

adult learning and skills service

# Term 3 Course List

**Courses: April 2025 – July 2025**



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# Welcome

Welcome to the Term 3 course listing from the Adult Learning & Skills Service. We have a wide range of courses on offer from April to suit all interests, both in the centres and online, so have a browse and see what sparks your interest!

## Enrolment

Enrolments for term 3 have begun and we recommend enrolling as early as possible as popular classes fill up quickly.

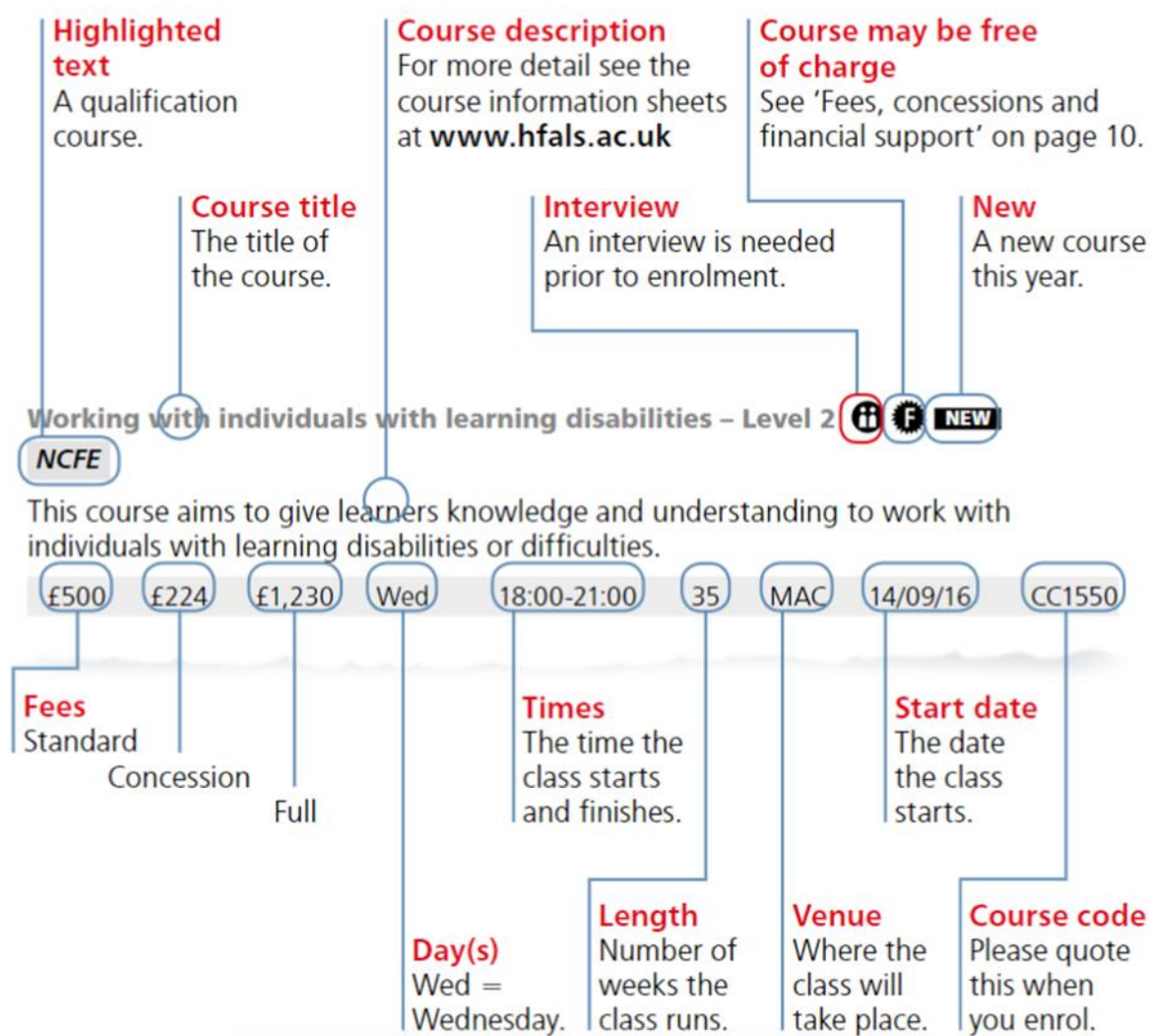
Enjoy the rest of this year, and we look forward to seeing you in the new term!

Please note you may be able to join a course after the start date, if there are spaces and the level is right for you, please ask by contacting the number below.

***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, or call 0208 753 3600.***

# How to use this course guide

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



# English, ESOL, Maths & Family Learning



## ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL) & FUNCTIONAL SKILLS

We offer a range of courses designed to build the skills needed 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)

ESOL courses are for people whose first language is not English. They will help you to develop or improve speaking, listening, reading and writing skills for everyday life in the UK. Learners will work on speaking and understanding of English covering new vocabulary and grammar. Most courses are accredited by Trinity and lead to qualifications. They are government funded and require full attendance. You can book an interview on our website or by calling our team on 020 8753 3600 to find the best course for you.

#### ESOL Entry level conversation



A course for ESOL learners to practise their English speaking and listening, pronunciation and conversation, with others in a supportive and friendly environment. You will need an interview to assess your level in order to be placed in the right class.

Standard £68      Conc £0      Full £343      Sat      10:00-12:00      11      MAC      26/04/25      EE3011M

#### ESOL Advanced level conversation (L1/L2)



A course for ESOL learners to practise their English speaking and listening, pronunciation and conversation, with others in a supportive and friendly environment. You will need an interview to assess your level in order to be placed in the right class.

