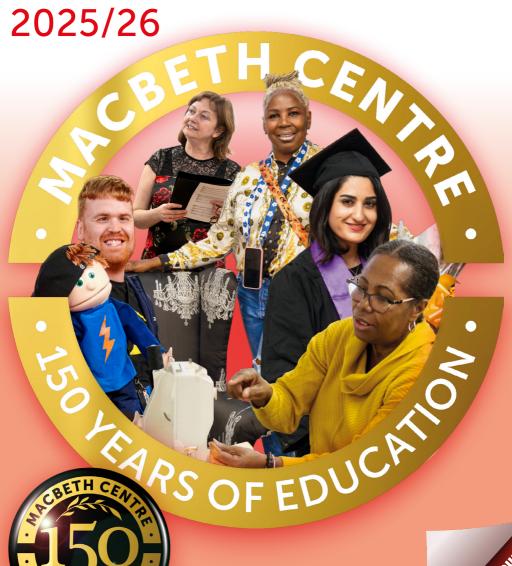
# COURSE GUIDE





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## Welcome



Dear learner,

A big **hello** to new learners and **welcome back** to those of you returning to adult learning for 2025/26.

We're excited to begin another year of lifelong learning — offering more than 450 courses that can lead to national qualifications, help develop new skills or improve your health and well-being.

We provide education that fuels H&F's thriving local economy as we work to build a stronger, safer and kinder borough.

2025 has been a milestone year for the Macbeth Centre as we're celebrating 150 years of education. Find a special anniversary timeline of our building's history on the next page.

As we mark this moment, we're not just reflecting on our past – but also looking forward to some exciting updates:

## Completely revamped 2025/26 curriculum

We've transformed our entire course list, introducing brand new classes and shorter, flexible courses that fit around your busy life. With extra weekend and evening options, learning has never been more accessible.

Whether you want to upskill, explore a new passion or take the next step in your career, keep reading to find your perfect course.

#### **Expanding our reach**

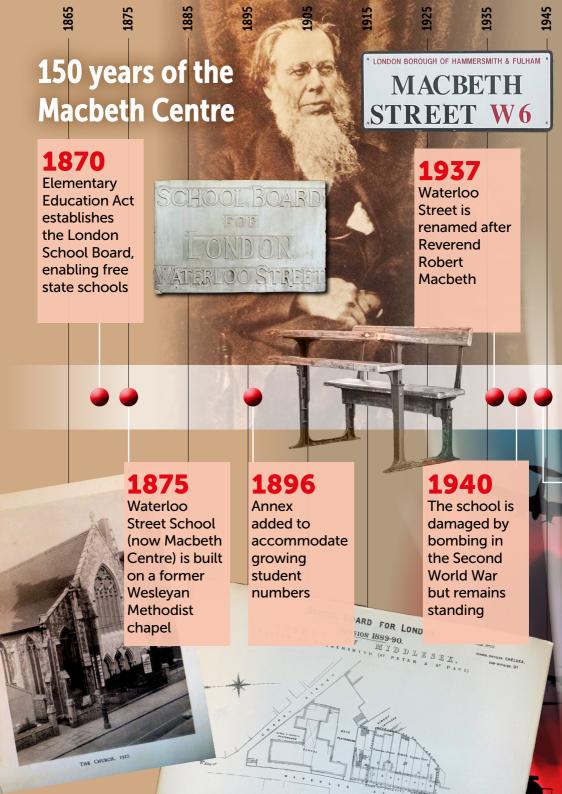
We're also expanding to EdCity in White City, creating a new learning and skills hub specialising in Science, Technology, Engineering, Mathematics, Medicine and Media (STEM<sup>3</sup>).

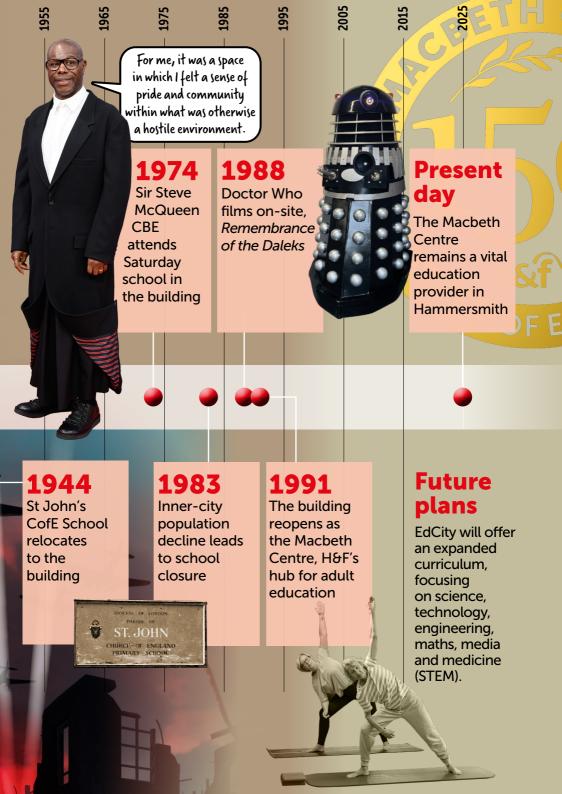
We can't wait to welcome you into our next chapter of learning, so don't hesitate and sign up with us now.

All the best for the year ahead!

#### **Eamon Scanlon**

Head of Adult Learning and Skills





## What's coming up

**50** Free open days

4 Art and craft exhibition

Refugee Week events

**Black**History
Month
events

50 Student celebrations

William Morris Society display

**50** Expansion to EdCity

Be the first to hear about our upcoming events – subscribe to our Macbeth Mail newsletter:

lbhf.gov.uk/macbeth-mail

brand-new centre is set to open in 2026, located in the cutting-edge **EdCity** development.

Our

The hub will help you develop the skills needed for tomorrow's workplace – including Science, Technology, Engineering, Maths, Medicine and Media (STEM³). This is part of our ongoing commitment to make Hammersmith & Fulham stronger, safer and kinder.

We'll work closely with Ark Academy,
H&F employment hub, Imperial
College London, NHS, West Youth
Zone and more to support
learners of all ages and
backgrounds.







### 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 450 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

#### **Parking**

There are no student parking facilities at the Macbeth Centre.

You may be able to park at Livat Shopping Centre - check their website for details.

#### Term dates for 2025/26

AUTUMN TERM 2025 - 12 wks					
Start of term	Mon 15 Sept 2025				
Half term	Mon 27 to Fri 31 Oct 2025				
End of term	Sat 13 Dec 2025				

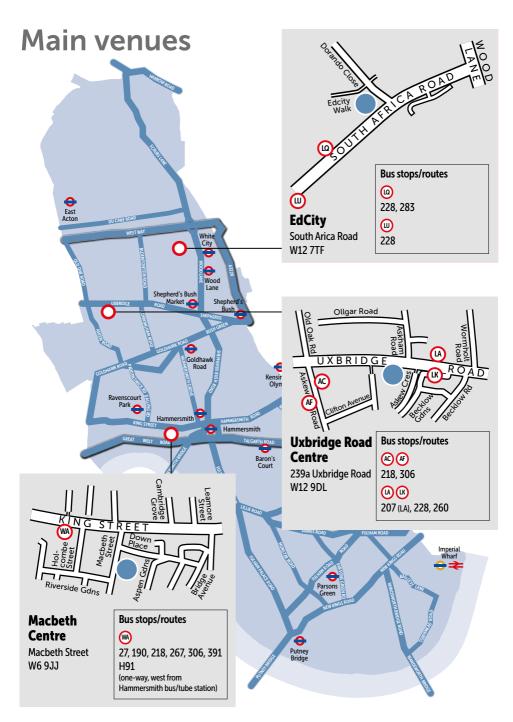
SPRING TERM 2026 - 11 wks					
Start of term	Mon 5 Jan 2026				
Half term	Mon 16 to Fri 20 Feb 2026				
End of term	Thu 2 Apr 2026				

SUMMER T	TERM 2026 - 12 wks
Start of term	Mon 13 Apr 2026
Half term	Mon 25 to Fri 29 May 2026
End of term	Mon 13 Jul 2026

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

### **Reception opening times**

TERM TIME				
Monday	9am-6pm			
Tuesday	9am-6pm			
Wednesday	9am-6pm			
Thursday	9am-5pm			
Friday	9am-5pm			
Saturday	9am-12pm			
OUTSIDE TERM	TIME			
Monday to Friday	9am-5pm			



### Fee information

We offer three fee types: standard, concessionary and full.

Your eligibility depends on your status in the UK and if you receive certain benefits.

Visit our website hfals.ac.uk/ fees-concessions-support to find out which fee you qualify for. There's also information on our refund policy and invoicing.

## Early bird catches the course!

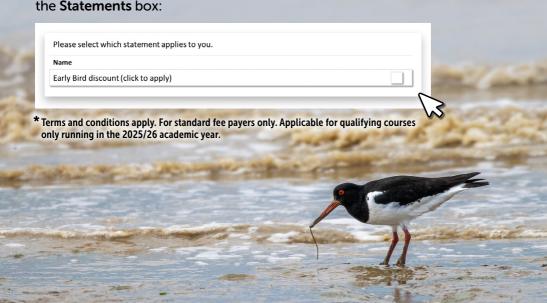
## **Get 10% off** your course if you enrol before 31 August 2025.\*

Don't delay, sign up today!

### How to apply the discount

Find instructions on how to sign up on the next page. Or ring 020 8753 3600

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

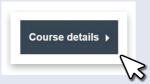


## How to sign up in five easy steps\*

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



2. Check out the course details



3. Click to enrol online



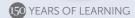
4. Create an account



5. Fill in the enrolment form



fee payers only.

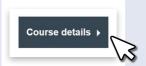


## How to book an interview\*

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



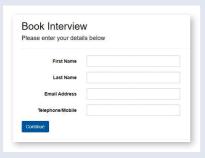
2. Check out the course details



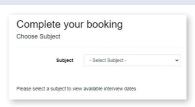
3. Click to book an interview



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.



