed to providing the community with the skills and training necessary to drive our booming local economy, making Hammersmith & Fulham the best place to work and live.

Exciting changes are underway at our Macbeth Centre, with a newly



renovated reception area and roof improvements in progress.

We believe that learning should be a lifelong passion, so why not pursue your own passion for learning and enrol on one of our many courses. Don't miss the opportunity to join us at our excellent facility with our exceptional staff.

Sign up for a course today to take advantage of our fantastic offer.

Good luck!

Eamon Scanlon

Head of Adult Learning and Skills

About us

We offer a 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.

- More than 150 courses to choose from
- Highly skilled, professional teaching staff
- State-of-the-art facilities
- Great locations in the heart of Hammersmith and Shepherds Bush
- Exceptional information, advice and guidance services
- Award-winning café

Term dates for 2024/25

Our term 2 course list will be available in December 2024.

AUTUMN TERM 2024 - 12 wks

Start of term - Mon 16 Sept 2024

Half term - Mon 28 Oct to Fri 1 Nov 2024

End of term - Friday 13 Dec 2024

SPRING TERM 2025 - 12 wks

Start of term - Mon 6 Jan 2025

Half term - Mon 17 to Fri 21 Feb 2025

End of term - Fri 4 Apr 2025

SUMMER TERM 2025 - 12 wks

Start of term - Tues 22 Apr 2025

Half term - Mon 26 to Fri 30 May 2025

End of term - Mon 14 Jul 2025

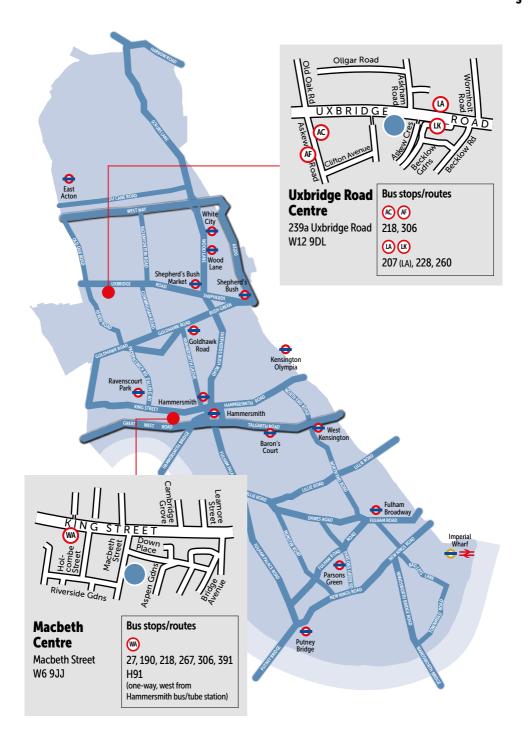
Note: Not all courses start on the first day of term; please check the website for the start and end dates of your course.

Parking

There are no student parking facilities at Macbeth Centre.

You may be able to park at Livat **Shopping Centre:**

https://www.livat.com/hammersmith/en/ services/parking



Early bird catches the course!



Get 10% off your course if you enrol before 31 August.*

Don't delay, sign up today!

How to apply the discount

Find instructions on how to sign up opposite. . Or ring 020 8753 3600

To add the discount, select 'Early Bird discount' in the Statements box:

Please select which statement applies to you.

Name

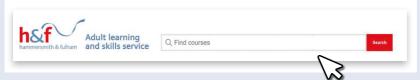
Early Bird discount (click to apply)

*Terms and conditions apply.



How to sign up in five easy steps*

1. Find your perfect course on our website www.hfals.ac.uk



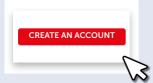
2. Check out the course details



3. Click to enrol online



4. Create an account

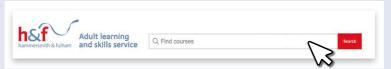


5. Fill in the enrolment form

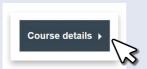


How to book an interview*

1. Find your perfect course on our website www.hfals.ac.uk



2. Check out the course details

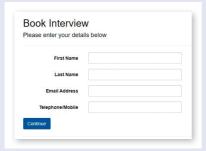


3. Click to book an interview

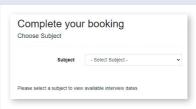




4. Fill in your details



5. Select the subject



6. Book your timeslot



You'll receive a confirmation email to the email address you registered with. Follow the instructions on what to do prior to your interview.

*All accredited courses will require an interview.



Or call 020 8753 3600 to book an interview

Interview dates

New dates are added throughout the year. Please check our website for the most up-to-date interview slots.

COURSE	DATES	TIMES	LOCATION	
Accounting	Saturdays 6 and 13 July	10am to 2.30pm	Macbeth	
Bike maintenance	Mon 2 September	10am to 3pm	Macbeth	
British Sign Language	Fri 12 July Fri 6 September	10am to 1pm	Macbeth	
	Wed 10 July	6 to 8pm	Online	
Community interpreting	Fri 12 July	10am to 1pm	Macbeth	
Community interpreting	Wed 4 September	6 to 8pm	Online	
	Fri 6 September	10am to 1pm	Macbeth	
Computing	Sat 13 July	10am to 2.30pm	Macbeth	
Computing	Tues 3 September	10am to 2.50pm	Macheni	
Counselling	Fri 12 July	10am to 1pm	Macbeth	
level 2 and level 3	Wed 4 September	Toain to Ipin	Machelli	
DPSI Diploma in	Fri 12 July	10am to 1pm	Online	
Public Service Interpreting	Wed 4 September	Toain to Ipin	Offurie	
Health and social care	Tuesdays in July and Sept	10am to 1pm	Macbeth	
Maths, English and ESOL	Various dates from July to Sep	tember	Online and Macbeth	
Mentoring	Fri 6 September	10.30am to 2pm	Macbeth	
Motor vehicle	Wed 4 and Fri 6 September	10am to 2.30pm	Macbeth	
Special Educational Needs (SEN)	Mondays to Wednesdays 29-31 July; 5-7, 12-14 and 19-21 August. Mon to Fri 9-13 September	10am to 3pm	Macbeth	
Teacher training Contact angela.d'agostin@lbhf.gov.uk to			an interview	

You must book your interview – these are not drop in sessions.

English for speakers of other languages (ESOL)

Our ESOL courses are for people whose first language is not English, who live in the UK and want to learn or improve their English language.

You will cover:

- Speaking and listening
- Reading
- Writing
- Grammar, spelling and punctuation

We offer courses for any level, from complete beginners (pre-entry) to more advanced speakers (Level 2).

We run 18-week ESOL courses, starting in September and February. These courses offer qualifications accredited by Trinity.

We also have a range of shorter courses running throughout the year. Please check the website for details.

Find instructions on **how to book your interview** on page 6. Please complete the enrolment form and upload your documents before attending the interview. At the interview, we will assess your level of English and offer you the best course for you.