Standard £68      Conc £0      Full £343      Sat      10:00-12:00      11      MAC      26/04/25      EE309M

### Functional Skills (English and Maths)

These courses are for adults who want to return to learning to develop, improve and extend their skills, 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 free for most learners. You can book an interview on our website or by calling our team on 020 8753 3600.

### Family Learning

We run free, fun family workshops and sessions throughout the year for parents/carers and children to enjoy together in all kinds of subjects such as pottery, painting, self-defence, music, puppetry, cooking and more. Please see our website for details of sessions coming up

# Special Educational Needs



## 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.

### All Welcome

#### 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 £108.80 Conc £42.50 Full £108.80 Tue 10:00-12:00 10 MAC 22/04/25 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 £108.80 Conc £42.50 Full £108.80 Tue 13:00-15:00 10 MAC 22/04/25 DP3015

#### AW AMICI Movement



This is a Pre-entry course that focuses on developing learners' personal and social skills to enhance learning and life. Amici Dance Dynamics will introduce learners to movement and dance

Standard £79.95 Conc £32.50 Full £171.95 Wed 13:30-15:00 10 MAC 23/04/25 DP3020

#### AW Arts & Crafts



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

Standard £108.80 Conc £42.50 Full £226.80 Mon 10:00-12:00 10 MAC 28/04/25 DP3025

#### AW Yoga



This Yoga course will introduce students to movement, meditation and exercise. There will be breathing and flexibility based exercises and students will build up their confidence and develop social skills.

Standard £108.80 Conc £42.50 Full £226.80 Fri 13:00-15:00 10 MAC 25/04/25 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 £108.80 Conc £42.50 Full £226.80 Wed 13:00-15:00 10 MAC 23/04/25 DP3045

## **AW Dance Fitness**

This course uses movement and dancing to increase learners' health, flexibility and well-being.

Standard £79.95 Conc £32.50 Full £171.95 Thu 13:00-14:30 10 MAC 24/04/25 DP3030

## **Inclusive classes**

### **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 £94.41 Conc £38.97 Full £293.41 Mon 13:30-15:30 10 MAC 28/04/25 AA3010

### **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 £134.20 Conc £56.58 Full £373.01 Tue 10:00-12:30 10 MAC 22/04/25 AF3570

### **Jewellery: inclusive class**

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

Standard £118.27 Conc £50.27 Full £321.84 Wed 10:00-12:30 10 MAC 23/04/25 AJ3625



# Arts, crafts & performing arts



## ARTS, CRAFTS AND PERFORMING ARTS

Choose from painting, drawing, jewellery, upholstery, textiles, music, dance, 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 £94.41 Conc £38.97 Full £293.41 Mon 13:30-15:30 10 MAC 28/04/25 AA3010

#### Drawing and Painting - all levels

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

Standard £250.19 Conc £99.40 Full £515.16 Thu 13:00-16:00 11 MAC 24/04/25 AA3041

#### Portraiture - all levels

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

Standard £283.20 Conc £139.06 Full £558.39 Thu 09:15-12:15 11 MAC 24/04/25 AA3200  
Fri 13:45-16:45 11 MAC 25/04/25 AA3250

#### Watercolour Painting Studio

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

Standard £238.34 Conc £94.02 Full £446.27 Tue 10:30-13:30 11 MAC 22/04/25 AA3230

#### Block Printing with Linocut 1

Learn how to design for print on paper and fabric through a series of projects using the linocut process.

Standard £104.40 Conc £43.16 Full £432.56 Wed 10:00-12:30 5 MAC 23/04/25 CS3700

#### Block Printing with Linocut 2

Learn how to print on fabric and paper using a linocut process through a series of projects.

Standard £104.00 Conc £43.16 Full £432.56 Wed 10:00-12:30 5 MAC 04/06/25 CS3701

### Illustration

#### Children's Book Illustration

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

Standard £188.47 Conc £77.80 Full £347.85 Mon 18:30-21:00 9 MAC 28/04/25 AB3240

## Photography

### Digital Photography for Beginners **NEW**

Gain the valuable technical skills to confidently explore the potential of a digital camera, including the core elements of aperture, shutter speed and ISO.

Standard £111.07 Conc £45.50 Full £205.33 Wed 18:30-21:00 5 MAC 23/04/25 AC2402

## Pottery

### Ceramics for Beginners (Entry Level 3) **NEW**

**NCFE**

An introduction to acquire basic practical skills in the creative craft of ceramics.

Standard £132.86 Conc £0.00 Full £362.81 Wed 10:00-13:00 7 MAC 23/04/25 AF3600

### 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 £134.20 Conc £56.58 Full £373.01 Tue 10:00-12:30 10 MAC 22/04/25 AF3570

### Pottery for 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 £236.04 Conc £99.62 Full £497.59 Mon 13:00-16:00 10 MAC 28/04/25 AF3500

### Pottery: Throwing for Beginners **NEW**

An introduction to basic techniques for throwing on the pottery wheel.

Standard £90.90 Conc £38.45 Full £166.30 Tue 18:00-20:30 4 MAC 22/04/25 AF3517

### Pottery: Throwing and Decoration **NEW**

Explore techniques for throwing on the pottery wheel and a variety of surface decoration approaches.