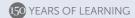
Or call 020 8753 3600 to book an interview

## **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	
	Mon 14 & Wed 16 July	10am to 4pm	Macbeth	
Art and craft - NCFE Creative craft courses	Thu 24 & Fri 25 July	10am to 1pm	Online	
Growing Grant Gourses	Mon 1 & Wed 3 Sept 10am to 4pm		Macbeth	
Bike maintenance	Please check our websit	e for the latest interview da	tes	
	Wed 16 July			
Pritich Cian Languago	Wed 3 Sept	10am to 4nm	Macbeth	
British Sign Language	Wed 26 Nov	10am to 4pm	MacDelli	
	Wed 10 Dec			
	Sat 12 July	10am to 3pm		
Business and	Wed 23 July		Macbeth	
IT (Computing)	Wed 6 Aug	10am to 1pm	MacDetti	
	Wed 10 Sep			
	Fri 4 July	1.45 to 4.45pm	Macbeth	
	Fri 11 July	1.45 to 4.45pm	MacDelli	
Community interpreting	Wed 23 July	6 to 8pm	Online	
	Wed 3 Sept	ο το οριτί		
	Fri 5 Sept	10.30am to 12.30pm	Macbeth	
Counselling	Fri 11 July	10am to 1pm	Macbeth	
level 2 and level 3	Fri 5 Sept	Toani to Ipini	Macbeth	
DPSI Diploma in	Fri 11 July	10am to 1pm	Online	
Public Service Interpreting	Fri 5 Sept	Toain to Thin	Online	

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



COURSE	DATES	TIMES	LOCATION			
	Wed 2 July	10am Interviews will take approximately 2 hours,				
	Fri 9 July	please arrive promptly at 10am				
Health and social care	alth and social care Sat 12 July 10am to 3p	10am to 3pm	Macbeth			
	Mon 1 to Fri 5 Sept	10am Interviews will take approximately 2 hours, please arrive promptly at 10am				
	Mon to Thu 21-31 July					
Maths, English & ESOL	Mon to Thu 4-28 Aug	10am to 12pm & 2to 4pm	Macbeth			
	Mon to Thu 1-4 Sept	0 200 ipiii				
Mentoring	Please check our website for the latest interview dates					
Motor vehicle	Please check our websit	e for the latest interview da	tes			
	Mon 7 to Fri 11 July					
Charial Educational Moods	Mon 14 to Fri 18 July					
Special Educational Needs (SEN)	Tue 26 to Fri 29 Aug	10am to 4pm	Macbeth			
	Mon - Fri , 1 to 12 Sept					
Teacher training	Contact angela.d'agostin@lbhf.gov.uk to arrange an interview					

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

## h&f WORKS



If you're looking for work and live in Hammersmith & Fulham, H&f Works can help. We are committed to helping our residents access opportunities.



#### What do we do?

- One-to-one advice and guidance about finding work
- Connect residents to jobs and apprenticeships within H&F and across London
- Help residents access work experience
- Interview tips and practice
- CVs and cover letters support/advice and quidance
- Support to access training and skills to prepare residents for employment or change a career
- Access to specialist support for housing needs, health related issues or other barriers which are stopping residents from gaining employment.
   We can also refer residents to our partner organisations if you need bespoke support.

## Who can we help?

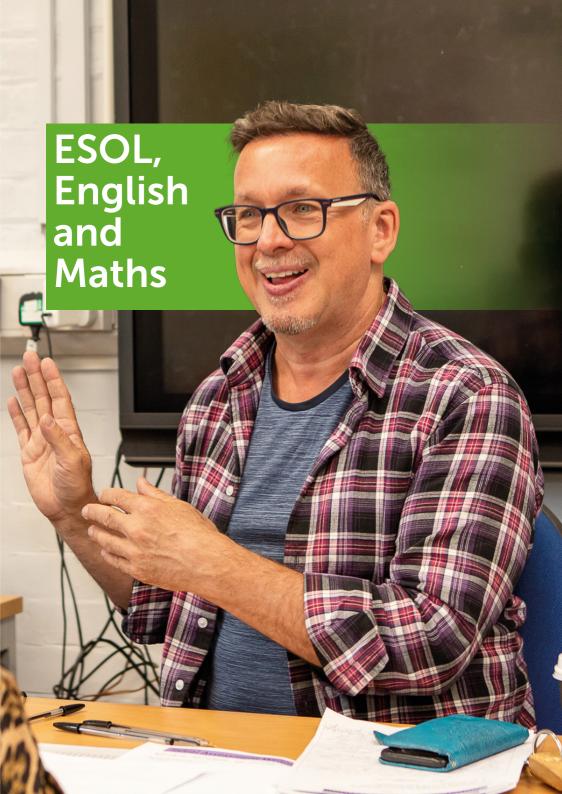
We can help you if you are:

- A Hammersmith & Fulham resident
- · Aged 16 or over
- Have the right to work in the UK



- nf.works@lbhf.gov.uk
- https://hfworks.lbhf.gov.uk/





We offer a range of courses designed to build life skills.

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

Our English and Maths accredited courses can help you progress in life and the workplace.

## ENGLISH FOR SPEAKERS OF OTHER LANGUAGE (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/ March. 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 9. 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.

	Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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#### ESOL Pre-entry literacy (1)

This course is for ESOL learners with no English, who are not familiar with reading and writing the Roman alphabet and who want to start learning English.

£305	Free	£1,545	Mo/We	09:30-12:00	18	MAC	15/09/25	SE100M
			Mo/We	09:30-12:00	18	MAC	23/02/26	SE200M

#### ESOL Pre-entry (ff)

This course is for ESOL learners with no English, who want to start learning English and gain confidence in speaking, listening, reading and writing.

£305	Free	£1,545	Tu/Th	09:30-12:00	18	MAC	16/09/25	SE110M
			Tu/Th	12:30-15:00	18	UXB	16/09/25	SE100X
			Tu/Th	09:30-12:00	18	MAC	24/02/26	SE210M
			Tu/Th	12:30-15:00	18	UXB	24/02/26	SE200X

### ESOL Entry 1 ff

#### **Trinity**

This course is for ESOL learners at beginners' level but with some English, who want to improve their English language skills and gain a qualification.

£305	Free	£1,545	Mo/We	12:30-15:00	18	MAC	15/09/25	SE101M
			Tu/Th	12:30-15:00	18	MAC	16/09/25	SE111M
			Tu/Th	09:30-12:00	18	UXB	16/09/25	SE101X
			Mo/We	12:30-15:00	18	MAC	23/02/26	SE201M
			Tu/Th	12:30-15:00	18	MAC	24/02/26	SE211M
			Tu/Th	09:30-12:00	18	UXB	24/02/26	SE201X

#### ESOL Entry 2 (11)

#### Trinity

This course is for ESOL learners at post-beginners' level who want to improve their English language skills and gain a qualification.

£305	Free	£1,545	Mo/We	09:30-12:00	18	MAC	15/09/25	SE102M
			Mo/We	12:30-15:00	18	MAC	15/09/25	SE112M
			Mo/We	09:30-12:00	18	UXB	15/09/25	SE102X
			Mo/We	09:30-12:00	18	MAC	23/02/26	SE202M
			Mo/We	12:30-15:00	18	MAC	23/02/26	SE212M
			Mo/We	09:30-12:00	18	UXB	23/02/26	SE202X

Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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### ESOL Entry 3 (1)

#### Trinity

This course is for ESOL learners working towards intermediate level who want to improve their English language skills and gain a qualification.

£305	Free	£1,545	Mo/We	12:30-15:00	18	MAC	15/09/25	SE103X
			Tu/Th	09:30-12:00	18	MAC	16/09/25	SE103M
			Tu/Th	12:30-15:00	18	MAC	16/09/25	SE113M
			Mo/We	12:30-15:00	18	UXB	23/02/26	SE203X
			Tu/Th	09:30-12:00	18	MAC	24/02/26	SE203M
			Tu/Th	12:30-15:00	18	MAC	24/02/26	SE213M

### ESOL Entry level conversation (f)

This course is for ESOL learners from beginners' to intermediate level who want to practise speaking to others to boost their conversation skills and gain fluency as well as accuracy.

£81.36	Free	£412	Sat	10:00-12:00	12	MAC	20/09/25	SE1ECM
			Sat	10:00-12:00	12	MAC	18/04/26	SE3ECM

#### ESOL Entry level conversation (1)

This course is for ESOL learners from beginners' to intermediate level who want to practise speaking to others to boost their conversation skills and gain fluency as well as accuracy.

f74 58	f0.00	f 377 74	Sat	10:00-12:00	11	MAC	10/01/26	SF2FCM
£, 1.50	_0.00	,,,,,	Juc	10.00 11.00		,	TO/ OT/ EO	JEEEC! !

#### ESOL Level 1 111

#### Trinity

This course is for ESOL learners working towards upper intermediate level who want to improve their English language skills and gain a qualification.

£305	Free	£1,545	Mo/We	12:30-15:00	18	MAC	15/09/25	SE104M
			Mo/We	18:30-21:00	18	MAC	15/09/25	SE114M
			Mo/We	12:30-15:00	18	MAC	23/02/26	SE204M
			Mo/We	18:30-21:00	18	MAC	23/02/26	SE214M

Standard Conc. Full Day(s) Finites Week(s) Vende Start date Code	Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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#### ESOL Level 2 ff

#### **Trinity**

This course is for ESOL learners working towards advanced level who want to improve their English language skills and gain a qualification.

£305	Free	£1,545	Mo/We	18:30-21:00	18	MAC	15/09/25	SE105M
			Fri	09:45-15:15	18	MAC	19/09/25	SE115M
			Mo/We	18:30-21:00	18	MAC	23/02/26	SE205M
			Fri	09:45-15:15	18	MAC	27/02/26	SE215M

#### ESOL Advanced level conversation ff

This course is for ESOL learners at Level 1. 2 or above, who want to boost their conversation skills and gain fluency as well as accuracy.

£81.36	Free	£412	Sat	10:00-12:00	12	MAC	20/09/25	SE1ACM
			Sat	10:00-12:00	12	MAC	18/04/26	SE3ACM

#### ESOL Advanced level conversation ff

This course is for ESOL learners at Level 1, 2 or above, who want to boost their conversation skills and gain fluency as well as accuracy.

f74.58 Free £377.74 Sat 10:00-12:00 MAC. SF2ACM 11 10/01/26



#### MATHS: FUNCTIONAL SKILLS AND GCSE

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

#### You will cover:

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

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

#### Functional skills maths entry level **(†)** Edexecel

A mixed entry level maths course for people who want to gain a qualification and maybe progress to L1 or L2 Functional Skills.

This course is free	Mo/We	09:30-12:00	18	MAC	15/09/25	SM10EM
	Mo/We	09:30-12:00	18	MAC	23/02/26	SM20EM

## Functional skills maths Level 1/2 (1) Edexcel

A course for people with a strong mathematical background and who needs a Level 1/ Level 2 Maths Functional Skills qualification.

This course is free	Tu/Th	12:30-15:00	18	MAC	16/09/25	SM10AM
	Tu/Th	18:30-21:00	18	MAC	16/09/25	SM11AM
	Tu/Th	12:30-15:00	18	MAC	24/02/26	SM20AM
	Tu/Th	18:30-21:00	18	MAC	24/02/26	SM21AM

#### 

A GCSE Maths course for adults who wish to gain the qualification.

This course is free	Tu/Th	18:30-21:00	27	MAC	16/09/25	SM106M
This course is free	14/111	10.30 21.00	L,	1.17.10	10/03/23	DIVITOURI

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

#### **ENGLISH: FUNCTIONAL SKILLS AND GCSE**

Our Functional Skills English courses are for first language speakers or non-native speakers who have established English skills at an appropriate level.

#### 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 February/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.

#### Functional skills English Level 1 (1) **Fdexcel**

This course is for native speakers and learners from a non-English speaking background who have established English language skills at an appropriate level who want to gain the Functional Skills English L1 qualification.

This course is free	Mo/We	12:30-15:00	18	MAC	15/09/25	SL104M
	Mo/We	18:30-21:00	18	MAC	15/09/25	SL114M
	Mo/We	12:30-15:00	18	MAC	23/02/26	SL204M
	Mo/We	18:30-21:00	18	MAC	23/02/26	SL214M

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

#### Functional skills English Level 2 ff Edexcel

This course is for native speakers and learners from a non-English speaking background who have established English language skills at L1 and who want to achieve a L2 Functional Skills qualification.