English and maths

English: Functional Skills and GCSE

Our functional skills English courses are for first language speakers or non-native speakers who have completed ESOL.

You will cover:

- Different text format and register
- · Inferred and implied meaning
- Presentation skills to suit an audience
- Formal discussion skills
- · Literature analysis

We run 18-week English Functional Skills qualification courses, starting in September and March. Our year-long GCSE course starts in September.

All our English courses are accredited by Pearson Edexcel and lead to qualifications that can help you in work and further study.

Find instructions on how to book your interview on page 6. Please complete the enrolment form and upload your documents before attending the interview. At interview, we will assess your skills and offer you the best course for you.

Maths: Functional Skills and GCSE

You will cover:

- Using numbers
- Adding, subtracting, multiplication and division
- Fractions, decimals and percentages
- · Handling data
- Measurement, shape and space

We offer courses from entry level to GCSE. We run 18-week Maths Functional Skills courses, starting in September and March. Our year-long GCSE course starts in September.

All our Maths courses are accredited by Pearson Edexcel and lead to qualifications that can help you in your life goals of work and further study.

Find instructions on how to book your



Standard Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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Care and teaching

Care

Childcare: Introduction to skills for childcare (entry 3) (1) NCFF

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

£930 Free £2730 Wed 09:30-15:00 20 MAC 18/09/24 CC1000

Childcare: Caring for children (level 1) 🜐

NCFE

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

£600 Free £1300 Fri 09:30-14:30 20 MAC 20/09/24 CC1025

Childcare: Early years educator (level 2) (1)

NCFE

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

£1076 Free £3402 Thu 09:30-15:00 35 MAC 19/09/24 CC1050

Childcare: Early years workforce early years educator (level 3) (1)

NCFE

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

£1140 Free £3253 Thu 09:30-15:00 35 UXB 19/09/24 CC1075

Childcare: Diploma for the Early Years Practitioner (level 3) (1) City & Guilds

Gain a recognised qualification to work as an early years practitioner.

£1140 Free £3253 Wed 09:30-15:00 35 UXB 18/09/24 CC1085

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

Introduction to health, social care and children's and young people's settings (level 1) 1

NCFF

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

£980	Free	£2965	Tue	09:30-15:00	34	UXB	17/09/24	CA1600

Professional Development

Mental health awareness (level 1) 1

NCFE

Raise your understanding of mental health issues.

f363 Sat f140 Free 10:00-14:00 MAC 09/11/24 CD1500

Special educational needs coordinators in early years settings (online) ff

NCFE

Explore roles and responsibilities of the SENCO in an early years setting.

f215 f120.75 f410 Wed 18:00-20:00 10 ONLINE 18/09/24 CD1740

Safeguarding in education and childcare settings (level 1) ff NCFE

Introduction to safeguarding and Prevent in childcare.



	Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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Teaching and mentoring

Supporting teaching and learning (level 2) MCFE

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

£1025 Free £3213 Mon 09:30-14:30 35 MAC 16/09/24 TT1500

Supporting teaching and learning (level 3) NCFE

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

£1165 Free £3283 Tue 09:30-15:00 35 MAC 17/09/24 TT1525

Introduction to mentoring (Level 1) (1)

NCFE

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

£305 Free £880 Fri 10:00-13:00 20 MAC 27/09/24 TT1000

Preparing to teach: Award in education and training MCFE

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

£330 Free £850 Sat 10:00-15:00 11 MAC 21/09/24 TD1000



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

Languages

Arabic language taster for beginners **SUMMER**

A four-week gentle introduction to modern Arabic. Learn greetings, how to introduce yourself and ask for basic information. Take this further by joining our regular Arabic course starting in September.

f15.75 f90 Tue 4 MAC f45 10:30-12:30 06/08/24 LAS100

Learn Arabic beginners stage 1

For complete beginners who wish to gain a strong foundation in both spoken and written modern Arabic. We'll cover the alphabet, basic grammatical structure, the present tense, greetings, meeting people and exchanging personal information.

£125 £47 £250 Wed 18:30-20:30 11 MAC 18/09/24 LA1025

Chinese language taster for beginners **SUMMER**

A three-week gentle introduction to Mandarin Chinese. Learn greetings, how to introduce yourself and ask for basic information. Take this further by joining our regular Chinese course starting in September.

£35 10:30-12:30 £12.25 f70 Tue MAC 16/07/24 LCS050

Learn Chinese beginners stage 1

For complete beginners who wish to gain a strong foundation in both spoken and written Mandarin Chinese.

You'll learn everyday greetings, how to introduce yourself, talk about where you are from and where you live, introduce a family member and start working on the writing system (Pinyin and basic character stroke order)

f125 f47 f250 Tue 18:45-20:45 11 MAC 17/09/24 LC1025

Learn French beginners stage 1

This course provides practical language skills for communication in everyday situations during a visit to a French-speaking country. You will learn basic grammar, gain confidence in expressing yourself, and develop an interest in French-speaking culture.

£140	£52.25	£280	Tue	18:30-20:30	11	MAC	17/09/24	LF1026
			Thu	10:00-12:00	11	MAC	19/09/24	LF1025

Learn French beginners (Saturday intensive)

This is a five-week intensive course starting after half-term for those who wish to learn the basics of French in a short time.

£140 £52.25 £280 Sat 10:00-14:00 5 MAC 09/11/24 LF	£140	£52.25	£280	Sat	10:00-14:00	5	MAC	09/11/24	LF1040
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French elementary stage 1

Go beyond basic French with this 11-week course which will help you consolidate and improve your language skills. Ideal for students who want to improve in order to converse when travelling, for work or with French-speaking friends, and who also wish to improve their reading and writing skills.

£155 £57.50 £310 Tue 09:30-12:00 11 MAC 17/09/24 LF10	£155	£57.50	£310	Tue	09:30-12:00	11	MAC	17/09/24	LF1050
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French intermediate stage 1

Ideal course for those wishing to communicate in a variety of situations with French speakers. Suitable for students who have done two years or the equivalent of French and who want to improve their knowledge and skills to be able to converse more confidently.

£155	£57.50	£310	Mon	10:00-12:00	11	MAC	16/09/24	LF1075

French advanced

This advanced French course enhances fluency through extensive classroom discussions, speaking activities, and reading articles from French newspapers and magazines that highlight current societal issues.

£165	£61	£330	Tue	12:30-14:30	11	MAC	17/09/24	LF1125

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

French advanced conversation and grammar

Ideal class for anyone with an intermediate level (and above) of French who would like to improve their language skills and knowledge of France and the French through speaking.

£100 £38.25 £200 Mon 12:30-14:00 11 MAC 16/09/24 LF1130

French conversation (advanced) **SUMMER**

A week-long lunchtime conversation class ideal for those wishing to improve their speaking.