Standard £131.25 Conc £52.58 Full £244.35 Tue 18:00-20:30 6 MAC 03/06/25 AF3518

### Pottery - all levels

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

Standard £257.03 Conc £106.97 Full £544.73 Thu 09:30-12:30 11 MAC 24/04/25 AF3511

Thu 13:00-16:00 11 MAC 24/04/25 AF3512

### Pottery - all levels, evening

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

Standard £257.03 Conc £106.97 Full £544.73 Wed 18:00-21:00 11 MAC 23/04/25 AF3513

## Jewellery

### Jewellery Making for Beginners (Entry Level 3) **NEW**

**NCFE**

An introduction to acquire basic practical skills in the creative craft of Jewellery Making.

Standard £132.86 Conc £0.00 Full £362.81 Thu 10:00-13:00 7 MAC 24/04/25 AJ3820

#### Jewellery: inclusive class

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

Standard £118.27 Conc £50.27 Full £321.84 Wed 10:00-12:00 10 MAC 23/04/25 AJ3625

#### Jewellery for Beginners

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

Standard £246.78 Conc £101.16 Full £458.29 Tue 13:00-15:30 11 MAC 22/04/25 AJ3610

#### Jewellery - intermediate

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

Standard £246.78 Conc £101.16 Full £458.29 Tue 10:00-12:30 11 MAC 22/04/25 AJ3600

#### Jewellery - all levels

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

Standard £247.05 Conc £101.26 Full £458.29 Tue 18:15-20:45 11 MAC 22/04/25 AJ3611

#### Jewellery – making beaded and metal jewellery

Learn the skills of beading to create exciting and colourful jewellery. Click Course Details for info.

Standard £93.19 Conc £37.91 Full £204.72 Wed 10:00-12:30 5 MAC 23/04/25 AJ3612  
Wed 10:00-12:30 5 MAC 04/06/25 AJ3613

#### Jewellery – Sand Casting Using Pewter **NEW**

Learn how to make a sand casted ring incorporating an embedded geode stone.

Standard £107.34 Conc £33.89 Full £197.82 Mon 10:00-13:00 4 MAC 19/06/25 AJ3701

## Stained glass

### Stained Glass for Beginners (Entry Level 3) **NEW**

**NCFE**

An introduction to acquire basic practical skills in the creative craft of Stained Glass.

Standard £132.86 Conc £0.00 Full £362.81 Mon 10:00-13:00 7 MAC 28/04/25 AS3720

#### Stained Glass - all levels

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

Standard £241.11 Conc £95.49 Full £536.78 Wed 13:00-16:00 11 MAC 23/04/25 AS3700  
Wed 18:00-21:00 11 MAC 23/04/25 AS3701  
Standard £220.74 Conc £88.36 Full £530.88 Mon 18:00-21:00 10 MAC 28/04/25 AS3703

## 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 £220.74 Conc £88.36 Full £413.03 Mon 18:30-21:00 10 MAC 28/04/25 CF3010

### Picture Framing and Mount Cutting

You will learn to frame images using the tools of the trade and with imagination and taste. We will also salvage old frames and upcycle them giving them new life. Click Course Details for info.

Standard £254.55 Conc £98.71 Full £451.40 Wed 09:30-12:30 11 MAC 23/04/25 CF3011

### 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 £241.11 Conc £95.49 Full £452.62 Fri 10:00-12:30 11 MAC 25/04/25 CF3032

### Cabinet Making - all levels

Beginners will acquire ESSENTIAL woodwork skills and techniques before embarking on their own personal projects. More experienced students can extend their knowledge on more complex projects.

Standard £255.89 Conc £101.40 Full £453.75 Tue 18:30-21:00 11 MAC 22/04/25 CH3210

### Cabinet Making and Restoration Saturdays

Beginners will acquire ESSENTIAL woodwork skills and techniques before embarking on their own personal projects. More experienced students can extend their knowledge on more complex projects.

Standard £276.36 Conc £101.40 Full £490.15 Sat 10:00-15:30 6 MAC 26/04/25 CH3050

## Upholstery

### Upholstery for Beginners (Entry Level 3) **NEW**

**NCFE**

An introduction to acquire basic practical skills in the craft of upholstery.

Standard £132.86 Conc £0.00 Full £362.81 Thu 10:00-13:00 7 MAC 01/05/25 CM3450

### Upholstery for Beginners

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

Standard £250.20 Conc £99.41 Full £453.75 Mon 09:30-12:00 10 MAC 28/04/25 CM3400

Mon 12:30-15:00 10 MAC 28/04/25 CM3410

### Upholstery - all levels

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

Standard £255.89 Conc £101.40 Full £452.61 Tue 18:30-21:00 10 MAC 29/04/25 CM3440

Tue 12:30-15:00 11 MAC 22/04/25 CM3461

Wed 10:00-12:30 10 MAC 30/04/25 CM3447

### Upholstery - all levels

An opportunity for a longer upholstery session.

Standard £278.34 Conc £108.68 Full £512.27 Fri 10:00-13:00 11 MAC 25/04/25 CM3455

## Upholstery - all levels

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

Standard £255.89 Conc £101.40 Full £452.61 Tue 09:30-12:00 11 MAC 22/04/25 CM3460

## Sewing and Textiles

### Clothes Making – all levels

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

Standard £230.88 Conc £92.64 Full £452.61 Tue 18:30-21:00 11 MAC 22/04/25 CS3651

### Clothes Making for Beginners

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

Standard £230.88 Conc £92.64 Full £452.61 Thu 13:00-15:30 11 MAC 24/04/25 CS3630

Wed 10:00-12:30 11 MAC 23/04/25 CS3640

### Clothes Making - intermediate

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

Standard £230.88 Conc £92.64 Full £452.61 Thu 10:00-12:30 11 MAC 24/04/25 CS3620

### Textiles: Experimental Hand Stitch **NEW**

This course focuses on an experimental approach to embroidery, introducing a variety of hand stitch methods and techniques to innovate your own designs.