This course is free	Mo/We	18:30-21:00	18	MAC	15/09/25	SL115M
	Tu/Th	12:30-15:00	18	MAC	16/09/25	SL105M
	Mo/We	18:30-21:00	18	MAC	23/02/26	SL215M
	Tu/Th	12:30-15:00	18	MAC	24/02/26	SL205M

## GCSE English (f) Edexcel

The English GCSE course is for learners with established English skills at L1/L2 (upper intermediate to advanced level) who wish to obtain the GCSE qualification, and for those with less than a grade 4 who would like to improve their grade.

This course is free	Mo/We	18:30-21:00	28	MAC	15/09/25	SL106M





## Potential career progression

LEVEL 6 **DIPLOMA IN PUBLIC SERVICE** INTERPRETING

**Progress to** court interpreter Earn up to £35,000 or higher education

LEVEL 3 COMMUNITY **INTERPRETING COURSE** 

**Progress to** freelance interpreter **EARN UP TO £28,000** or higher education

LEVEL 2 **ADVANCED LEVEL IN LANGUAGE OF CHOICE** 



**Progress to** travel and tourism consultant **EARN UP TO £21,000** or Level 3 course



LEVEL 1 **INTERMEDIATE LEVEL IN LANGUAGE OF CHOICE** 

**Progress to** Level 2 course or volunteering



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

Improve your language skills with courses in one of eight modern languages. Whether you're starting from scratch or aiming for Level 5 mastery, we've got the perfect course for you.

#### **Arabic**

#### **Arabic for beginners**

Start your Arabic language journey in this accessible evening course for complete beginners. Learn essential vocabulary, basic conversation skills, and an introduction to Arabic script in a friendly, practical learning environment.

Part 1								
£160	£59.25	£320	Wed	18:30-20:30	11	MAC	17/09/25	LA1000
Part 2								
£160	£59.25	£320	Wed	18:30-20:30	11	MAC	07/01/26	LA2000
Part 3								
£160	£59.25	£320	Wed	18:30-20:30	11	MAC	15/04/26	LA3000

#### Chinese

#### **Chinese Mandarin for beginners**

Unlock the beauty of the Chinese language with our beginner's course. Designed for absolute beginners, this course will guide you through the basics of speaking, reading, and writing Chinese.

Part 1								
£160	£59.25	£320	Tue	18:30-20:30	11	MAC	16/09/25	LM1000
Part 2								
£160	£59.25	£320	Tue	18:30-20:30	11	MAC	06/01/26	LM2000
Part 3								
£160	£59.25	£320	Tue	18:30-20:30	11	MAC	14/04/26	LM3005

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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#### **French**

#### French for beginners part 1

Join our beginner course and grasp the basics of French, from greetings to everyday conversations. Whether you're planning a trip to France or simply want to enrich your language skills, this course is your perfect starting point.

£160	£59.25	£320	Tue	18:30-20:30	11	MAC	16/09/25	LF1000
			Tue	12:30-14:30	11	MAC	16/09/25	LF1001

#### French for beginners part 2

Build on your French foundations. This course expands your vocabulary and conversation skills through practical scenarios. Perfect for those with basic French knowledge looking to advance their language learning.

£160	£59.25	£320	Tue	12:30-14:30	11	MAC	06/01/26	LF2102
			Tue	18:30-20:30	11	MAC	06/01/26	LF2010

#### French for beginners part 3

Build on your French foundations. This course expands your vocabulary and conversation skills through practical scenarios. Perfect for those with basic French knowledge looking to advance their language learning.

£160	£59.25	£320	Tue	12:30-14:30	11	MAC	14/04/26	LF3102
			Tue	18:30-20:30	11	MAC	14/04/26	LF3001

#### French for beginners - Saturday NEW

This 5-week course teaches basic French vocabulary and phrases. Learn pronunciation, greetings, and practical language for everyday situations and travel. No previous experience needed.

£95 £36.50 £190 Sat 10:00-12:00 5 MAC 27/09/25 LF1250



Startage Corre. Tall Day (5) Times Week(5) Vertae Startage Code	Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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#### French for beginners - evening NEW

Join our beginner course and grasp the basics of French, from greetings to everyday conversations. Whether you're planning a trip to France or simply want to enrich your language skills, this course is your perfect starting point.

£160	£59.25	£320	Mon	18:30-20:30	10	MAC	23/02/26	LF2027
			1 1011	10.50 20.50		,	L3/ 0L/ L0	L. L. U.

#### French for holidays (beginners)

A short 'French for holidays' beginners course helping you learn basic phrases and vocabulary useful for navigating common travel situations in France or a French speaking country.

£95 £36.50 £190 Mon 18:30-20:30 5 MAC 01/0
--

#### French Level 1 (lower intermediate)

Build on your foundation and explore more complex conversations, grammar, and cultural nuances. Perfect for those who have completed a beginner course or have basic knowledge of French.

Part 1								
£190	£69.75	£380	Tue	10:00-12:00	11	MAC	16/09/25	LF1300
Part 2								
£190	£69.75	£380	Tue	10:00-12:00	11	MAC	06/01/26	LF2300
Part 3								
£190	£69.75	£380	Tue	10:00-12:00	11	MAC	14/04/26	LF3300

#### French Level 2 (intermediate)

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.

Part 1							
£190 £6	69.75 £380	Mon	10:00-12:00	11	MAC	15/09/25	LF1500
Part 2							
£190 £6	69.75 £380	Mon	10:00-12:00	11	MAC	05/01/26	LF2500
Part 3							
£190 £6	69.75 £380	Mon	10:00-12:00	11	MAC	13/04/26	LF3500

Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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#### French Level 2 conversation (intermediate)

Boost your confidence in speaking French. Engage in more complex dialogues, improve your fluency, and deepen your understanding of French culture. Ideal for those who have a solid foundation and want to advance their conversational skills.

Part 1								
£95	£36.50	£190	Tue	15:00-16:00	11	MAC	16/09/25	LF1400
Part 2								
£95	£36.50	£190	Tue	15:00-16:00	11	MAC	06/01/26	LF2400
Part 3								
£95	£36.50	£190	Tue	15:00-16:00	11	MAC	14/04/26	LF3400

#### French Level 4 conversation and grammar (advanced)

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

Part 1								
£140	£52.25	£280	Mon	12:30-14:00	11	MAC	15/09/25	LF1600
Part 2								
£140	£52.25	£280	Mon	12:30-14:00	11	MAC	05/01/26	LF2600
Part 3								
£140	£52.25	£280	Mon	12:30-14:00	11	MAC	13/04/26	LF3600

#### French Level 4+ language and culture (proficiency)

Develop your French abilities in this daytime course for experienced speakers. Work with authentic materials, engage in discussions, and explore cultural topics. This Level 4+ course helps you express complex ideas with greater precision.

Part 1								
£190	£69.75	£380	Thu	10:00-12:00	11	MAC	18/09/25	LF1800
Part 2								
£190	£69.75	£380	Thu	10:00-12:00	11	MAC	08/01/26	LF2800
Part 3								
£190	£69.75	£380	Thu	10:00-12:00	11	MAC	16/04/26	LF3800

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

#### German for beginners

Join our beginner course and explore the basics of German, from greetings to everyday conversations. Whether you're planning a trip to Germany or simply want to learn a new language, this course is your perfect starting point.

Part 1								
£160	£59.25	£320	Mon	18:30-20:30	11	MAC	15/09/25	LG1000
Part 2								
£160	£59.25	£320	Mon	18:30-20:30	11	MAC	05/01/26	LG2000
Part 3								
£160	£59.25	£320	Mon	18:30-20:30	11	MAC	13/04/26	LG3000

#### Italian

#### Italian for beginners part 1

Join our beginner course and explore the basics of Italian, from greetings to everyday conversations. Whether you're planning a trip to Italy or simply want to learn a new language, this course is your perfect starting point.

£160	£59.25	£320	Mon	18:30-20:30	11	MAC	15/09/25	LI1001
			Wed	10:00-12:00	11	MAC	17/09/25	LI1000



Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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#### Italian for beginners part 2

Build on your Italian foundations. This course expands your vocabulary and conversation skills through practical scenarios. Perfect for those with basic Italian knowledge looking to advance their language learning.

£160	£59.25	£320	Wed	10:00-12:00	11	MAC	07/01/26	LI2102
			Mon	18:30-20:30	11	MAC	05/01/26	LI2000

#### Italian for beginners part 3

Build on your Italian foundations. This course expands your vocabulary and conversation skills through practical scenarios. Perfect for those with basic Italian knowledge looking to advance their language learning.

£160	£59.25	£320	Wed	10:00-12:00	11	MAC	15/04/26	LI3102
			Mon	18:30-20:30	11	MAC	13/04/26	LI3000

#### Italian for holidays (beginners)

A short "Italian for Holidays" beginners course helping you learn basic phrases and vocabulary useful for navigating common travel situations in Italy.

£95	£36.50	£190	Tue	18:30-20:30	5	MAC	02/06/26	LI3054
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#### Italian Level 1 (lower intermediate)

Join our term-long program to build on your existing knowledge of Italian. Dive deeper into conversations, improve your grammar, and explore cultural nuances. Ideal for those who have completed a beginner course.

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£190	£69.75	£380	Tue	10:30-12:30	11	MAC	16/09/25	LI1250
			Wed	18:30-20:30	11	MAC	17/09/25	LI1301
Part 2								
£190	£69.75	£380	Tue	10:30-12:30	11	MAC	06/01/26	LI2250
			Wed	18:30-20:30	11	MAC	07/01/26	LI2300
Part 3								
£190	£69.75	£380	Tue	10:30-12:30	11	MAC	14/04/26	LI3201
			Wed	18:30-20:30	11	MAC	15/04/26	LI3300

Standard Conc. Full Day(s) Times Week(s) Venue Start date	Code
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#### Italian level 2 (intermediate)

Join our intermediate program to refine your language skills. Engage in complex conversations, enhance your grammar, and deepen your cultural understanding. Perfect for those with a solid foundation in Italian.

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	£190	£69.75	£380	Wed	18:30-20:30	11	MAC	17/09/25	LI1500
				Tue	10:00-12:00	11	MAC	16/09/25	LI1400
	Part 2								
	£190	£69.75	£380	Tue	10:00-12:00	11	MAC	06/01/26	LI2400
				Wed	18:30-20:30	11	MAC	07/01/26	LI2500
	Part 3								
	£190	£69.75	£380	Tue	10:00-12:00	11	MAC	14/04/26	LI3400
				Wed	18:30-20:30	11	MAC	15/04/26	LI3500

#### Italian level 3 (upper intermediate)

This course is for those who have intermediate (or GCSE Level 2) Italian and want to improve their skills to be able to converse freely over a range of topics and read and write well.

Part 1								
£190	£69.75	£380	Mon	10:00-12:00	11	MAC	15/09/25	LI1600
Part 2								
£190	£69.75	£380	Mon	10:00-12:00	11	MAC	05/01/26	LI2600
Part 3								
£190	£69.75	£380	Mon	10:00-12:00	11	MAC	13/04/26	LI3600



Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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#### Italian Level 4 advanced (online)

Continue your Italian journey in this online evening course for advanced speakers. Practice complex conversations, improve your grammar, and explore Italian culture through authentic materials.