£50 £17.50 £100 Mon to Fri 13:00-15:00 1 MAC 08/07/24 LFS170

French grammar workshop **SUMMER**

A week-long lunchtime grammar revision workshop ideal for those wishing to practise and gain insight into French grammar and avoid common pitfalls.

£50 £17.50 £100 Mon to Fri 10:00-12:00 1 MAC 08/07/24 LFS180

French language and culture (proficiency)

This course involves reading and discussing articles from various French media sources, covering current affairs and social/cultural events. It also explores more complex aspects of the language, including register, idioms, and variations of French spoken worldwide.

£165 £61 £330 Thu 10:00-12:00 11 MAC 19/09/24 LF1151



Standard Conc. Full Day(s) Times Week(s) Venue Start date	Code
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French Diploma preparation course (DALF) NEW

Students will practise the four skills, get used to the methodology of the exam and be asked to complete exercises at home every week to consolidate their progress in class. By the end of the course, you will be well prepared for your exams and have the best chance of getting good grades.

£190 £69.75 £290 Thu 13:00-15:00 17 MAC 19/09/24 LF1180

What is the DALF?

The Diplôme approfondi de langue française (English: Diploma in Advanced French Language), or DALF for short, is a degree of French-language abilities for non-native speakers administered by France's Centre international d'études pédagogiques, or CIEP, (International Centre of Pedagogical Studies) for the country's Ministry of Education.

German for beginners SUMMER

A week-long gentle introduction to German. Learn greetings, how to introduce yourself and ask for basic information. Take this further by joining our regular German courses starting in September.

£35 £15 £70 M/W/F 10:30-12:30 1 MAC 15/07/24 LGS100

Learn German beginners stage 1

This course provides practical language skills for everyday situations during a visit to a German-speaking country. You will learn basic grammar, gain confidence in expressing yourself and develop an interest in German-speaking culture.

£125 £47 £250 Tue 18:30-20:30 11 MAC 17/09/24 LG1025

First steps in German (daytime beginner course) NEW

A gentle introduction to the language and culture of Germanspeaking countries.

£95 £36.50 £190 Thu 13:30-15:00 11 MAC 19/09/24 LG1030

German elementary stage 1 NEW

For people who have studied German for three terms or who have equivalent knowledge of the language or for anyone who wants to get a certificate in the German Language (Levels A1 and A2).

£125 £47 £250 Mon 18:30-20:30 11 MAC 16/09/24 LG1050

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

Italian for travel and holidays **SUMMER**

A gentle introduction to Italian. Learn greetings, how to introduce yourself and ask for basic information. Take this further by joining our regular Italian courses starting in September.

£35 £15 £70 Mon to Thu 10:00-12:00	1	MAC	08/07/24	LIS160
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Learn Italian beginners stage 1

This course offers practical language skills. You'll learn fundamental grammar, build confidence in expressing yourself and cultivate an interest in Italian culture.

£140	£52.25	£280	Mon	10:00-12:00	11	MAC	16/09/24	LI1025
			Mon	18:30-20:30	11	MAC	16/09/24	LI1030

Italian elementary stage 1

Take your Italian language skills to the next level with this 11-week course. Perfect for students who want to improve on the basics for conversing during travels, for work or with Italian-speaking friends. while also developing their reading and writing proficiency.

£155	£57.50	£310	Wed	10:00-12:00	11	MAC	18/09/24	LI1050
			Wed	18:30-20:30	11	MAC	18/09/24	LI1051
			Tue	10:30-12:30	11	MAC	17/09/24	LI1052

Italian intermediate

This course aims to develop oral, listening, reading and writing skills through audio-visual and authentic materials. It includes a comprehensive review of 1st and 2nd year grammar, as well as further study of tenses, pronouns, adverbial expressions and more.

£155	£57.50	£155	Tue	10:00-12:00	11	MAC	17/09/24	LI1075
			Wed	18:30-20:30	11	MAC	18/09/24	LI1077

Italian conversation (intermediate level) **SUMMER**

A week-long lunchtime conversation class ideal for those wishing to improve their speaking skills.

£35	£12.25	£70	Mon to Thu	12:30-14:00	1	MAC	08/07/24	LIS161
£40	£14	£80	Mon to Fri	12:30-14:00	1	MAC	19/08/24	LIS180

Viaggio in Italia (Napoli e dintorni) SUMMER

A week-long course to explore some aspects of the history and culture of Naples and its surroundings areas in Italian. Ideal for intermediate level students and above.

£40 £14 £80 Mon to Fri 10:00-12:00 1 MAC 19/08/24 L	£40	£14	£80	Mon to Fri	10:00-12:00	1	MAC	19/08/24	LIS05
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Italian upper intermediate plus

Anyone with an upper intermediate level (between AS and A level) of Italian who would like to improve their language skills and knowledge of Italy and Italian culture.

£155	£57.50	£310	Mon	10:00-12:00	11	MAC	16/09/24	LI1100
			Tue	18:30-20:30	11	ONLINE	17/09/24	LI1110

Italian advanced and proficiency conversation fast track

Anyone with a good intermediate level of Italian and above who would like to improve their language skills and their knowledge of Italy and Italian culture through speaking. The Monday class is a proficiency level class whilst the Wednesday option is for those with an advanced level.

£110	£41.75	£220	Wed	12:30-14:00	11	MAC	18/09/24	LI1130
			Mon	12:30-14:00	11	MAC	16/09/24	LI1155

Italian cooking (for Italian speaking learners) **SUMMER**

A week-long course to practice your Italian language skills and learn how to make some very tasty dishes under the guidance of an experienced tutor.

£60	£21	£120	Mon to Fri	10:30-13:30	1	MAC	15/07/24	LIS168
			Mon to Fri	10:30-13:30	1	MAC	22/07/24	LIS167

Italian language and culture (proficiency plus and mastery)

This engaging, year-long Italian course (split over 3 terms) is for advanced learners seeking to delve into Italian literature, cinema, art, history and current affairs. Students will be encouraged to express themselves in various registers, hone their speaking abilities and participate in thought-provoking debates entirely in Italian. The proficiency level is on Thursday whilst the mastery is on Friday.

£165	£61	£330	Thu	10:15-12:15	11	MAC	19/09/24	LI1150
			Fri	10:00-12:00	11	MAC	20/09/24	LI1175

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

Learn Japanese beginners stage 1

This course offers practical language skills. You will learn the basics of Japanese grammar, build confidence in expressing yourself and cultivate an interest in Japanese culture.

£125	£47	£250	Tue	18:30-20:30	11	MAC	17/09/24	LJ1025
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Learn Polish beginners course

This course provides practical Polish language skills for everyday situations. You'll learn basic grammar, gain confidence in expressing yourself and develop an interest in Polish culture.