Standard £104.84 Conc £41.89 Full £195.32 Tue 10:30-13:30 4 MAC 22/04/25 CS3501

## Performing Arts

### Contemporary Dance for Beginners **NEW**

Join our Contemporary dance class for an energetic and enjoyable experience based on the Release Technique to travel around the physical environment.

Standard £64.56 Conc £22.69 Full £124.88 Mon 18:00-19:15 8 MAC 28/04/25 PD3120

### Ballet for Beginners **NEW**

A beginner level dance class to build up ballet skills - balance, posture, strength and memory. You will focus on establishing the basic dance routines on the barre and be introduced to turns.

Standard £96.80 Conc £33.88 Full £186 Mon 17:45-19:15 8 MAC 28/04/25 PD3110

### Ballet for Improvers **NEW**

Adult ballet classes to develop dance skills - balance, posture, strength and memory.

Standard £60.55 Conc £21.19 Full £116.25 Wed 18:30-20:00 8 MAC 23/04/25 PD3101

## Piano for beginners and improvers

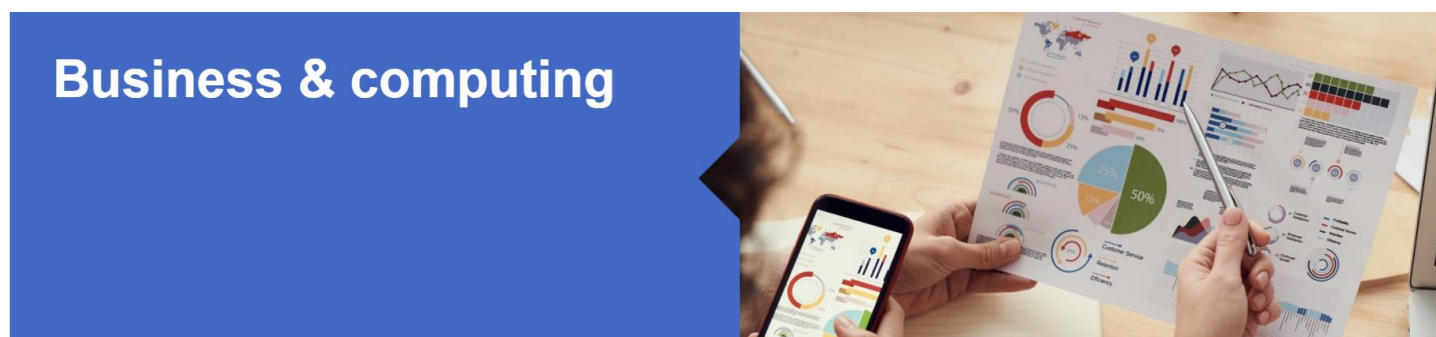
New to piano or a competent player? Build your confidence and repertoire with these 30 minute 1-2-1 lessons. There are a number of slots, please call for availability.

Standard £253.60	Conc £253.60	Full £253.60	Thu	14:30-15:00	11	MAC	24/04/25	PM3802
			Thu	15:00-15:30	11	MAC	24/04/25	PM3803
			Thu	15:30-16:00	11	MAC	24/04/25	PM3804
			Thu	16:00-16:30	11	MAC	24/04/25	PM3805
			Thu	16:30-17:00	11	MAC	24/04/25	PM3806
			Thu	17:00-17:30	11	MAC	24/04/25	PM3807

## Singing Harmoniously Together

Join Natural Voice tutor Alison Frosdick for a day of singing songs from around the world. All songs will be taught by ear so there is no need to be able to read music.

Standard £32.04	Conc £11.21	Full £78.05	Sat	10:00-15:30	1	MAC	26/04/25	PM3602
Standard £32.40	Conc £11.21	Full £78.05	Sat	10:00-15:30	1	MAC	07/06/25	PM3603



## BUSINESS AND 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.

### Computing

#### Introduction to Essential Digital Skills **NEW**

An introduction to using computers, IT and the Internet.

This course is <b>free</b>	Fri	10:30-12:30	5	MAC	25/04/25	IT3001
This course is <b>free</b>	Fri	10:30-12:30	5	MAC	06/06/25	IT3002M

#### Bridging course to L1 Essential Digital Skills **NEW**

An 11-week course to bridge the gap from E3 to L1 and prepare you to take L1 qualification course in the future. It includes an introduction to Excel and PowerPoint plus the advanced features of Microsoft Word.

This course is <b>free</b>	Thu	10:00-12:30	11	MAC	24/04/25	IT3003M
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# Health, Childcare & Teaching



## HEALTH, CHILDCARE AND 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/department/health-childcare-teaching](http://www.hfals.ac.uk/department/health-childcare-teaching) for the latest offers.

### Teaching and Training

#### Award in Education & Training



**NCFE**

The course will cover the key skills and knowledge you need to get started on a career teaching in adult education.

Standard £330    Conc £0.00    Full £850    Sat    10:00-15:00    11    MAC    26/04/25    TD3000

# Food Studies



## FOOD STUDIES

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

### Cooking

#### 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 £124    Conc £52.50    Full £289    Fri    13:00-15:30    10    MAC    25/04/25    FC3120

## Ready, Steady, Cook on a Budget (L1 Award Home Cooking Skills) AM or PM

This course is aimed at people on a low income, who wish to develop healthy cooking skills and who have an interest in cookery. Learn how to make cooking at home more cost effective, nutritional and tasty! On the course, students will complete assessments to complete the L1 Home Cooking Skills Award.