Part 1								
£190	£69.75	£380	Thu	18:30-20:30	11	ONLINE	18/09/25	LI1800
Part 2								
£190	£69.75	£380	Thu	18:30-20:30	11	ONLINE	08/01/26	LI2800
Part 3								
£190	£69.75	£380	Thu	18:30-20:30	11	ONLINE	16/04/26	LI3800

#### Italian Level 4 conversation fast track (advanced)

Polish your Italian in this intensive daytime conversation course for advanced speakers. Practice complex discussions, refine pronunciation, and expand your vocabulary through engaging activities.

Part 1									
£140	£52.25	£280	Wed	12:45-14:15	11	MAC	17/09/25	LI1700	
Part 2									
£140	£52.25	£280	Wed	12:45-14:15	11	MAC	07/01/26	LI2700	
Part 3									
£140	£52.25	£280	Wed	12:45-14:15	11	MAC	15/04/26	LI3700	

#### Italian Level 4+ language and culture (proficiency)

Build on your strong Italian skills in this course for experienced speakers. Work with literature, cultural discussions, and challenging language practice. Designed for maintaining and extending your Italian while exploring contemporary Italy.

£190	£69.75	£380	Thu	10:15-12:15	11	MAC	18/09/25	LI1150
			Thu	10:15-12:15	11	MAC	08/01/26	LI2150
			Thu	10:15-12:15	11	MAC	16/04/26	LI3150

#### Italian Level 5 language and culture (mastery)

Build on your strong Italian skills in this course for experienced speakers. Work with literature, cultural discussions, and challenging language practice.

£190	£69.75	£380	Fri	10:00-12:00	11	MAC	19/09/25	LI1175
			Fri	10:00-12:00	11	MAC	09/01/26	LI2175
			Fri	10:00-12:00	11	MAC	17/04/26	LI3175

Standard Conc. Full Day(s) Tim
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### **Japanese**

#### Japanese for beginners

Join our beginner course and explore the basics of Japanese, from greetings to everyday conversations. Whether you're planning a trip to Japan or simply want to learn a new language, this course is your perfect starting point.

Part 1								
£160	£59.25	£320	Tue	18:30-20:30	11	MAC	16/09/25	LJ1000
Part 2								
£160	£59.25	£320	Tue	18:30-20:30	11	MAC	06/01/26	LJ2000
Part 3								
£160	£59.25	£320	Tue	18:30-20:30	11	MAC	14/04/26	LJ3000

#### **Polish**

#### Polish for beginners

Join our beginner course and explore the basics of Polish, from greetings to everyday conversations. Whether you're planning a trip to Poland or simply want to learn a new language, this course is your gateway to mastering the essentials.

Part 1								
£160	£59.25	£320	Mon	18:30-20:30	11	PSK	15/09/25	LP1000
Part 2								
£160	£59.25	£320	Mon	18:30-20:30	11	PSK	05/01/26	LP2000
Part 3								
£160	£59.25	£320	Mon	18:30-20:30	11	PSK	13/04/26	LP3000

### **Spanish**

#### Spanish for beginners part 1

Join our beginner course and unlock the basics of Spanish, from greetings to everyday conversations. Whether you're planning a trip to Spain or simply want to enhance your language skills, this course is your perfect gateway.

£160	£59.25	£320	Mon	18:30-20:30	11	MAC	15/09/25	LS1000
			Tue	10:30-12:30	11	MAC	16/09/25	LS1110

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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#### Spanish for beginners part 2

Build on your Spanish foundations. This course expands your vocabulary and conversation skills through practical scenarios. Perfect for those with basic Spanish knowledge looking to advance their language learning

£160	£59.25	£320	Mon	18:30-20:30	11	MAC	05/01/26	LS2000
			Tue	10:30-12:30	11	MAC	06/01/26	LS2108

#### Spanish for beginners part 3

Build on your Spanish foundations. This course expands your vocabulary and conversation skills through practical scenarios. Perfect for those with basic Spanish knowledge looking to advance their language learning

£160	£59.25	£320	Mon	18:30-20:30	11	MAC	13/04/26	LS3000
			Tue	10:30-12:30	11	MAC	14/04/26	LS3103

#### Spanish for beginners online part 1 - day NEW

Join our beginner course and unlock the basics of Spanish, from greetings to everyday conversations. Whether you're planning a trip to Spain or simply want to enhance your language skills, this course is your perfect gateway.

£160	£59.25	£320	Fri	10:00-12:00	8	ONLINE	30/01/26	LS2036
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#### Spanish for beginners online part 2 - day NEW

Build on your Spanish foundations. This course expands your vocabulary and conversation skills through practical scenarios. Perfect for those with basic Spanish knowledge looking to advance their language learning

£160	£59.25	£320	Fri	10:00-12:00	R	ONLINE	08/05/26	153090
LIOU	LJ9.2J	LJZU	ГП	10.00-12.00	0	OINLINE	00/03/20	LSSUSU



Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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#### Spanish for beginners - Saturday NEW

This 5-week course teaches basic Spanish vocabulary and phrases. Learn pronunciation, greetings, and practical language for everyday situations and travel. No previous experience needed.

£95 £36.50 £190	Sat	10:00-12:00	5	MAC	27/09/25	LS1600
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#### Spanish for beginners evening **NEW**

Join our beginner course and unlock the basics of Spanish, from greetings to everyday conversations. Whether you're planning a trip to Spain or simply want to enhance your language skills, this course is your perfect gateway.

£160	£59 25	£320	Mon	18:30-20:30	10	MAC	23/02/26	I S2037
LIOU	LJJ.LJ	LJLU	1.1011	10.30 20.30	TO	1-1/10	LJIOLILO	LJLUJI

#### Spanish for holidays (beginners)

A short course to learn the basics before your trip.

£95	£36.50	£190	Wed	18:30-20:30	5	MAC	03/06/26	LS3044

#### Spanish Level 1 (lower intermediate)

Elevate your Spanish skills with our second-year course. Perfect for those with basic knowledge, this course will enhance your speaking, reading, and writing abilities. Dive deeper into the language and culture with us.

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£190	£69.75	£380	Wed	18:30-20:30	11	MAC	17/09/25	LS1300
			Tue	13:00-15:00	11	MAC	16/09/25	LS1250
Part 2								
£190	£69.75	£380	Wed	18:30-20:30	11	MAC	07/01/26	LS2300
			Tue	13:00-15:00	11	MAC	06/01/26	LS2250
Part 3								
i di C J								
£190	£69.75	£380	Tue	13:00-15:00	11	MAC	14/04/26	LS3205
			Wed	18:30-20:30	11	MAC	15/04/26	LS3300

Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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#### **Spanish Level 2 (intermediate)**

Improve your Spanish with our third-year course. Ideal for intermediate learners, this course will help you speak, read, and write more confidently. Discover more about the language and culture.

Part 1								
£190	£69.75	£380	Tue	18:30-20:30	11	MAC	16/09/25	LS1500
			Wed	10:30-12:30	11	MAC	17/09/25	LS1400
Part 2								
£190	£69.75	£380	Tue	18:30-20:30	11	MAC	06/01/26	LS2500
			Wed	10:30-12:30	11	MAC	07/01/26	LS2400
Part 3								
£190	£69.75	£380	Tue	18:30-20:30	11	MAC	14/04/26	LS3500
			Wed	10:30-12:30	11	MAC	15/04/26	LS3501

#### Spanish Level 4 (advanced online)

This online course develops advanced Spanish proficiency through challenging conversation practice and detailed grammar. Enhance your vocabulary, cultural understanding, and expression. Suitable for those with strong intermediate Spanish.

Part 1								
£160	£59.25	£320	Mon	18:30-20:30	8	ONLINE	29/09/25	LS1800
Part 2								
£160	£59.25	£320	Mon	18:30-20:30	8	ONLINE	26/01/26	LS2600
Part 3								
£150	£55.75	£300	Mon	18:30-20:30	8	ONLINE	11/05/26	LS3600

#### Spanish Level 5 language and culture (mastery)

Deepen your Spanish knowledge in this practical daytime course for experienced speakers. Work with advanced texts, improve conversation skills, and explore aspects of Spanish and Latin American culture.

Part 1								
£190	£69.75	£380	Wed	13:00-15:00	11	MAC	17/09/25	LS1700
Part 2								
£190	£69.75	£380	Wed	09:00-15:00	11	MAC	07/01/26	LS2700
Part 3								
£190	£69.75	£380	Wed	13:00-15:00	11	MAC	15/04/26	LS3700

Standard Conc. Full Day(s) Times Week(s) Venue St	tart date (	Code
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### British sign language

### **Introduction to British Sign Language Level 1 (beginners)**

Discover the basics of British Sign Language in this course for complete beginners. Learn essential signs, fingerspelling, and simple conversations while exploring Deaf culture in a supportive environment. No prior experience needed

£160	£59.25	£320	Wed	18:30-20:30	11	MAC	17/09/25	LB1000
			Fri	10:00-12:00	11	MAC	19/09/25	LB1200

# Award in British Sign Language Level 1 (beginners) - day ff Signature

This beginner's course, certified by Signature, introduces you to essential BSL vocabulary, grammar, and conversation skills. Our sessions provide a supportive environment to learn this visual language through interactive practice and culture.

£410	Free	£820	Fri	10:00-12:00	22	MAC	09/01/26	LB2200
			Fri	12:45-14:45	22	MAC	09/01/26	LB2250

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This beginner's course, certified by Signature, introduces you to essential BSL vocabulary, grammar, and conversation skills. Our sessions provide a supportive environment to learn this visual language through interactive practice and culture.

£410 Free £820 Wed 18:00-20:00 22 MAC 07/01/26 LB2000

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

A gentle, fun two-hour introduction to BSL.

£20 Free £40 Tue 16:00-18:00 1 MAC 28/04/26 LB3000

### British Sign Language Beginners (SEG Entry 2 Award) (1)

Discover the basics of British Sign Language in this course for complete beginners. Learn essential signs, fingerspelling, and simple conversations while exploring Deaf culture in a supportive environment. No prior experience needed.

£150 £50.75 £300 Wed 15:00-17:00 9 MAC 06/05/26 LB3200



Standard Conc. Full Day(s) Times Week(s) Venue Start date Coc	Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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### English as a foreign language

### Preparation for IELTS (Level 2) - evening

Our Level 2 evening course focuses on intermediate/advanced strategies for all IELTS test sections, with authentic practice materials and personalized feedback. Perfect for non-native learners wishing to go to university or into employment. Anyone interested in joining this course please contact Maria Mavrommatis – Programme Manager maria.mavrommatis@lbhf.gov.uk

£300	£108.25	£600	Mon/Wed	18:30-20:30	11	MAC	05/01/26	LE2000
			Mon/Wed	18:30-20:30	11	MAC	13/04/26	LE3000

### Interpreting

### Community interpreting Level 3 (OCNLR) - day

Develop professional interpreting skills with our face to face Level 3 daytime course. Learn essential techniques, ethical practices, and terminology for public service environments.

£555	£555	£555	Fri	10:30-13:30	17	MAC	19/09/25	LC1200
			Fri	10:30-13:30	17	MAC	27/02/26	LC2200

### Community interpreting Level 3 (OCNLR) online - evening (1)

Develop professional interpreting skills with our online Level 3 evening course. Learn essential techniques, ethical practices, and terminology for public service environments.