£125	£47	£250	Mon	19:00-21:00	11	PSK	16/09/24	LP1025
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Spanish for travel and holidays **SUMMER**

A week-long gentle introduction to Spanish. Learn greetings, how to introduce yourself and ask for basic information. Take this further by joining our regular Spanish courses starting in September.

£50	£17.50	£100	Mon to Fri	10:00-12:30	1	MAC	15/07/24	LSS170

Learn Spanish beginners (Saturday intensive)

This is a five-week intensive course starting after half-term for those who wish to learn the basics of Spanish in a short time.

£140 £52.25 £280 Sat 10:00-14:00 5 MAC 09/11/

Learn Spanish beginners stage 1

This course provides practical language skills for communication in everyday situations during a visit to a Spanish-speaking country. You will learn basic grammar, gain confidence in expressing yourself and develop an interest in Spanish-speaking culture.

£140	£52.25	£280	Wed	18:30-20:30	11	MAC	18/09/24	LS1025
			Thu	10:30-12:30	11	MAC	19/09/24	LS1026

Spanish elementary stage 1

Go beyond basic Spanish with this 11-week course which will help you consolidate and improve your language skills.

£155	£57.50	£310	Tue	13:00-15:00	11	MAC	17/09/24	LS1051
			Wed	18:30-20:30	11	MAC	18/09/24	LS1050

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

This course aims to develop oral, listening, reading, and writing skills in Spanish through the use of audio-visual and authentic materials. It includes a comprehensive review of 1st and 2nd year Spanish grammar, as well as further study of tenses, pronouns, adverbial expressions, and more.

£155	£57.50	£310	Tue	18:30-20:30	11	MAC	17/09/24	LS1075
			Wed	10:30-12:30	11	MAC	18/09/24	LS1077

Spanish conversation (advanced) **SUMMER**

A week-long lunchtime conversation class ideal for those wishing to improve their speaking skills in Spanish.

£40	f14	£100	Mon to Fri	13:00-14:30	1	MAC	15/07/24	LSS160
LIU		LIUU	1.1011 (0 111	13.00 11.30		1-1/10	13/0//61	LJJIOU

Spanish advanced conversation (online course)

Anyone with a good intermediate level and above of Spanish who would like to improve their language skills and their knowledge of Spanish-speaking countries.

£110	£41.75	£210	Thu	13:00-14:30	11	ONLINE	19/09/24	LS1125

Spanish language and culture (mastery)

This engaging, year-long Spanish course is designed for advanced learners seeking to explore Spanish literature, cinema, art, history, and current affairs. Students will be encouraged to express themselves in various registers, improve their speaking abilities and participate in thought-provoking debates entirely in Spanish.

£165 £61 £330 Wed 13:00-15:00 11 MAC 18/09/24 LS	£165
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British Sign Language taster for beginners SUMMER

A two-week introduction to BSL. You'll learn greetings, how to introduce yourself and ask for basic information. Take this further by joining our regular BSL course starting in September.

£20	£7	£40	Fri	10:00-12:20	2	MAC	19/07/24	LZS100
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Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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Award in British Sign Language (Level 1) (1)

Signature

Suitable for those who want to learn basic language skills to communicate in BSL, want to learn new language skills as part of a programme of study or want to progress to more advanced study and/or employment.

The course is open to all, whether you wish to study towards the examination or just attend to improve your language skills.

£320	Free	£590	Fri	10:00-12:00	33	MAC	20/09/24	LZ1025
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Interpreting

Community Interpreting Level 3 CON I R

A thorough introduction to the principles of community interpreting. There is a mixture of short lectures, group work, presentations, role-plays and independent work using computers to prepare assignments and glossaries.

£530	no conc.	£530	Fri	10:30-13:30	17	MAC	20/09/24	LY1010
			Wed	18:00-21:00	17	ONLINE	18/09/24	LY1012
			Fri	10:30-13:30	17	MAC	28/02/25	LY2010
			Wed	18:00-21:00	17	ONLINE	26/02/25	LY2012

Community Interpreting Level 3 (summer intensive) SUMMER **(1)** OCN LR

For anyone who is interested in working as a community interpreter and wants to obtain the certificate in a short time. Ideally for those who are bilingual. There is a mixture of short lectures, group work, presentations, role-plays and independent work using computers to prepare assignments and glossaries.

£490 no cond	:. £490	M/W/F	10:15-14:30	4	AC	05/08/24	LY1000
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DPSI Law (mixed languages online course) 100

This course is for people with some experience in interpreting who wish to gain a national qualification in order to work or continue working in the field of Public Service Interpreting (PSI).

£820	no conc.	£1820	Tue	13:00-16:00	27	MAC	01/10/24	LY1036
£820	no conc	£1820	Mon	09:00-10:00	16	ONLINE	20/01/25	LY2000

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

Arts and crafts and performing arts

Drawing and Painting

Art - Inclusive class

A basic art course that 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.

£94.41 £38.97 £293.41 Mon 13:30-15:30 10 MAC 16/09/24 AA1010

Art - Drawing and painting - mixed ability

Develop skills of composition and modelling. Use a variety of media and look at the work of artists to inform your own work.

E247.93 E98.61 E515.16 Mon 13:00-16:00 11 MAC 16/09/24 AA1040 Thu 13:00-16:00 11 MAC 19/09/24 AA1041

Art - Portraiture - mixed ability

Make a successful likeness and select methods to bring out the personality of the sitter. There are two courses available each term.

£283.20 £139.06 £558.39 Thu 09:15-12:15 11 MAC 19/09/24 AA1200 Fri 13:45-16:45 11 MAC 20/09/24 AA1250

Art - Life drawing - mixed ability

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

£283.20 £139.06 £558.39 Wed 18:00-21:00 11 MAC 19/09/24 AA1100

Art - Watercolour painting - mixed ability

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

£238.29 £93.97 £446.22 Tue 10:30-13:30 11 MAC 17/09/24 AA1230

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

Illustration

Children's book illustration and illustration skills

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

£227.19 £91.93 £421.99	Mon	18:30-21:00	11	MAC	16/09/24	AB1240
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Photography

Photography - beginners and improvers

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

£230.87 £88.94 £448.06	Tue	13:00-15:30	11	MAC	17/09/24	AC1400
	Tue	18:30-21:00	11	MAC	17/09/24	AC1405

Pottery

Pottery: inclusive class

A basic pottery course that 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.