Standard £92.40	Conc £TBC	Full £468.30	Tue	10:00-12:30	12	MAC	22/04/25	FC3130
Standard £92.40	Conc £TBC	Full £468.30	Tue	18:00-20:30	12	MAC	22/04/25	FC3135

## History, Culture & Writing



### HISTORY, CULTURE AND 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.

#### History

##### Art History: Modernism and beyond

Explore the world of modern and contemporary art in our inspiring 11-week course.

Standard £95	Conc £36.50	Full £185	Thu	11:30-13:00	11	MAC	24/04/25	HA300
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##### Famous Figures From European History: 17th Century

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

Standard £155	Conc £57.50	Full £305	Thu	14:00-16:00	11	MAC	24/04/25	HH3500
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#### Writing

##### Creative Writing (Intermediate/Advanced)

Standard £140	Conc £52.25	Full £280	Wed	12:15-14:15	11	MAC	23/04/25	HW3070
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##### First steps in creative writing

If you wish to continue to improve your writing skills this is the course for you.

Standard £140	Conc £52.25	Full £280	Wed	10:00-12:00	11	MAC	23/04/25	HW3035
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# Languages & Interpreting



## LANGUAGES AND INTERPRETING

It is 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.

### British Sign Language (BSL)

#### Introduction to British Sign Language (National BSL Day) **NEW**

A gentle introduction to the very basics of British Sign Language. Learn to greet, fingerspell the alphabet & introduce yourself in BSL.

Standard £15    Conc £8.50    Full £25    Mon    16:00-18:00    1    MAC    28/04/25    LZ300N

#### British Sign Language Beginners (Entry 2 Award) **NEW**

**SEG**

This is a FREE Beginners Entry Level 2 Award in British Sign Language accredited by the Skills Education Group (SEG). This course will cover greetings, taking leave, fingerspelling the alphabet, introducing yourself, saying where you live, counting from 1-30, identifying the members of your family, saying how you get to work/college, telling the time in BSL. Learners will be assessed against the Entry 2 BSL SEG assessment criteria.

This course is **free**    Wed    15:00-17:00    9    MAC    07/05/25    LZ3005

## French

#### French Beginners for Holidays **NEW**

This course is a beginners course for anyone interested in learning basic French for holidays or in a French speaking country.

Standard £45    Conc £19    Full £85    Mon    18:30-20:30    5    MAC    09/06/25    LFS155

#### Beginners French (Saturday) **NEW**

Standard £45    Conc £19    Full £85    Sat    10:00-12:00    5    MAC    26/04/25    LF3042

#### French Beginners Stage 3

For anyone who has completed French Beginners Stage 2 or equivalent.

Standard £140    Conc £52.25    Full £280    Tue    18:30-20:30    11    MAC    22/04/25    LF3026

### French Elementary Stage 3

For anyone who has either completed French Elementary Stage 2 or who has a lower intermediate level of French. This course is ideal for anyone, who wishes to converse when travelling in a French-speaking country, for work or with French-speaking friends and who also wishes to improve their reading and writing skills.

Standard £155    Conc £57.50    Full £310    Tue    09:30-12:00    11    MAC    22/04/25    LF3050

### French Intermediate Stage 3

This course is 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 freely over a range of topics,

Standard £155    Conc £57.50    Full £310    Mon    10:00-12:00    10    MAC    28/04/25    LF3075

### French intermediate conversation

This course is for students with a lower intermediate level of French, who wish to improve their knowledge and skills to be able to converse freely over a range of topics, to read well, and to write simple correct language.

Standard £100    Conc £38.25    Full £200    Tue    15:00-16:00    11    MAC    22/04/25    LF3080

### French Advanced

This course is suitable for students, who either have an upper intermediate or equivalent level in French. For anyone who wants to perfect their French and gain a high standard of fluency

Standard £165    Conc £61    Full £330    Tue    12:30-14:30    11    MAC    22/04/25    LF3125

### French Advanced Conversation and Grammar

The aim of this course is to build your confidence in communicating in a variety of situations with a range of native speakers.

Standard £100    Conc £38.25    Full £200    Mon    12:30-14:00    10    MAC    28/04/25    LF3130

### French Language and Culture (Proficiency)

For students with an advanced level in French, who wish to perfect their French and gain a high standard of fluency.

Standard £165    Conc £61    Full £330    Thu    10:00-12:00    11    MAC    24/04/25    LF3151

## Italian

### Italian Beginners for Holidays **NEW**

This course is a beginners course for anyone interested in learning basic Italian for holidays or in an Italian speaking country.

Standard £45    Conc £19    Full £85    Tue    18:30-20:30    5    MAC    10/06/25    LIS160

### Learn Italian Beginners Stage 3

For anyone who has completed Italian Beginners Stage 2 or equivalent.

Standard £140    Conc £52.25    Full £280    Mon    18:30-20:30    10    MAC    28/04/25    LI3031

### Italian Elementary Stage 3

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

Standard £155    Conc £57.50    Full £310    Tue    10:30-12:30    11    MAC    22/04/25    LI3050  
Wed    18:30-20:30    11    MAC    23/04/25    LI3051

### Italian Intermediate Stage 3

Anyone who has completed Italian Intermediate stage 2 or who has an equivalent intermediate level of Italian, who would like to improve their language skills and knowledge of Italy and Italian.