£550	£550	£550	Wed	18:00-21:00	17	ONLINE	17/09/25	LC1000
			Wed	18:00-21:00	17	ONLINE	25/02/26	LC2000

# Diploma in Public Service Interpreting (DPSI) Online Preparation Course (Mixed languages - Law)

This online course develops specialized skills for the DPSI law examination. Focus on legal terminology, consecutive and simultaneous interpreting techniques, and sight translation.

£880 £865 £880 Tue 13:00-16:00 27 ONLINE 07/10/25 LD1000

# Diploma in public service interpreting (DPSI) online preparation course (mixed languages - law)

This online course develops specialized skills for the DPSI law examination. Focus on legal terminology, consecutive and simultaneous interpreting techniques, and sight translation.

£880 £865 £880 Mon 12:00-16:30 17 ONLINE 19/01/26 LD2000

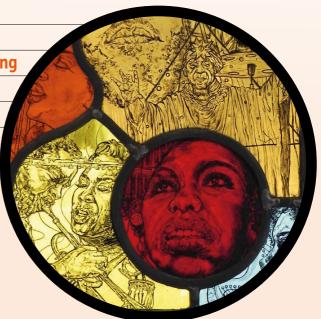


### ART AND CRAFT

Our courses inspire creative exploration while teaching essential skills and techniques across a wide range of specialist disciplines. Whether you're sewing your first seam or enhancing a digital creation, our expert tutors and well-equipped studios provide the tools and support you need to realise your artistic ambitions.

We have courses in following specialist areas:

- Fashion
- Textiles
- Drawing and painting
- Furniture making and restoration
- Picture framing
- Jewellery
- Photography
- Video making
- Digital image making
- Illustration
- Stained glass
- Upholstery
- Ceramics



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

### Drawing and painting

### **Drawing for beginners**

Ideal for beginners, this course offers an introduction to drawing. Through structured activities you will explore concepts such as line, tone, mark-making, and composition.

£117.38	£45.23	£221.01	Mon	10:00-12:30	5	MAC	15/09/25	AD1100
			Wed	18:30-21:00	5	MAC	17/09/25	AD1300
			Mon	10:00-12:30	5	MAC	12/01/26	AD2100
			Wed	18:30-21:00	5	MAC	07/01/26	AD2300
			Mon	10:00-12:30	5	MAC	13/04/26	AD3100
			Wed	18:30-21:00	5	MAC	15/04/26	AD3300

### Drawing with tone

Through a series of practical tasks you will explore techniques that develop the key concept of tone - light and shade - in observational drawing.

£117.38 £45.23 £221.01	Mon	10:00-12:30	5	MAC	03/11/25	AD1101
	Wed	18:30-21:00	5	MAC	05/11/25	AD1301

### **Drawing with colour**

Through a series of practical tasks you will explore techniques that develop the key concept of using colour in observational drawing.

£117.38 £45.23 £221.01	Mon	10:00-12:30	5	MAC	23/02/26	AD2101
	Wed	18:30-21:00	5	MAC	25/02/26	AD2301

### Drawing in the urban landscape

Develop your drawing skills by working plein air, creating personal imagery that responds to the urban environment.

£117.38	£45.23	£221.01	Wed	18:30-21:00	5	MAC	03/06/26	AD3301
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### **Drawing plants and flowers**

Use plants and flowers as a subject to develop observational drawing skills using a range of techniques and materials.

£117.38	£45.23	£221.01	Mon	10:00-12:30	5	MAC	01/06/26	AD3101
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### Life drawing for beginners

Working from observation of the life model, this course covers the basic approaches of figure drawing, including line tone and proportions of the body.

£64.50	£29.87	£114.24	Sat	10:00-13:00	2	MAC	04/10/25	AD1610
			Sat	10:00-13:00	2	MAC	31/01/26	AD2610
			Sat	10:00-13:00	2	MAC	09/05/26	AD3610

Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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### Life drawing into painting

Beginning with drawing and moving to the discipline of painting, explore a range of approaches when working from the life model to capture the human form.

£160.94	£74.36	£285.29	Tue	18:30-21:00	6	MAC	04/11/25	AD1601
			Tue	18:30-21:00	6	MAC	24/02/26	AD2601
			Tue	18:30-21:00	6	MAC	02/06/26	AD3601

### Life drawing - all levels

Develop your life drawing skills on this course suitable for all levels. Explore techniques to capture the human form through structured practice in the drawing studio.

£160.94 £74.36 £285.29	Tue	18:30-21:00	6	MAC	16/09/25	AD1600
	Tue	18:30-21:00	6	MAC	06/01/26	AD2600
	Tue	18:30-21:00	6	MAC	14/04/26	AD3600

### Life drawing - all levels, Saturday

Develop your life drawing skills in this guided course. Suitable for all levels, you will explore techniques to capture the human form through structured practice in the drawing studio.

£80.63	£37.34	£142.81	Sat	10:00-13:00	2	MAC	15/11/25	AD1611
			Sat	10:00-13:00	2	MAC	14/03/26	AD2611
			Sat	10:00-13:00	2	MAC	13/06/26	AD3611

### Drawing and painting: drawing into colour

Develop observational drawing skills through monotone through to colour, using a variety of media and approaches.

£311.19 £120.71 £584.76 Thu 13:00-16:00 11 MAC 18/09/25 AP1101

### Drawing and painting: still life to figure

Develop observational drawing skills by investigating the subject of still life, using a variety of media and approaches.

£311.19 £120.71 £584.76 Thu 13:00-16:00 11 MAC 08/01/26 AP2101

### Drawing and painting: figure into landscape

Develop observational drawing skills to investigate the figure and the urban environment, using a variety of media and approaches.

£319.23 £128.75 £592.80 Thu 13:00-16:00 11 MAC 16/04/26 AP3101

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#### **Portraiture**

Through practical experience, develop your skills in drawing and painting portraits including, proportion of the head, structure and expression of the sitter.

£355.38 £164.90 £628.95	Thu	09:15-12:15	11	MAC	18/09/25	AP1400
	Fri	13:45-16:45	11	MAC	19/09/25	AP1401
	Thu	09:15-12:15	11	MAC	08/01/26	AP2400
	Fri	13:45-16:45	11	MAC	09/01/26	AP2401
	Fri	13:45-16:45	11	MAC	17/04/26	AP3401
	Thu	09:15-12:15	11	MAC	16/04/26	AP3400

### Watercolour painting studio

Be introduced to papers, pigments, colour mixing, reinforcing techniques of watercolour painting in the context of art history and wider culture.

£311.19 £120.71 £584.76	Tue	10:30-13:30	11	MAC	16/09/25	AP1700
	Tue	10:30-13:30	11	MAC	06/01/26	AP2700
	Tue	10:30-13:30	11	MAC	15/04/26	AP3700



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

#### Illustration

Working on a simple book form, experiment with various illustration techniques to expand your creative and storytelling skills.

£141.45	£54.87	£265.80	Mon	18:30-21:00	6	MAC	15/09/25	AA1100
			Mon	18:30-21:00	6	MAC	05/01/26	AA2100
			Mon	18:30-21:00	6	MAC	13/04/26	AA3100

### **Block printing**

### Block printing with linocut 1

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

£123.50	£51.35	£227.13	Wed	10:00-12:30	5	MAC	17/09/25	AT1101
			Wed	10:00-12:30	5	MAC	14/01/26	AT2101
			Wed	10:00-12:30	5	MAC	15/04/26	AT3101

#### Block printing with linocut 2

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

£123.50	£51.35	£227.13	Wed	10:00-12:30	5	MAC	05/11/25	AT1102
			Wed	10:00-12:30	5	MAC	25/02/26	AT2102
			Wed	10:00-12:30	5	MAC	03/06/26	AT3102

### Photography

### Digital photography for beginners

On this course you will gain the valuable technical skills to confidently explore the potential of a digital camera, including the core elements of aperture, shutter speed and ISO.

£99.08 £41.31 £224.83 Wed 18:30-21:00 5 MAC 17/09/25 AH1000

### A practical introduction to digital photography

On this course you will gain the valuable technical skills to confidently explore the potential of a digital camera, including the core elements of aperture, shutter speed and ISO.

£79.10 £32.89 £179.70 Sat 10:00-16:00 2 MAC 11/10/25 AH1001

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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### Ceramics

### **Pottery for beginners**

For those with little or no pottery experience, this course covers coiling, molding, pinching, and slabbing techniques. Throwing will be introduced later in the course.

£322.74 £132.26 £596.31	Mon	13:00-16:00	11	MAC	15/09/25	AC1101
	Mon	13:00-16:00	11	MAC	05/01/26	AC2101
	Mon	13:00-16:00	11	MAC	13/04/26	AC3101



### Pottery - all levels

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

£322.74 £132.26 £596.31	Thu	13:00-16:00	11	MAC	18/09/25	AC1201
	Thu	09:30-12:30	11	MAC	18/09/25	AC1205
	Thu	13:00-16:00	11	MAC	08/01/26	AC2201
	Thu	09:30-12:00	11	MAC	08/01/26	AC2205
	Thu	09:30-12:30	11	MAC	16/04/26	AC3200
	Thu	13:00-16:00	11	MAC	16/04/26	AC3201

Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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### Pottery - all levels, evening

Suitable for both beginners and those with some experience, this course supports you in developing your hand building and throwing skills in the ceramics studio.

£322.74 £132.26 £596.31	Wed	18:00-21:00	11	MAC	17/09/25	AC1200
	Wed	18:00-21:00	11	MAC	07/01/26	AC2200
	Wed	18:00-21:00	11	MAC	15/04/26	AC3204

### Throwing and hand building - Saturday workshop

On this 2-day course, students working at all levels, will develop their techniques for hand-building and throwing in the ceramic studio.

£97.60	£39.88	£180.50	Sat	10:00-16:00	2	MAC	15/11/25	AC1211
			Sat	10:00-16:00	2	MAC	14/03/26	AC2211
			Sat	10:00-16:00	2	MAC	06/06/26	AC3211

### Advanced throwing workshop

£133.20 £133.20 £266.35	Sat	10:00-16:00	2	MAC	18/10/25	AC1230
	Sat	10:00-16:00	2	MAC	07/02/26	AC2230
	Sat	10:00-16:00	2	MAC	16/05/26	AC3230

# **Ceramics - Level 1 award in creative crafts NCFE**

This course will support you to develop ceramic techniques, including pinching, coiling, slab building, throwing on the pottery wheel, surface decoration and glazing.

£456.36 Free £1323.24 Wed 10:00-16:00 16 MAC 17/09/25 AC1000

## Ceramics - Level 2 award in creative crafts (1)

#### **NCFE**

This course is for those who wish to develop their craft and design skills in the area of ceramics.

£412.69 Free £1171.21 Wed 10:00-16:00 14 MAC 25/02/26 AC2000

### Pottery: hand building for beginners

Ideal for complete beginners, this course is an introduction to the basic techniques for hand building in the ceramics studio.

£242 £97.70 £449.25 Tue 18:00-20:30 10 MAC 23/09/25 AC1401

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: hand building and surface decoration

Develop your hand building skills in the ceramics studio. This course has a focus on exploring a range of surface decoration techniques.