£134.20 £56.58	£373.01	Tue	10:00-12:30	10	MAC	17/09/24	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.

f257.03 f106.97 f544.73 Mon 13:00-16:00 11 MAC 16/09/24 AF1500

Pottery: mixed ability 2.5 hour course

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

£214.17 £89.13 £454.01 Wed 13:00-15:30 11 MAC 18/09/24 AF1510

Pottery: mixed ability

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

£257.03 £106.97 £544.73	Thu	09:30-12:30	11	MAC	19/09/24	AF1511
	Thu	13:00-16:00	11	MAC	19/09/24	AF1512

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

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

£257.03 £106.97	£544.73	Wed	18:00-21:00	11	MAC	18/09/24	AF1513

Jewellery

Jewellery – combining bead and metalwork

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

£93.20	£37.92	£204.81	Wed	10:00-12:30	5	MAC	25/09/24	AJ1612
			Wed	10:00-12:30	5	MAC	06/11/24	AJ1613

Jewellery - inclusive class

Enjoy making your own jewellery using beads, wire and strings, recycled materials, cold enamelling and resins.

£111.41 £38.85 £3	389.16 Wed	13:00-15:00	10	MAC	25/09/24	AJ1625
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Jewellery - intermediate

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

£246.78 £101.16 £458.29	Tue	10:00-12:30	11	MAC	17/09/24	AJ1600
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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.

£246.78 £101.16 £458.29	Tue	13:00-15:30	11	MAC	17/09/24	AJ1610
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Jewellery - all levels

Learn techniques to make beautiful jewellery.

£246.78 £101.16 £458.29 Tue	18:15-20:45	11	MAC	27/09/24	AJ1611
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Stained glass

Stained glass - all levels

You will work on a stained glass panel and learn a range of skills.

£241.11	£95.49	£582.26	Mon	18:00-21:00	11	MAC	16/09/24	AS1703
			Wed	13:00-16:00	11	MAC	18/09/24	AS1700
			Wed	18:00-21:00	11	MAC	18/09/24	AS1701

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

Picture framing and mount cutting

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

£241.11 £95.49 £452.62 Mon 18:30-21:00 11 MAC 16/09/24 CF1010

Picture framing, mount cutting and upcycling

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

£254.55 £98.71 £448.40 Wed 10:00-12:30 11 MAC 18/09/24 CF1011

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.

f241.11 f95.49 f452.72 Fri 10:00-12:30 11 MAC 20/09/24 CF1032

Cabinet making - mixed ability

If you are a beginner, you will acquire essential 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.

£255.89 £101.40 £453.75 Tue 18:30-21:00 11 MAC 17/09/24 CH1210

Cabinet making and restoration Saturdays

If you are a beginner, you will acquire essential 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.

f276.36 f108.56 f490.15 Sat 10:00-15:30 6 MAC 21/09/24 CH1050

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

£250.20 £99.41 £453.75	Mon	09:30-12:00	11	MAC	16/09/24	CM1400
	Mon	12:30-15:00	11	MAC	16/09/24	CM1410

Upholstery - mixed ability

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

£255.89 £101.40 £453.75	Tue	09:30-12:00	11	MAC	17/09/24	CM1460
	Tue	12:30-15:00	11	MAC	17/09/24	CM1461
	Tue	18:30-21:00	11	MAC	17/09/24	CM1440
	Wed	10:00-12:30	11	MAC	18/09/24	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 Conc. Full Day(s) Times Week(s) Venue Start date Code	Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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Clothes making

Clothes making - mixed ability

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

£230.88 £92.64	£452.61	Tue	18:30-21:00	11	MAC	17/09/24	CS1650
		Wed	10:00-12:30	11	MAC	18/09/24	CS1640
		Thu	10:00-12:30	11	MAC	19/09/24	CS1620
		Thu	13:00-15:30	11	MAC	19/09/24	CS1630

Block printing

Block and screen printing on paper and textiles for beginners and continuers

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

Performing Arts

Macbeth Community Choir

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

£68.24 £	23.88	£204.63	Mon	18:45-20:30	11	MAC	16/09/24	PM1600
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AMICI dance group

To find out more about the AMICI dance class, contact: amici@turtlekeyarts.org.uk

£201.29 £201.29 £201.29 Wed 18:30-21:00 30 LYR 25/09/24	£201.29 £201.29 £2	201.29 Wed	18:30-21:00	30	LYR	25/09/24	PD1100
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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 weekly one-to-one lessons. There are six slots, please call for availability.

£253.60 £253.60 £253.60	Thu	14:30-15:00	11	MAC	19/09/24	PM1802
	Thu	15:00-15:30	11	MAC	19/09/24	PM1803
	Thu	15:30-16:00	11	MAC	19/09/24	PM1804
	Thu	16:00-16:30	11	MAC	19/09/24	PM1805
	Thu	16:30-17:00	11	MAC	19/09/24	PM1806
	Thu	17:00-17:30	11	MAC	19/09/24	PM1807

Business and computing

Business and accounts

Book-keeping and accounts (level 1) (1)

City & Guilds

Learn manual book-keeping and gain a qualification.

£165 Free £425 Sat 10:00-12:30 10 MAC 21/09/24 BS1200

Computerised accounts (level 1) (1)

City & Guilds

Learn how to use accounting software and gain a qualification.

£190 Free £480 Tue 18:00-21:00 10 MAC 17/09/24 BS1300

Accounting basics with spreadsheets

How to use spreadsheets for basic accounting.

£70 £22.75 £145 Tue 18:30-20:30 5 MAC 05/11/24 IT1035

Customer service: introduction (1)

City & Guilds

Learn the basics of good customer service.

£85 Free £215 Tue 10:00-12:30 5 MAC 05/11/24 BS1400



Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
Comp	uting							
Compu Absolut			solute	beginners.				
£44	£19.30	£276	Sat	10:30-12:30	5	MAC	21/09/24	IT1000
			Sat	10:30-12:30	5	MAC	09/11/24	IT1001
Compu		next st	eps 🕕					
Covers	more b	asic sk	ills nee	ded to star	t using	ı IT wi	th confide	ence.
£118	Free	£297	Wed	13:00-15:00	8	MAC	25/09/24	IT1005
			Wed	18:00-20:00	8	MAC	25/09/24	IT1006
NCFE				tal skills (
Gain vit	al skills	and a	qualific	ation in usi	ng IT.			
This cou	rse is free		Fri	10:00-13:00	20	MAC	20/09/24	IT1015
Compt NCFE	uters: e	essenti	ial digi	tal skills (L1) 🕕			
Learn m	nore IT	skills fo	or use ir	n daily life.				
This cou	rse is free		Thu	12:30-15:00	20	MAC	19/09/24	IT1020
		•	_	or work ne most ou	t of W	ord.		
£140	£55.50	£140	Wed	18:00-20:00	10	MAC	18/09/24	IT1055
Budge How to	budge ⁻		spread	sheets.	E	MAC	17/00/24	IT1070
Triis cou	rse is free		Tue	18:30-20:30	5	MAC	17/09/24	IT1030

£160

18:00-20:00

10

MAC 16/09/24 IT1840

Desktop publishing: Microsoft Publisher

£62.50 Full £325

Learn basic desktop publishing skills with MS Publisher.

Mon

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

Introduction to the hospitality industry

NCFE

This course will enable you to gain skills and 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.