Standard £155    Conc £57.50    Full £310    Tue    10:00-12:00    11    MAC    22/04/25    LI3075

### Italian Upper Intermediate Plus Stage 3

This course is for those who already have a solid intermediate level in Italian, looking to develop their language skills further by being able to converse freely over a range of topics as well as to read and write well.

Standard £155    Conc £57.50    Full £310    Mon    10:00-12:00    10    MAC    28/04/25    LI3101

### Italian Upper Intermediate Stage 3 (Online)

This online course is for those who already have a solid intermediate level in Italian, looking to develop their language skills further by being able to converse freely over a range of topics as well as to read and write well.

Standard £155    Conc £57.50    Full £310    Tue    18:30-20:30    11    MAC    22/04/25    LI3100

### Italian Advanced Conversation Fast Track Stage 3

Anyone with an upper intermediate level of Italian, who would like to improve their language skills and knowledge of Italy and the Italians through speaking.

Standard £110    Conc £41.75    Full £210    Wed    12:30-14:00    11    MAC    23/04/25    LI3130

### Italian Advanced (Online)

Anyone with Italian Advanced Stage 2 or equivalent advanced level in Italian & who would like to improve their language skills and knowledge of Italy and the Italians.

Standard £150    Conc £52.50    Full £300    Thu    18:30-20:30    11    MAC    24/04/25    LI3127

### Italian Proficiency

Take your Italian to a new level with this advanced course.

Standard £165    Conc £61    Full £330    Thu    10:15-12:15    11    MAC    24/04/25    LI3150

### Italian Proficiency Conversation Fast Track

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 £110    Conc £41.75    Full £220    Mon    12:30-14:00    10    MAC    28/04/25    LI3155

### Italian Mastery

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

Standard £165    Conc £61    Full £330    Fri    10:00-12:00    11    MAC    25/04/25    LI3175

### Italian Cooking for Italian Speaking learners

For anyone who wants to practise their Italian while preparing some delicious dishes.

Standard £65    Conc £0.00    Full £125    MTWTF    10:30-13:30    1    MAC    22/07/25    LIS167

## Spanish

### Spanish Beginners for holidays **NEW**

This course is a beginners course for anyone interested in learning basic Spanish for holidays or in a Spanish speaking country.

Standard £55    Conc £22.50    Full £105    MTWTF    10:00-12:30    1    MAC    14/07/25    LSS170

Standard £45    Conc £19    Full £85    Mon    18:30-20:30    5    MAC    09/06/25    LSS175

### Learn Spanish Beginners Stage 3

For anyone who has completed Spanish Beginners Stage 2 or equivalent.

Standard £140    Conc £52.25    Full £280    Thu    10:30-12:30    11    MAC    24/04/25    LS3027

### Spanish Elementary Stage 3

Want to move beyond basic Spanish? This is the course for you. For anyone who has completed Spanish Elementary Stage 2 or equivalent.

Standard £155    Conc £57.50    Full £310    Tue    13:00-15:00    11    MAC    22/04/25    LS3049

### Spanish Intermediate Stage 3

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

Standard £155    Conc £57.50    Full £310    Tue    18:30-20:30    11    MAC    22/04/25    LS3075  
Wed    10:30-12:30    11    MAC    23/04/25    LS3076

### Spanish Mastery

Es para estudiantes con un nivel intermedio avanzado (A-Level standard) que deseen hablar con más fluidez, ampliar el conocimiento de la lengua y familiarizarse con la cultura de España y del mundo hispano hablante.

Standard £165    Conc £61    Full £330    Wed    13:00-15:00    11    MAC    23/04/25    LS3180

## Motor Vehicle, Bicycles & Welding



### MOTOR VEHICLE, BICYCLE MAINTENANCE AND 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

Short Bike Maintenance courses will be offered and organised throughout the summer term. Please check our website for details



## AGEWELL

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.

### All age fitness

We are offering evening and Saturday classes to anyone aged 19+ at an introductory rate. Don't miss out call 020 8753 3600 to enrol or go to <https://www.hfals.ac.uk/courses/agewell/fitness-for-all> to enrol online.

#### Chair Aerobics for Beginners Saturday (5 Weeks) **NEW**

This course is for all adult learners wishing to learn how to exercise by using chair-based exercises. This course enables learners, who have mobility restrictions, to still benefit from physical activity and exercise. Chair exercises are a way to get physically fit and strengthen certain areas of the body that may benefit people with mobility problems.

Standard £23    Conc £11.50    Full £23    Sat    11:00-12:00    5    MAC    26/04/25    AW3420

#### Salsa For Beginners/Improvers (all adult ages) **NEW**

This Beginners Salsa course is for people who like music and dance and who are willing to learn & practise basic steps, learn new combinations and combining into a routine.

Standard £50    Conc £25    Full £50    Wed    17:30-18:30    11    MAC    23/04/25    AW3150

#### Qi Gong for Beginners Saturday (all adult ages) **NEW**

If you are new to Qi Gong, this is the perfect routine to get started. It provides an introduction to the practice and focuses on simple, easily repeatable movements. Learn the fundamentals of coordinating breath with gentle, mindful movements, focusing on proper posture, relaxation techniques, basic standing postures, and simple flowing movements, all while emphasizing the connection between mind, body, and breath, with a strong emphasis on deep, intentional breathing as a core element of the practice.

Standard £23    Conc £11.50    Full £23    Sat    14:00-15:00    5    MAC    26/04/25    AW3276

#### Chair Aerobics For Beginners Evening (all adult ages) **NEW**

This course is for all adult learners wishing to learn how to exercise by using chair-based exercises. This course enables learners, who have mobility restrictions, to still benefit from physical activity and exercise. Chair exercises are a way to get physically fit and strengthen certain areas of the body that may benefit people with mobility problems.