£242	£97.70	£449.25	Tue	18:00-20:30	10	MAC	13/01/26	AC2401
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### Pottery: throwing for beginners

Ideal for complete beginners, this course introduces the basic techniques for throwing on the pottery wheel. It provides hands-on experience and essential skills for working in the ceramics studio.

### **Jewellery**

### Jewellery for beginners

An introduction to develop the key jewellery making skills used to create metalwork jewellery.

£266.20 £107.47 £494.18	Tue	13:00-15:30	11	MAC	16/09/25	AJ1100
	Tue	13:00-15:30	11	MAC	06/01/26	AJ2100
	Tue	13:00-15:30	11	MAC	14/04/26	AJ3100

### Jewellery - intermediate

£266.20 £107.47 £404.18 Tup 10:00-12:30 11

For those who want to build on their existing basic metal and silver jewellery making skills. It is a natural progression from a beginner's metal jewellery course.

L200.20	LIU/.T/	LTJT.10	Tuc	10.00 12.30	11	11/10	10/03/23	7101300
			Tue	10:00-12:30	11	MAC	06/01/26	AJ2300
			Tue	10:00-12:30	11	MAC	14/04/26	AJ3300
Jewell	lery - a	all levels	5					
£244	£99.70	£451.25	Tue	18:15-20:45	10	MAC	16/09/25	AJ1110
			Tue	18:15-20:45	10	MAC	06/01/26	AJ2110

18:15-20:45

10

MAC

14/04/26

AJ3110

#### **Jewellery**

Develop your specialist jewellery making skills in our well-equipped workshop.

Tue

£122	£49.85	£325.63	Wed	10:00-12:30	5	MAC	24/09/2025	AJ1311
			Wed	10:00-12:30	5	MAC	05/11/2025	AJ1312

# Jewellery - Level 1 award in creative crafts NCFE

This course will support you to acquire techniques for jewellery making in the workshop and develop your design processing skills.

£456.36	Free	£1,323.24	Thu	10:00-16:00	16	MAC	18/09/25	AJ1400
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# Jewellery - Level 2 award in creative crafts

### NCFE

This course is for those who wish to develop their craft and design skills in the area of jewellery making.

£412.69	Free	£1171.21	Thu	10:00-16:00	14	MAC	26/02/26	AJ2400

### Stained glass and mosaic

### Stained glass - all levels

In this course, you will create a stained glass panel while learning a range of essential skills. Suitable for all levels, this class offers hands-on experience and expert guidance.

£310.20 £119.72 £583.77	Wed	13:00-16:00	11	MAC	17/09/25	AG1100
	Wed	18:00-21:00	11	MAC	17/09/25	AG1101
	Wed	13:00-16:00	11	MAC	07/01/26	AG2100
	Wed	18:00-21:00	11	MAC	07/01/26	AG2101
	Wed	13:00-16:00	11	MAC	15/04/26	AG3100
	Wed	18:00-21:00	11	MAC	15/04/26	AG3101

### Mosaic: glass appliqué

Use a mosaic technique to create individual designs with vibrant glass pieces in this alternative to traditional stained glass, offered in a 4-session course.

£95.80	£38.08	£178.70	Fri	10:00-12:30	4	MAC	03/10/25	AG1301
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### Sandblasting and engraving on glass

A practical course exploring the art of glass surface decoration. Learn techniques for sandblasting and engraving, using both hand-painted and vinyl resists to create intricate designs.

£101.30 £43.58	£184.20	Mon	18:30-21:00	4	MAC	22/09/25	AG1400

	Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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### Stained glass - Level 1 award in creative crafts ff **NCFE**

This course will support you to develop stained glass techniques, including cutting, leading and kiln-fired painting.

£466.36 Free £1.333.36 Mon 10:00-16:00 16 MAC 15/09/25 AG1500

# Stained glass - Level 2 award in creative crafts ff

### NCFE

This course is for those who wish to develop their craft and design skills in the area of stained glass.

f422.69 Free f.1181.21 Mon 10:00-16:00 14 MAC 23/02/26 AG2500

### Digital media

### A practical introduction to Adobe Photoshop

A beginner's course offering hands-on experience with Adobe Photoshop, covering essential tools and techniques to build practical knowledge and confidence for digital image making.

£71.10 £24.89 £171.10 Mon 10:00-12:30 MAC 22/09/25 AM1000 18:30-21:00 MAC 22/09/25 Mon AM1001

### Picture framing, restoration and woodwork

### Picture framing and mount cutting

Learn the essential skills of picture framing and mount cutting, while working on your own projects.

£263.45 £104.72 £491.4	43 Mon	18:30-21:00	11	MAC	15/09/25	AW1100
	Wed	10:00-12:30	11	MAC	17/09/25	AW1101
	Mon	18:30-21:00	11	MAC	05/01/26	AW2100
	Wed	10:00-12:30	11	MAC	07/01/26	AW2101
	Mon	18:30-21:00	11	MAC	13/04/26	AW3100
	Wed	10:00-12:30	11	MAC	15/04/26	AW3101

Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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### Furniture upcycling, restoration and conservation

For both beginners and those looking to further develop their existing skills in furniture restoration. Work on your own projects, learning to tackle challenges and new mastering techniques.

£263.45 £104.72 £491.43	Fri	10:00-12:30	11	MAC	19/09/25	AW1400
	Fri	10:00-12:30	11	MAC	09/01/26	AW2400
	Fri	10:00-12:30	11	MAC	17/04/26	AW3400

### Cabinet making - all levels

Beginners will acquire essential woodworking skills and techniques before starting their own personal projects. More experienced students can extend their knowledge by tackling more complex projects.

£264.83 £106.10 £492.81	Tue	18:30-21:00	11	MAC	16/09/25	AW1200
	Tue	18:30-21:00	11	MAC	06/01/26	AW2200
	Tue	18:30-21:00	11	MAC	14/04/26	AW3200

### **Cabinet making and restoration Saturdays**

Beginners will acquire essential woodworking skills and techniques before starting their own personal projects. More experienced students can extend their knowledge by tackling more complex projects.

£288.90 £115.74 £537.60	Sat	10:00-15:30	6	MAC	20/09/25	AW1300
	Sat	10:00-15:30	6	MAC	10/01/26	AW2300
	Sat	10:00-15:30	6	MAC	18/04/26	AW3300

#### **UPHOLSTERY**

### **Upholstery for beginners**

Learn the essential skills to confidently upholster simple furniture pieces. Understand key tools and materials, and apply basic techniques to a project.

£263.45 £104.72 £491.43	Wed	10:00-10:30	11	MAC	07/01/26	AU1300
	Wed	10:00-10:30	11	MAC	07/01/26	AU2300
	Wed	10:00-12:30	11	MAC	15/04/26	AU3300

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

### **Upholstery - all levels**

Build a strong foundation in upholstery for all levels. Learn to upholster various furniture pieces, understand essential tools and materials, and apply techniques from basic to more advanced projects.

£263.45 £104.7	2 £491.43	Tue	09:30-12:00	11	MAC	16/09/25	AU1200
		Tue	12:30-15:00	11	MAC	16/09/25	AU1201
		Tue	18:30-21:00	11	MAC	16/09/25	AU1202
		Tue	09:30-12:00	11	MAC	06/01/26	AU2200
		Tue	12:30-15:00	11	MAC	06/01/26	AU2201
		Tue	18:30-21:00	11	MAC	06/01/26	AU2202
		Tue	09:30-12:00	11	MAC	14/04/26	AU3200
		Tue	12:30-15:00	11	MAC	14/04/26	AU3201
		Tue	18:30-21:00	11	MAC	14/04/26	AU3202

### **Upholstery - intermediate**

Enhance your upholstery skills with intermediate techniques. This course is for those who already have basic upholstery skills and knowledge to further develop their abilities



### Upholstery projects - all levels

Build a strong foundation in upholstery for all levels. Learn to upholster various furniture pieces, understand essential tools and materials, and apply techniques from basic to more advanced projects.

£316.14 £125.66 £589.71	Fri	10:00-13:00	11	MAC	19/09/25	AU1400
	Fri	10:00-13:00	11	MAC	09/01/26	AU2400
	Fri	10:00-13:00	11	MAC	17/04/26	AU3400

### Sewing

### Clothes making for beginners

Whether you are new to clothes making or looking to refresh your skills, this course introduces the essential sewing techniques needed to construct and finish basic garments.

£264.83 £106.10 £492.81	Wed	10:00-12:30	11	MAC	17/09/25	AF1100
	Wed	10:00-12:30	11	MAC	07/01/26	AF2100
	Wed	10:00-12:30	11	MAC	15/04/26	AF3100

### **Clothes making - intermediate**

Building on essential clothes making techniques, this course will further enhance your skills in sewing, garment construction and finishing.

£264.83 £106.10 £492.81	Thu	10:00-12:30	11	MAC	18/09/25	AF1200
	Thu	10:00-12:30	11	MAC	08/01/26	AF2200
	Thu	10:00-12:30	11	MAC	16/04/26	AF3200

### Clothes making - all levels

Whether you are a beginner or have experience in clothes making, this course will help you develop essential skills in sewing, garment construction and finishing.

£264.83 £106.10 £492.81	Tue	18:30-21:00	11	MAC	16/09/25	AF1000
	Tue	18:30-21:00	11	MAC	06/01/26	AF2000
	Tue	18:30-21:00	11	MAC	14/04/26	AF3000

### Pattern cutting for beginners

To enhance your garment construction skills, this course introduces the use of basic blocks to develop your own patterns. Ideal for those with some clothes making experience.

£240.75 £96.	45 £448	Tue	10:00-12:30	10	MAC	23/09/25	AF1300
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Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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### **Textiles**

### Textiles: monoprint and handstitch

Experiment with a variety of monoprint techniques on fabric. Incorporate appliqué and hand stitching to create and layer surfaces, exploring patterns and textures.

£115.05	£45.73	£265.95	Thu	13:00-16:00	5	MAC	25/09/25	AF1400
			Thu	13:00-16:00	5	MAC	15/01/26	AF2400
			Thu	13:00-16:00	5	MAC	23/04/26	AF3400

### **PERFORMING ARTS**

These courses help you build confidence, creativity and performance skills through movement and music. Whether you're dancing your first steps or preparing for performance, our skilled tutors provide a dynamic environment to grow in confidence and creativity

We offer training in:

- Ballet
- Contemporary dance
- Piano

### **Performing arts**

### **AMICI dance group**

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

£221.42 £221.42 £221.42	Wed	18.30-21.00	30	LYR	24/09/25	PD1100
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### **Ballet for beginners**

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.