£420	Free	£952	Thu	09:45-15:15	16	MAC	19/09/24	FC1210
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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	17/09/24	FC1130
This course is free	Tue	18:00-20:30	10	MAC	17/09/24	FC1135

Baking basics

This course is aimed at learners who are new to baking and cake making. By the end of the course you will be able to confidently create a range of popular baked items.

£124 £52.50 £289 Tue 13:00-15:30 10 MAC 17/09/24 FC	£124	£52.50	£289	Tue	13:00-15:30	10	MAC	17/09/24	FC115
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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.

£124	£52.50	£289	Fri	13:00-15:30	10	MAC	20/09/24	FC1120
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Standard Conc. Full Day(s) Times Week(s) Venue Start date Code

Car and bicycle maintenance



Car Maintenance

Car maintenance: get started (beginners) 🚻

City & Guilds

Gain basic motor vehicle skills to maintain your car.

£289 Free £582 Wed 18:15-20:45 10 MAC 18/09/24 MV1400

Motor vehicle maintenance L1 certificate (1)

City & Guilds

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

£850 Free £2450 Fri 10:00-15:30 32 MAC 04/10/24 MV1450

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code				
Car care on a budget												
Basics o	of budg	eting fo	or car m	naintenanc	:e							
This cou	rse is free		Mon	18:30-20:30	4	MAC	30/09/24	MV1060				
	Driving theory Come and learn your Driving Theory in a supportive group											
atmosp		ii youi	Driving	THEORY III	a supp	JOICIVO	group					
£70	£34.25	£130	Sat	10:00-12:30	4	MAC	21/09/24	MV1095				

Bicycle Maintenance

Bicycle maintenance: get started (1)

City & Guilds

Get started developing key cycle maintenance skills for work or personal use, and gain a Level 1 cycle repair qualification.

£297	Free	£740	Mon	10:00-15:00	10	MAC	16/09/24	BM1155
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Bicycle maintenance part 1

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

£15	£15	£15	Mon	18:15-20:45	2	MAC	16/09/24	BM1150
			Sat	10:00-15:00	1	MAC	09/11/24	BM1152

Bicycle maintenance part 2: electric

Gain more skills to keep your bike road worthy, with a focus on e-bike systems.

£15	£15	£15	Sat	10:00-15:00	1	MAC	19/10/24	BM1162
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Welding

Welding and light metalwork

An introduction to basic welding and metal work fabrication techniques.

£370	£236.75	£565	Tue	18:00-20:30	10	MAC	17/09/24	WE1000

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

Agewell for over 50s

Circuit training and general fitness

General circuit training

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

£50 £25 £50 Mon 10:00-11:30 11 MAC 16/09/24 AW1050

Circuit training (level 2)

Improve your strength, fitness and coordination in our circuit training class designed for adults over 50, and learn how to maintain a healthier lifestyle.

£50 £25 £50 Wed 10:00-12:00 11 MAC 18/09/24 AW1060

Move it or lose it! Gentle keep fit NEW

Slow paced exercise classes focusing on functional movements, fall prevention and strength exercises.

£50 £25 £50 Mon 10:00-11:00 11 MAC 16/09/24 AW1106

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, you will still receive a comprehensive workout.

£50 £25 £50 Tue 13:30-14:30 11 TR 17/09/24 AW1090

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.

£50 £25 £50 Wed 13:30-15:00 11 TR 18/09/24 AW1061

Strong and lean **NEW**

A mix of stretching, cardio and resistance training designed to help you get back into a fitness routine.

£50 £25 £50 Mon 11:15-12:15 11 MAC 16/09/24 AW1460

Fitness with ballet

Strengthen your legs, back and arms while improving posture, balance and stability in our ballet-inspired fitness class designed to enhance your daily activities and overall well-being.

£50	£25	£50	Thu	12:15-13:15	11	MAC	19/09/24	AW1891
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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.

Flexibility

This course will focus on improving the flexibility of the participant. The course will work on improving the range of motion of all the important muscle groups which contribute to ordinary daily activities.

£50	£25	£50	Thu	13:30-14:30	11	MAC	19/09/24	AW1020
NEW			Mon	11:15-12:15	11	TR	16/09/24	AW1021

Stretch and flex

This course will cover the many benefits of regular stretching. Not only can stretching help increase your flexibility, which is an important factor of fitness, but it can also improve your posture, reduce stress, body aches and more.

£50	£25	£50	Fri	12:30-13:30	11	MAC	20/09/24	AW1336
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Fitness and dance classes

Dance mix

Spice up your fitness routine with Dance Mix: a lively hour of Latin rhythms, from salsa to salsaton, designed to get your heart pumping and your body moving!

£50	£25	£50	Mon	13:00-14:00	11	MAC	16/09/24	AW1516
			Thu	11:00-12:00	11	MAC	19/09/24	AW1880

Zumba Gold

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

£50	£25	£50	Fri	11:30-12:30	11	MAC	20/09/24	AW1515
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Startage Conc. Tall Bay (5) Times Week(5) Venue Startage Code	Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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Pilates and yoga

Pilates beginners **NEW** (Monday course)

Pilates is a mat-based discipline and is suitable for all individuals who are comfortable exercising on the floor.

£50	£25	£50	Thu	14:45-15:45	11	MAC	19/09/24	AW1135
			Mon	10:00-11:00	11	TR	16/09/24	AW1138

Pilates beginners/improvers

Discover a gentle way to strengthen your body and improve flexibility with our Pilates class for beginners and improvers over 50.

£50	£25	£50	Tue	12:30-13:30	11	MAC	17/09/24	AW1132
			Tue	14:00-15:00	11	MAC	17/09/24	AW1133
			Fri	14:30-15:30	11	MAC	20/09/24	AW1130

Yoga and meditation (online course)

This course is for those interested in improving posture, learning to relax, developing and maintaining core strength and flexibility and using the breath effectively to enhance health.

£50	£25	£50	Wed	09:30-11:30	11	ONLINE	18/09/24	AW1190
			Wed	13:15-14:15	11	ONLINE	18/09/24	AW1183

Yoga for better breathing (online course)

This course is intended for students interested in enhancing their posture, learning relaxation techniques, and developing and maintaining their core strength and flexibility. Participants will also learn how to use breathing effectively to promote their overall health and wellbeing.

£50	£25	£50	Mon	08:00-09:00	11	ONLINE	16/09/24	AW1180
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Hatha yoga

This course is perfect for learners aiming to improve posture, relax, build core strength and flexibility, and use breath work to enhance overall health.

£50	£25	£50	Mon	15:45-17:15	11	MAC	16/09/24	AW1196
			Sat	11:30-12:30	11	MAC	21/09/24	AW1195

Tai chi and qigong

Qigong for beginners

This Qigong class is designed for anyone seeking stress relief, inner calm and improved well-being.