Standard £23    Conc £11.50    Full £23    Tue    18:00-19:00    5    MAC    03/06/25    AW3424

## General Fitness

### Strong and Lean

Anyone who wants to improve their fitness, have fun and a space to feel welcome

Standard £50    Conc £25    Full £50    Mon    11:15-12:15    10    MAC    28/04/25    AW3460

### Stretch & Flex

The stretch and flex class is a stretching and mobility-based session to help improve functional capacity, better recovery and injury prevention. Learn how to correctly activate and control important stabilizing muscles.

Standard £50    Conc £25    Full £50    Mon    13:15-14:15    10    MAC    28/04/25    AW3885

### Be good to your back

For anyone who has suffered back pain and/or sciatica or who wishes to prevent the onset of back problems in the future. This short course is designed to give you a series of simple strengthening and stretching exercises to gain and maintain a strong and flexible back.

Standard £50    Conc £25    Full £50    Wed    12:15-13:15    11    MAC    23/04/25    AW3810

### Senior Total Body Workout (Tudor Rose)

Suitable for all levels. Aerobic work using upper and lower body work and stretching.

Standard £50    Conc £25    Full £50    Wed    13:30-15:00    11    TRFC    23/04/25    AW3061

### Flexibility Beginners/Improvers (Tudor Rose)

Anyone wishing to improve the range of motion of their muscles. This course will focus on improving the flexibility of the participant. The course assists on mobilizing and improving the range of motion of all the important muscle groups which contribute to the participant's ordinary daily activities

Standard £23    Conc £11.25    Full £23    Mon    11:15-12:15    5    TRFC    28/04/25    AW3021

### Flexibility

Anyone wishing to improve the range of motion of their muscles. This course will focus on improving the flexibility of the participant. The course assists on mobilizing and improving the range of motion of all the important muscle groups which contribute to the participant's ordinary daily activities.

Standard £50    Conc £25    Full £50    Thu    13:30-14:30    11    MAC    24/04/25    AW3020

### Circuit Training (Level 2)

A progression from monitored circuit class Level 1 to a more challenging cardiovascular experience! Also suitable for low-risk individuals and those who do not have a heart condition. If you are unsure about your suitability please consult Alison Frosdick.

Standard £50    Conc £25    Full £50    Wed    10:00-12:00    11    MAC    23/04/25    AW3060

### General Circuit training

Anyone interested in a workout method where you perform a series of different exercises, targeting various muscle groups, with minimal rest between each exercise, essentially cycling through a "circuit" to work your whole body and improve both muscular strength and cardiovascular endurance simultaneously. Suitable for those without a heart condition, who would like to participate in a circuit class.

Standard £50    Conc £25    Full £50    Mon    10:00-11:30    10    MAC    28/04/25    AW3050

### **Gentle Keep Fit/Falls Prevention (Tudor Rose)**

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.

Standard £50    Conc £25    Full £50    Tue    13:30-14:30    11 TRFC    22/04/25    AW3090

### **Gentle Keep Fit Saturday (5 Weeks) (all adult ages) NEW**

A Gentle Keep Fit class, which offers moderately paced exercise to improve your general health, fitness, mobility, strength, and balance.

Standard £23    Conc £11.50    Full £23    Sat    10:00-11:00    5    MAC    26/04/25    AW3116  
Standard £23    Conc £11.50    Full £23    Mon    18:00-19:00    5    MAC    02/06/25    AW3106

## **Dance-based exercise classes**

### **Dance mix (Monday)**

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

Standard £50    Conc £25    Full £50    Mon    13:00-14:00    10    MAC    28/04/25    AW3516

### **Dance Mix (Thursday)**

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

Standard £50    Conc £25    Full £50    Thu    11:00-12:00    11    MAC    24/04/25    AW3880

### **Fitness with Ballet**

For anyone interested in a ballet-fitness based class which focuses on trunk and pelvic stability, good posture, balance and muscle strengthening of the legs and back.

Standard £50    Conc £25    Full £548.02    Thu    12:15-13:15    11    MAC    24/04/25    AW3891

## **Pilates and Yoga**

### **Pilates**

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

Standard £50    Conc £25    Full £50    Fri    14:30-15:30    11    MAC    25/04/25    AW3130

### **Pilates beginners/improvers**

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

Standard £50    Conc £25    Full £50    Tue    12:30-13:30    11    MAC    22/04/25    AW3132  
Tue    14:00-15:00    11    MAC    22/04/25    AW3133

### **Pilates Beginners/Improvers (Tudor Rose)**

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

Standard £23      Conc £11.25      Full £23      Mon      10:00-11:00      5      TRFC      28/04/25      AW3138

### **Pilates beginners/improvers**

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

Standard £50      Conc £25      Full £50      Wed      14:45-15:45      11      MAC      24/04/25      AW3135

### **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 £50      Conc £25      Full £50      Sat      11:30-12:30      11      MAC      26/04/25      AW3195

### **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 £50      Conc £25      Full £50      Wed      09:30-11:30      11      ONLINE      23/04/25      AW3190

### **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 £50      Conc £25      Full £50      Mon      08:00-09:00      10      ONLINE      28/04/25      AW3180

### **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 £50      Conc £25      Full £50      Mon      15:45-17:15      10      MAC      28/04/25      AW3196

## **Qi Gong and Tai Chi**

### **Qi Gong for beginners**

This Qigong class is designed for anyone seeking stress relief, inner calm, and improved well-being. Whether you feel stressed, anxious, or simply want to find your chill, Qigong can benefit individuals of all ages and backgrounds. No prior experience is necessary, making it accessible to beginners and those new to Qigong.