£85.36	£29.88	£206.04	Wed	17:45-19:15	8	MAC	24/09/25	PD1120
			Wed	17:45-19:15	8	MAC	14/01/26	PD2120
			Wed	17:45-19:15	8	MAC	22/04/26	PD3120



Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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### **Contemporary dance for beginners**

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

£85.36	£29.88	£206.04	Mon	17:45-19:15	8	MAC	22/09/25	PD1555
			Mon	17:45-19:15	8	MAC	12/01/26	PD2555
			Mon	17:45-19:15	8	MAC	20/04/26	PD3555

### Piano for beginners and improvers

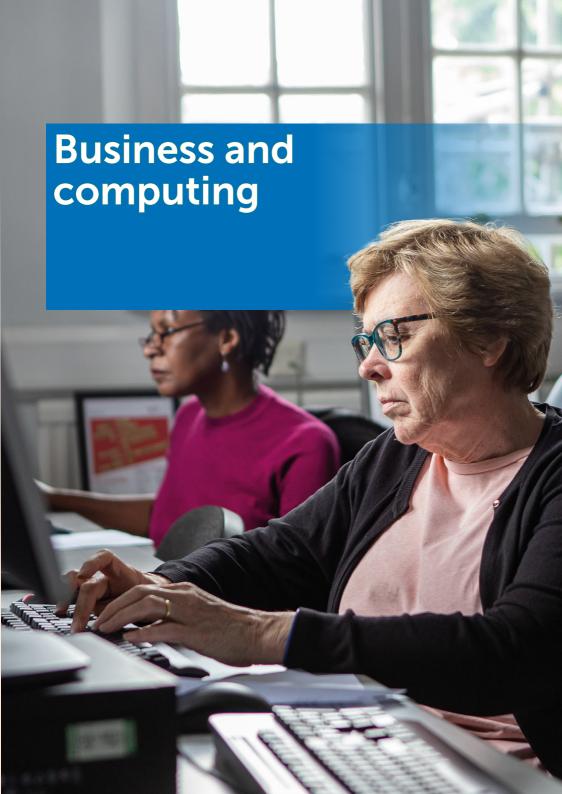
If you are new to playing the piano or already a competent player, build your confidence and repertoire with these 30-minute individual lessons. These course slots repeat in terms 2 and 3

£279	£279	£279	Thu	14:30-15:00	11	MAC	18/09/25	PM1100
			Thu	15:00-15:30	11	MAC	18/09/25	PM1101
			Thu	15:30-16:00	11	MAC	18/09/25	PM1102
			Thu	16:00-16:30	11	MAC	18/09/25	PM1103
			Thu	16:30-17:00	11	MAC	18/09/25	PM1104
			Thu	17:00-17:30	11	MAC	18/09/25	PM1105

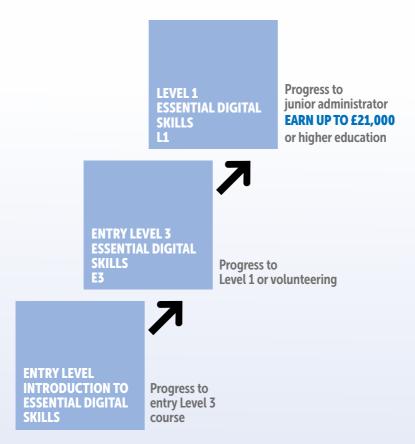
### **Saturday Singing Workshop**

This five-hour workshop will include a vocal warm up, learning up to four songs by ear with time at the end to perform.





# Potential career progression



In these courses, you can gain qualifications to equip you with the skills for a successful career in a range of industries. To enrol, you will need to attend an interview – find out how to book on page 9.

#### **NIGHT SCHOOL**

We're launching a broad range of new evening courses in September 2025 – keep an eye on our website for details.

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

### Business: Award in business and administration (Level 1) (1) City & Guilds

If you are new to business and administration, begin your professional journey here learning key accredited skills which prepare you for work as an administrative assistant, receptionist or in a related role.

£307.80 Free £1,030.20 Mo/Tu 18:00-21:00 10 MAC 22/09/25 BA1000

### Business: Certificate in business and administration (Level 1) (1) City & Guilds

Progress from the Level 1 Award to this Certificate level course and develop more advanced administrative skills working with business documents, customer relations, and information.

£307.80 Free £1.030.20 Mo/Tu 18:00-21:00 10 MAC 08/12/25 BA1005

### Business: NVQ certificate in business and administration (Level 2) ff

### City & Guilds

Professional preparation for working in business with higher-level administrative skills working with documents, customers and information.

£244.08 Free £1.236.24 Mo/Tu 18:00-21:00 12 MAC 09/03/26 BA2001

### Computing

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

An introduction to using computers, IT and the Internet, You may wish to go on to our accredited qualification course in essential digital skills at E3.

This course is free	Fri	11:00-14:00	8	MAC	03/10/25	SC102M
	Fri	11:00-14:00	8	MAC	23/01/26	SC202M
	Fri	11:00-14:00	8	MAC	01/05/26	SC302M

## Essential Digital Skills Entry 3 ff

#### **NCFF**

A course for people looking to gain an essential digital skills qualification at E3.

This course is free	Wed	11:00-14:00	18	MAC	17/09/25	SC103M
	Wed	11:00-14:00	18	MAC	25/02/26	SC203M

Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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## Essential Digital Skills Level 1 (1)

### **NCFE**

A course for people looking to gain an Essential Digital Skills qualification at L1.

This course is free	Thu	10:00-13:00	18	MAC	18/09/25	SC104M
	Thu	10:00-13:00	18	MAC	26/02/26	SC204M

### Essential Digital Skills bridging course Entry 3 to Level 1 1 11

A 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, PowerPoint and the advanced features of Microsoft Word.

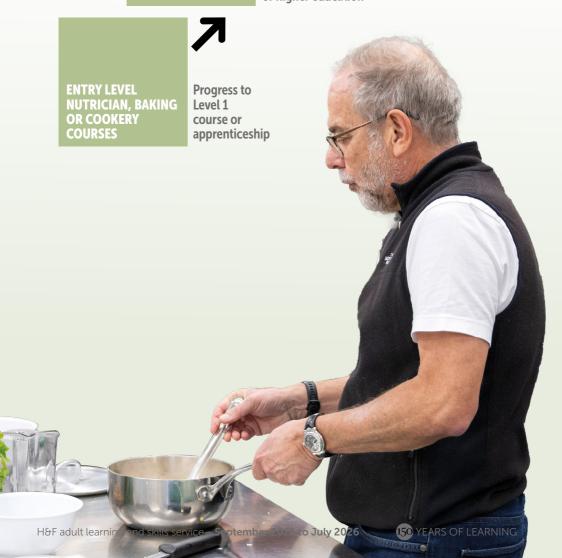
This course is free	Thu	10:00-12:30	12	MAC	16/04/26	SC30AM





# Potential career progression

LEVEL 1 FOOD PREPARATION AND COOKING **Progress to** volunteering or junior barista **EARN UP TO £21,000** or higher education



Standard Conc. Full Day(s) Times Week(s) Venu	e Start date C	.ode
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Improve your cooking confidence and skills in our state-of-the-art kitchen. Our courses will boost the skills of home cooks and of career chefs. From this September, we offer a range of accredited courses with progression, to develop your culinary skills. To enrol, you'll need to attend an interview - find out how to book on page 9. Take our short course, Level 1 Food Hygiene, before any course.

### Food studies: Food hygiene (L1) (1)

Food Hygiene (L1) is a taster designed to explore good hygiene for everyone preparing or serving food, including at home or working in bars, retail and other venues.

£8.50	Free	£58.21	Tue	09:45-12:45	1	MAC	16/09/25	FS1001
			Tue	18:00-20:30	1	MAC	16/09/25	FS1000

# Food studies: Award in home cooking skills (Level 1) (1)

### Pearson/Edexcel

This course will give learners the skills and confidence to enjoy cooking meals at home, and the knowledge how to economise when planning meals.

£111.87	Free	£566.61	Tue	09:45-12:45	11	MAC	23/09/25	FS1011
			Tue	18:00-20:30	11	MAC	23/09/25	FS1010

### Food studies: Award in food safety in catering (Level 1) (1) City & Guilds

We ask everyone interested in Culinary Skills Level 1, to take this short module, at the start of term 2. This course will develop learners' skills, confidence and safety while cooking meals

£30.51	Free	£154.53	Tue	09:45-12:45	3	MAC	06/01/26	FS2006
			Tue	18:00-20:30	3	MAC	06/01/26	FS2005

### Food studies: Award in culinary skills (Level 1) (1)

### City & Guilds

This course will develop learners' knowledge, skills and confidence when planning and cooking meals at home.

£91.53	Free	£463.59	Tue	09:45-12:45	9	MAC	27/01/26	FS2011
			Tue	18:00-20:30	9	MAC	27/01/26	FS2010

# Food studies: Award in hospitality and catering (Level 1) (1)

Gateway

This course will build your cooking skills, knowledge and confidence so you are able to cook for and serve other people.

£132.31	Free	£669.93	Tue	09:45-12:45	13	MAC	14/04/26	FS3001
			Tue	18:00-20:30	13	MAC	14/04/26	FS3000

# Food studies: Certificate in general patisserie and confectionary (Level 2)

### City & Guilds

The Certificate in General Patisserie and Confectionary is a professional level course aimed at people who aim to prepare for work, or develop their skills, in the food preparation industry.

£325.44 Free £1,648.32 Mon 18:00-21:00 32 MAC 22/09/25 FS1200





You'll cover aspects of maintenance, diagnostics and repair in our well-equipped workshop. Please keep an eye on our website for new car maintenance courses in 2025/26. Learn the skills needed to keep a vehicle or bike roadworthy and save money.

## Potential career progression

### Motor vehicle maintenance

LEVEL 1 **MOTOR VEHICLE** MAINTENANCE ACCREDITATION BTEC

**Progress to** automotive technician **EARN UP TO £30.000** or higher education/

**ENTRY LEVEL MOTOR VEHICLE** MAINTENANCE



**Progress to** Level 1 course or volunteering

### **Bicycle** maintenance

LEVEL 2 **BICYCLE MAINTENANCE ACCREDITATION** 

**Progress to** bicycle mechanic **EARN UP TO £24,000** 

LEVEL 1 **BICYCLE MAINTENANCE** 



**Progress to** Level 2 course or volunteering



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

Get moving in our inclusive fitness and wellbeing classes for all adults, including Agewell classes – our programme for those 60+ or under 60 with a chronic condition that may benefit from physical activity.

### **ALL AGE FITNESS**

### Chair aerobics for beginners evening (all adult ages)

Enjoy a fun and gentle workout designed to improve flexibility, strength, and overall well-being. Perfect for all fitness levels.

£34	£17	£34	Tue	18:00-19:00	6	MAC	16/09/25	WA1TU0
			Tue	18:00-19:00	6	MAC	27/01/26	WA2TU0
			Tue	18:00-19:00	6	MAC	21/04/26	WA3TU0

### Chair aerobics for beginners Saturday (all adult ages)

Enjoy a fun and gentle workout designed to improve flexibility, strength, and overall well-being. Perfect for all fitness levels.

£34	£17	£34	Sat	11:00-12:00	6	MAC	27/09/25	WA1S00
			Sat	11:00-12:00	6	MAC	31/01/26	WA2S00
			Sat	11:00-12:00	6	MAC	25/04/26	WA3S00

### Gentle Keep fit evening (all adult ages)

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

£34	£17	£34	Mon	18:00-19:00	6	MAC	22/09/25	WF1M00
			Mon	18:00-19:00	6	MAC	26/01/26	WF2M00
			Mon	18:00-19:00	6	MAC	20/04/26	WF3M00

### Strong and lean evening (all adult ages)

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

£34	£17	£34	Mon	19:00-20:00	6	MAC	22/09/25	WL1M01
			Mon	19:00-20:00	6	MAC	26/01/26	WL2M01
			Mon	19:00-20:00	6	MAC	20/04/26	WL3M01



### Qi gong for beginners (all adult ages) - Saturday

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.