£50	£25	£50	Wed	10:00-11:00	11	MAC	18/09/24	AW1160
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Qigong

This Qigong follow-on class is designed for individuals who have completed the beginners' Qigong course or have prior experience in Qigong.

£50	£25	£50	Wed	13:30-14:30	11	MAC	18/09/24	AW1176
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Tai Chi (Yang style) beginners

This course is suitable for individuals of all levels and backgrounds. It is ideal for beginners who are new to Tai Chi and seeking an entry point into the practice.

£50 £25 £50 Wed 11:00-12:00 11 MAC 1	18/09/24 AW1170
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Tai Chi (Yang style) improvers

The Improvers class is suitable for individuals with some prior experience in Tai Chi, making it ideal for those who have completed the beginners' course or have a basic understanding of Tai Chi principles.

£50 £25 £50 Wed 12:15-13:15 11 MAC 18/09/24 AW1175

The 50+ Health Toolkit (Strategies for optimal ageing) NEW

This transformative 11-week course empowers you to take control of your health journey by equipping you with a comprehensive toolkit of practical strategies, insights and tips.

£50 £25 £50 Fri 13:30-14:30 11 MAC 20/9/24 AW1750



Standard Conc. Full Day(s) Times Week(s) Venue Start date Code	Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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AGEWELL SUMMER COURSES

These are short three- or four-week courses for anyone over 50 who wishes to carry on their exercise routine during August and also for anyone who wants to try out something new.

	training			_			
£20	£10	Mon	10:00-11:30	3	MAC	05/08/24	AWS008
Hatha y	oga /						
£15	£8	Mon	15:45-16:45	3	MAC	05/08/24	AWS026
Move It	or Lose It! (Gentle	Keep Fit				
£20	£8	Tue	10:00-11:00	4	MAC	06/08/24	AWS050
Pilates							
£20	£10	Tue	12:30-13:30	4	MAC	06/08/24	AWS013
		Tue	14:00-15:00	4	MAC	06/08/24	AWS014
Circuit	training						
£20	£10	Wed	10:00-11:30	4	MAC	07/08/24	AWS007
Tai Chi							
£20	£10	Wed	12:30-13:30	4	MAC	07/08/24	AWS175
Qigong	ı						
£20	£10	Wed	13:30-14:30	4	MAC	07/08/24	AWS180
Yoga ar	nd meditatio	n (onli	ine course))			
£15	£8	Wed	10:00-11:30	3	ONLINE	17/07/24	AWS004
£15	£8	Wed	13:15-14:15	3	ONLINE	07/08/24	AWS011
Eitnoss	with ballet						
£20	£10	Thu	12:15-13:15	4	MAC	08/08/24	AWS112
Flexibil	itv						
£20	£10	Thu	13:30-14:30	4	MAC	08/08/24	AWS111
Pilates				·			
£20	£10	Thu	14:45-15:45	4	MAC	08/08/24	AWS021
		1110	11.15 15.15	•	1 11/10	00/00/21	71110021
	and lean	F!	11.00 12.00	4	MAC	00/00/24	AVACOOO
£20	£8	Fri	11:00-12:00	4	MAC	09/08/24	AWS099
	r better brea	_					
£15	£8	Mon	08:00-09:00	3	ONLINE	15/07/24	AWS030

Standard Conc. Full Day(s) Times Week(s) Venue Start date Code	Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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Agewell MIND NEW

The aim of the following courses is to help keep your mind sharp and give everyone a chance to discuss and debate interesting ideas in a stimulating environment guided by an expert tutor.

Maths and memory **NEW**

A course that combines mental math exercises with memory techniques to help older adults maintain and improve their cognitive skills, potentially reducing the risk of age-related cognitive decline.

f25 f50 Thu 09:15-10:15 10 MAC. 19/09/24 AW1760

The silver surfer's guide to tech **NEW**

Each session will guide you through essential tools of the digital age. No prior technical knowledge is required – just bring your curiosity and enthusiasm.

f50 £25 f50 Mon 14:00-15:00 MAC 16/09/24 AW1770 10

Modern world history: from World War II to today NEW

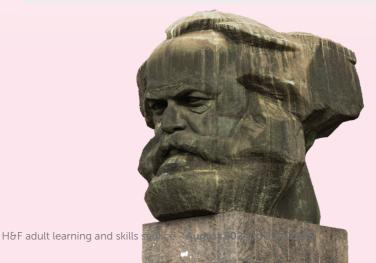
Journey through the pivotal events that have shaped the world from World War II to the present day. This course will cover significant political, social and economic transformations.

£25 £50 £50 Tue 14:00-15:30 10 MAC 17/09/24 AW1780

The great books **NEW**

Explore influential works that continue to shape human thought and consider why we ought still to read them (without too many spoilers).

f50 f25 £50 10 MAC. 19/09/24 Thu 09:30-11:00 AW1790



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

Special educational needs

Catering for Work and Life 1

You 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.

£549	Free	£1413	Mon	13:00-15:15	30	MAC	16/09/24	DE1025
			Wed	10:00-12:15	30	MAC	18/09/24	DE1025

Preparation for work (1)

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

f455 Free f935 Tue 13:00-15:00 30 MAC 17/09/24 DF1070

Pre-employment Skills (f)

This programme allows learners to attend a range of classes that focus on employment skills, and develop their skills for life, through in class projects and activities.

£687 Free £1765 Mon 13:00-15:00 30 MAC 16/09/24 DD1050

Personal development (1)

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

f687 Free f1765 Mon 10:00-12:00 30 MAC 16/09/24 DD1025

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

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.

£108.80 £42.50	£226.80	Tue	10:00-12:00	10	MAC	17/09/24	DP1010
		Tue	10:00-12:00	10	MAC	14/01/25	DP2010
		Tue	10:00-12:00	10	MAC	22/04/25	DP3010
		Tue	13:00-15:00	10	MAC	14/01/25	DP2015
		Tue	13:00-15:00	10	MAC	22/04/25	DP3015
		Tue	13:00-15:00	10	MAC	17/09/24	DP1015

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

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

£79.95	£32.50	£171.95	Wed	13:30-15:00	10	MAC	18/09/24	DP1020
			Wed	13:30-15:00	10	MAC	15/01/25	DP2020
			Wed	13:30-15:00	10	MAC	23/04/25	DP3020

AW Arts & Crafts ff

Selection of 2D and 3D art projects including mark making, introduction to the colour wheel, collages, pencil and pastel colouring and painting.

£108.80 £42.50 £226.80	Mon	10:00-12:00	10	MAC	16/09/24	DP1025
	Mon	10:00-12:00	10	MAC	13/01/25	DP2025
	Mon	10:00-12:00	10	MAC	28/04/25	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.