Standard £50      Conc £25      Full £50      Thu      10:00-11:00      11      MAC      24/04/25      AW3160

### **Tai Chi (Cheng Man Ching) improvers**

For anyone who already has beginners knowledge of Tai Chi (Cheng Man Ching) & wishes to build on what they already know. Like beginners, this course comprises of simplified and graceful movements that embody the essential elements of balance, harmony, and the circulation of vital energy ("Qi").

Standard £23      Conc £11.50      Full £23      Thu      12:15-13:15      5      MAC      05/06/25      AW3175

### **Qi Gong (Improvers)**

For anyone who already has beginners knowledge of Qi Gong & wishes to build on what they already know. Like beginners, this course is designed for anyone seeking stress relief, inner calm, and improved well-being.

Standard £23      Conc £11.50      Full £23      Thu      13:30-14:30      5      MAC      05/06/25      AW3176



## Tai Chi (Cheng Man Ching) beginners

This course is designed for learners over 50 who have little or no prior experience of Tai Chi. This course comprises of simplified and graceful movements that embody the essential elements of balance, harmony, and the circulation of vital energy ("Qi").

Standard £50    Conc £25    Full £50    Thu    11:00-12:00    11    MAC    24/04/25    AW3170

## H&F Training and Development



### H&F TRAINING AND DEVELOPMENT

All successful businesses recognise the importance of having a highly qualified and trained workforce. We offer a range of training courses that will enhance and develop the skills of your workforce to consolidate and build on knowledge. It can be more cost effective to up-skill your current workforce than to get new staff. We also provide a range of training courses that will enhance, develop, and consolidate your own current skills, enabling you to move forward in your current job or into new and exciting roles.

### First Aid

#### Paediatric first aid

This 2-day course is for those who are working with infants and children under 5. It will be of particular interest to teachers, child minders, crèche assistants, playgroup personnel and anyone else who has a responsibility for their welfare whilst in your care. To obtain this qualification, you must attend both days and complete the two units of accreditation.

Standard £180	Conc £180	Full £5400	Tu & We	09:30-16:30	1	MAC	06/05/25	TD3012
Standard £180	Conc £180	Full £5400	Mo & Tu	09:30-16:30	1	MAC	09/06/25	TD3024

#### First aid revalidation

This two-day First aid at work course is designed for those who currently hold a first aid at work qualification which is due to expire. A first aider can renew their certificate within one month past the expiry date. If the first aider has lapsed beyond one month, then they must attend a full three-day first aid at work course.

Standard £180	Conc £180	Full £5400	Mo & Tu	09:30-16:30	1	MAC	12/05/25	TD2013
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#### First aid at work

This comprehensive 3-day course covers a wide range of first aid emergencies, enabling all participants to deal with emergency situations with confidence in a prompt, safe and effective way. This course will give participants a qualification to the highest level of first aid, meeting the statutory requirements of the Health and Safety (First Aid) Regulations 1981.

Standard £295	Conc £295	Full £8850	Mo – We	09:30-16:30	1	MAC	19/05/25	TD3106
Standard £295	Conc £295	Full £8850	Mo – We	09:30-16:30	1	MAC	16/06/25	TD3013

### **Emergency First Aid at work**

This level 3 Emergency first aid at work course is for the first aider employed in low-risk sectors such as shops, offices, schools, libraries etc. The course covers numerous subjects and practical scenarios such as the role of the first aid, CPR, treatment for shock, bleeding. By the end of the course you will have acquired knowledge and skills to deal with common first aid incidents in your workplace.

Standard £115    Conc £115    Full £115    Wed    09:30-16:30    1    MAC    14/05/25    TD2110

### **TD2302 - Level 3 Supervising/leading first aid for mental health – two-day course**

This qualification is aimed at those who have been designated the role of mental health first aider in the workplace. It covers how to start a supportive conversation and signpost a person to seek appropriate professional help.

Standard £180    Conc £180    Full £180    Mo-Tu    09:30-16:30    1    MAC    23/06/25    TD2302

# Important Dates

## Summer term 2025

<b>Starts</b>	Tuesday 22 April 2025 (5 weeks)
<b>Half term</b>	Monday 26 May to Saturday 31 May 2025
<b>Ends</b>	Monday 14 July 2025 (6 weeks)

## Bank holidays

<b>Good Friday</b>	Friday 18 April 2025
<b>Easter Monday</b>	Monday 21 April 2025
<b>Early May bank holiday</b>	Monday 5 May 2025
<b>Spring bank holiday</b>	Monday 26 May 2025
<b>Summer bank holiday</b>	Monday 25 August 2025

## Dates for your diary

<b>Arts &amp; Crafts Summer exhibition</b>	Friday 11 July 2025
<b>Summer Open day</b>	Saturday 12 July 2025

# Contact us

## Macbeth Centre

Macbeth Street, London W6 9JJ

Tel: 020 8753 3600

Email: [alssinfo@lbhf.gov.uk](mailto:alssinfo@lbhf.gov.uk)

## Going to be late or absent from class?

Text ALSS followed by the course code, your name and your message to 60777

Your message will go directly to your tutor.

## Enrolment

All our courses may be subject to change, for the latest information please visit:

[www.hfals.ac.uk](http://www.hfals.ac.uk) or call: 020 8753 3600.