£108.80 £42.50	£226.80	Fri	13:00-15:00	10	MAC	20/09/24	DP1040
		Fri	13:00-15:00	10	MAC	17/01/25	DP2040
		Fri	13:00-15:00	10	MAC	25/04/25	DP3040

AW Walk & Talk ff

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.

£108.80 £42.50 £226.80	Wed	13:00-15:00	10	MAC	18/09/24	DP1045
	Wed	13:00-15:00	10	MAC	15/01/25	DP2045
	Wed	13:00-15:00	10	MAC	23/04/25	DP3045

AW Dance Fitness ff

Movement and dancing to increase health, flexibility and well-being.

£79.95	£32.50	£171.95	Thu	13:00-14:30	10	MAC	19/09/24	DP1030
			Thu	13:00-14:30	10	MAC	16/01/25	DP2030
			Thu	13:00-14:30	10	MAC	24/04/25	DP3030

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

Humanities

History of Art

How to look at art **SUMMER**

Learn how to observe, interpret and engage with various art forms, enhancing your understanding and enjoyment of the creative world around you. This introductory three-day course will run on Monday, Wednesday and Friday.

£35 £12.25 £70 M/W/F 10:00-12:00 1 MAC 07/08/24 HWS150

Art history: Renaissance and Baroque NEW

Explore the beauty and brilliance of Renaissance and Baroque art in our engaging 11-week course.

£95 £36.50 £185 Thu 11:30-13:00 11 MAC 19/09/24 HA100

Art history: 18th and 19th century NEW

Discover the world of 18th and 19th century art in our exciting 10-week course.

£95 £36.50 £185 Thu 11:30-13:00 11 MAC 16/01/25 HA250

Art history: modernism and beyond NEW

Explore the world of modern and contemporary art in our inspiring 10-week course.

£95 £36.50 £185 Thu 11:30-13:00 11 MAC 24/04/25 HA300



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

Counselling

Award in Counselling Skills (level 2) NEW (f) SFG

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. Students who complete the award successfully can progress to the certificate course (also level 2) in January 2025.

f280 Free f1075 09:30-13:30 11 MAC 20/09/24 HC2500 Fri 18:00-21:00 11 MAC 16/09/24 HC2600 Mon

Level 3 Certificate in Counselling Skills (1) **SEG**

This qualification is suitable for those who are seeking the course as an entrance to become a qualified professional counsellor but also for anyone wishing to acquire a repertoire of counselling skills for use in other work areas (e.g. nurses, social workers and teachers) but do not wish to become a professional counsellor.

£870 f Free f1670 09:30-13:30 19/09/24 Thu HC1000

History

Famous figures from European history: 15th century NEW

For anyone interested in learning about some famous European figures from the 15th century.

£155 £57.50 £305 Thu 14:00-16:00 11 MAC 19/09/24 HH1500

Famous figures from European history: 16th century NEW

For anyone interested in learning about some famous European figures from the 16th century.

f155 f57.50 f305 Thu 14:00-16:00 11 MAC 09/01/25 HH2500

Famous figures from European history: 17th century NEW

For anyone interested in learning about some famous European figures from the 17th century.

£155 £57.50 f305 Thu 14:00-16:00 11 MAC 24/04/25 HH3500

Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
			3 (-)				

Creative writing

Your story, your legacy: biography and memoir writing NEW

This course will guide you through the process of crafting compelling narratives from your life experiences, allowing you to preserve your legacy and share your wisdom with future generations.

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+ 55	+17.75	+ /()	WAW	10:00-12:00	4	MAC	11//118/24	HWVN150
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First steps in creative writing **NEW**

An introduction to creative writing, focusing on the structure of short stories. This course will provide new and budding writers with the tools through which they can begin to create a piece of imaginative writing. It will cover writing practice, writing process and your writing mission.

£140	£52.25	£275	Wed	18:15-20:15	11	MAC	18/09/24	HW1075
			Wed	10:00-12:00	11	MAC	18/09/24	HW1080

Writing for well-being

New to writing, intermediate and seasoned writers. For people who have a story inside and want to get it out.

£140	£52.25	£275	Wed	12:15-14:15	11	MAC	18/09/24	HW1070

Philosophy NEW

Introduction to political philosophy

Delve into the core depths and debates of political philosophy. We'll examine the ideas of seminal thinkers like Plato, Hobbes, and Marx, exploring foundational themes such as justice, liberty, equality, and democracy.

£90 £33 £180 Tue 18:30-7	-20:30 11 MAC 17/09/24 HP1000
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How we support our learners

- Our trained staff can provide extra support for learners with additional needs, including BSL signers, accessible class materials and extra study sessions.
- On request, we can make easy-read versions of documents, including with Makaton symbols.
- Our buildings have accessible classrooms and toilets.
- We work with external organisations, including Action on Disability and MIND.
- We are a recognised 'Disability Confident Committed' employer.

 You can discuss any questions, concerns or complaints by calling

020 8753 3600

If you need help with the course fees, we offer discounts for people on certain benefits.

Visit

https://www.hfals.ac.uk/fees-concessions-support

and

https://www.hfals.ac.uk/learner-support-funds for details.

Give us your feedback





We want to hear what you think we're getting right and how we can improve.

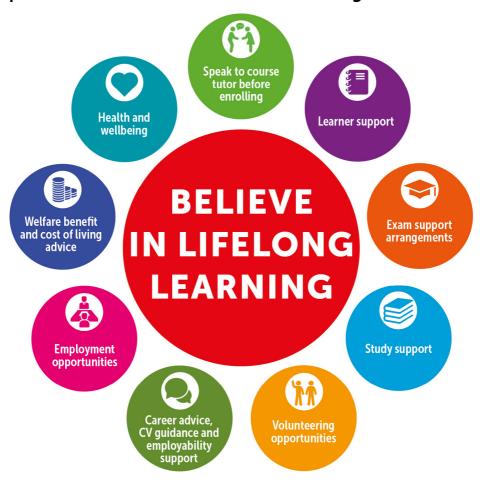
We strive to provide the best experience possible, but if you feel we have fallen short, you can escalate your concern by visiting our reception desk and requesting a complaint form.





INFORMATION, ADVICE AND GUIDANCE

Speak to a member of staff about accessing these services











Familyfriendly workshops

Parents and their children get the chance to learn and grow together in our family workshops.

We partner with local schools and children's centres to host



Our FREE workshops include:

music

arts and crafts

outdoor activities and fitness

storytelling and puppetry

fun with numbers

and many more.

To sign up call 020 8**75**3 3600

Events and taster courses happen all year round - check our website for the latest information!

Want to be the first to know about new discounts, classes and all things adult learning?



Sign up to receive our new Macbeth Mail newsletter

https://www.lbhf.gov.uk/adult-learning-and-skills/ macbeth-mail-e-newsletter



How to contact us





020 8753 3600



alssinfo@lbhf.gov.uk





https://www.hfals.ac.uk/

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