£34	£17	£34	Sat	14:00-15:00	6	MAC	27/09/25	WQ1S00
			Sat	14:00-15:00	6	MAC	31/01/26	WQ2S00
			Sat	14:00-15:00	6	MAC	25/04/26	WQ3S00

### Gentle keep fit (all adult ages) - Saturday

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

£34	£17	£34	Sat	10:00-11:00	6	MAC	27/09/25	WF1S00
			Sat	10:00-11:00	6	MAC	31/01/26	WF2S00
			Sat	10:00-11:00	6	MAC	25/04/26	WF3S00

### **GENERAL FITNESS**

### Senior total body workout (Tudor Rose)

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.

£55	£27.50	£55	Wed	13:30-15:00	11	TRFC	17/09/25	WB1W00
			Wed	13:30-15:00	11	TRFC	07/01/26	WB2W00
			Wed	13:30-15:00	11	TRFC	15/04/26	WB3W00

### Be good to your back

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.

£55 £27.50 £55 Wed 12:15-13:15 11 MAC 17/09/25 WG1W0	£55	£27.50	£55	Wed	12:15-13:15	11	MAC	17/09/25	WG1W00
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Standard Conc. Full Day(s) Times Week(s) Venue Start date	Code
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### Fitness with ballet beginners

This is a fitness beginners ballet course for anyone who is able to stand still. Coordination issues and inexperience (e.g. if a participant has never tried ballet before) are not an issue, as this is a modified ballet class for seniors.

£55	£27.50	£55	Mon	11:45-12:45	11	MAC	15/09/25	WF1M01
			Mon	11.45-12:45	11	MAC	05/01/26	WF2M01
			Mon	11:45-12:45	11	MAC	13/04/26	WF3M01

### **Ballet fit improvers**

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.

£55	£27.50	£55	Thu	12:15-13:15	11	MAC	18/09/25	WF1TH0
			Thu	12:15-13:15	11	MAC	08/01/26	WF2TH0
			Thu	12:15-13:15	11	MAC	16/04/26	WF3TH0

### Strong and lean

A mix of stretching, cardio  $\delta$  resistance training designed to help you get your back into a fitness routine.

£55	£27.50	£55	Mon	11:15-12:15	11	MAC	15/09/25	WL1M00
			Mon	11:15-12:15	11	MAC	05/01/26	WL2M00
			Mon	11:15-12:15	11	MAC	13/04/26	WL3M00

#### Stretch and flex

The course will cover many benefits to 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 and body aches, and more.

£55	£27.50	£55	Mon	13:15-14:15	11	MAC	15/09/25	WX1M00
			Mon	13:15-14:15	11	MAC	05/01/26	WX2M00
			Mon	13:15-14:15	11	MAC	13/04/26	WX3M00

### Flexibility (Tudor Rose)

Rediscover your flexibility and enhance your daily life with our specially designed course for adults over 60. This class focuses on mobilizing and increasing the range of motion in key muscle groups, helping you move with greater ease.

£34	£17	£34	Mon	11:15-12:15	6	TRFC	22/09/25	WX1M01
			Mon	11:15-12:15	6	TRFC	26/01/26	WX2M01
			Mon	11:15-12:15	6	TRFC	20/04/26	WX3M01

Standard Conc. Full Day(s) Times Week(s) Venue Start date Co	Standard
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### **Flexibility**

Rediscover your flexibility and enhance your daily life with our specially designed course for adults over 60. This class focuses on mobilizing and increasing the range of motion in key muscle groups, helping you move with greater ease.

£55	£27.50	£55	Thu	13:30-14:30	11	MAC	18/09/25	WX1TH0
			Thu	13:30-14:30	11	MAC	08/01/26	WX2TH0
			Thu	13:30-14:30	11	MAC	16/04/26	WX3TH0

### Circuit training (level 2)

Improve your strength, fitness, and coordination in our Circuit Training class designed for adults over 60, and learn how to maintain a healthier lifestyle.

£55	£27.50	£55	Wed	10:00-12:00	11	MAC	17/09/25	WC1W00
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### General circuit training

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

£55	£27.50	£55	Mon	10:00-11:30	11	MAC	15/09/25	WC1M00
			Mon	10:00-11:30	11	MAC	05/01/26	WC2M00
			Mon	10:00-11:30	11	MAC	13/04/26	WC3M00

### 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.

£55	£27.50	£55	Tue	13:30-14:30	11	TRFC	16/09/25	WF1TU0
			Tue	13:30-14:30	11	TRFC	06/01/26	WF2TU0
			Tue	13:30-14:30	11	TRFC	14/04/26	WF3TU0

### **Dance fitness**

### Dance mix - Monday

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!

£55	£27.50	£55	Mon	13:00-14:00	11	MAC	15/09/25	WD1M00
			Mon	13:00-14:00	11	MAC	05/01/26	WD2M00
			Mon	13:00-14:00	11	MAC	13/04/26	WD3M00

Standard Conc. Full Day(s) Times Week(s) Venue Start date Cod	Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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#### Dance mix - Thursday

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!

£55	£27.50	£55	Thu	11:00-12:00	11	MAC	18/09/25	WD1TH0
			Thu	11:00-12:00	11	MAC	08/01/26	WD2TH0
			Thu	11:00-12:00	11	MAC	16/04/26	WD3TH0

### Yoga and pilates

### Pilates beginners (Tudor Rose)

Start your fitness journey with our gentle Pilates class designed for older learners. Focus on core stability, balance, and flexibility in a supportive environment. Perfect for those new to Pilates!

£34	£17	£34	Mon	10:00-11:00	6	TRFC	22/09/25	WP1M00
			Mon	10:00-11:00	6	TRFC	26/01/26	WP2M00
			Mon	10:00-11:00	6	TRFC	20/04/26	WP3M00

#### Pilates beginners/improvers - Tuesday 1

Strengthen your body and improve flexibility in a gentle, supportive class. Our sessions focus on core stability, balance, and overall well-being, making it perfect for older learners. Join us to feel revitalized and energized!

£55	£27.50	£55	Tue	12:30-13:30	11	MAC	16/09/25	WP1TU0
			Tue	12:30-13:30	11	MAC	06/01/26	WP2TU0
			Tue	12:30-13:30	11	MAC	14/04/26	WP3TU0

#### Pilates beginners/improvers - Tuesday 2

Strengthen your body and improve flexibility in a gentle, supportive class. Our sessions focus on core stability, balance, and overall well-being, making it perfect for older learners. Join us to feel revitalized and energized!

£55	£27.50	£55	Tue	14:00-15:00	11	MAC	14/04/26	WP3TU1
			Tue	14:00-15:00	11	MAC	06/01/26	WP2TU1
			Tue	14:00-15:00	11	MAC	16/09/25	WP1TU1

### **Pilates beginners**

Start your fitness journey with our gentle Pilates class designed for older learners. Focus on core stability, balance, and flexibility in a supportive environment. Perfect for those new to Pilates!

£55	£27.50	£55	Thu	14:45-15:45	11	MAC	18/09/25	WP1TH0
			Thu	14:45-15:45	11	MAC	08/01/26	WP2TH0
			Thu	14:45-15:45	11	MAC	16/04/26	WP3TH0

#### **Pilates**

This mat-based discipline is perfect for anyone comfortable exercising on the floor. Enhance your flexibility, strength, and balance while enjoying a rejuvenating workout. Join us and feel the difference!

£28	£14	£28	Fri	14:30-15:30	5	MAC	19/09/25	WP1F00
			Fri	14:30-15:30	5	MAC	07/11/25	WP1F01
			Fri	14:30-15:30	5	MAC	09/01/26	WP2F00
			Fri	14:30-15:30	5	MAC	27/02/26	WP2F01
			Fri	14:30-15:30	5	MAC	17/04/26	WP3F00
			Fri	14:30-15:30	5	MAC	05/06/26	WP3F01

### 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.

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£	55	£27.50	£55	Mon	15:45-17:15	11	MAC	15/09/25	WY1M01
				Mon	15:45-17:15	11	MAC	05/01/26	WY2M01
				Mon	15:45-17:15	11	MAC	13/04/26	WY3M01
				Sat	11:30-12:30	11	MAC	20/09/25	WY1S00
				Sat	11:30-12:30	11	MAC	10/01/26	WY2S00
				Sat	11:30-12:30	11	MAC	18/04/26	WY3S00

### 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.

£55	£27.50	£55	Mon	08:00-09:00	11	ONLINE	15/09/25	WY1M00
			Mon	08:00-09:00	11	ONLINE	05/01/26	WY2M00
			Mon	08:00-09:00	11	ONLINE	13/04/26	WY3M00

### 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.

£55	£27.50	£55	Wed	09:30-11:30	11	ONLINE	17/09/25	WY1W01
			Wed	09:30-11:30	11	ONLINE	07/01/26	WY2W01
			Wed	09:30-11:30	11	ONLINE	15/04/26	WY3W01

#### TAI CHI AND QI GONG

### Tai chi (cheng man ching) 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.

£55	£27.50	£55	Thu	11:00-12:00	11	MAC	18/09/25	WT1TH0
			Thu	11:00-12:00	11	MAC	08/01/26	WT2TH0
			Thu	11:00-12:00	11	MAC	16/04/26	WT3TH0

### Tai chi (cheng man ching) 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.

£55	£27.50	£55	Thu	12:15-13:15	11	MAC	18/09/25	WT1TH1
			Thu	12:15-13:15	11	MAC	08/01/26	WT2TH1
			Thu	12:15-13:15	11	MAC	16/04/26	WT3TH1

### Qi gong for beginners

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

£55	£27.50	£55	Thu	10:00-11:00	11	MAC	18/09/25	WQ1TH0
			Thu	10:00-11:00	11	MAC	08/01/26	WQ2TH0
			Thu	10:00-11:00	11	MAC	16/04/26	WQ3TH0

#### Qi gong for improvers

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

£55	£27.50	£55	Thu	13:30-14:30	11	MAC	18/09/25	WQ1TH1
			Thu	13:30-14:30	11	MAC	08/01/26	WQ2TH1
			Thu	13:30-14:30	11	MAC	16/04/26	WQ3TH1

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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_				vorkshop				
				r fitness. This d to help you				
f20	f 10	f 20	Mon	11:00-12:00	get back	MAC.	04/08/25	AWS099
				22.00	J	MAC	04/00/23	AWSOSS
	erobics se is for Ag			orshop ning to learn l	how to ex	xercise l	by using chai	r-based
£20	£10	£20	Mon	10:00-11:00	3	MAC	04/08/25	AWS028
Fitness	with b	allet si	umme	r worksh	ор			
				suitable for				
£25	£12.50	£25	Thu	12:15-13:15	4	MAC	07/08/25	AWS112
	<b>lity sum</b> y summer			op for all levels				
£25	£12.50	£25	Thu	13:30-14:30	4	MAC	07/08/25	AWS111
Gentle	keen fi	it sumi	ner w	orkshop				
Enhance y		eing with		tle keep fit cla	ass. Ideal	for Age	well learners	looking
£25	£12.50	£25	Tue	10:00-11:00	4	MAC	05/08/25	AWS032
				<b>shop</b> I in the benef	its of yog	ja, relat	ing to the mo	odel of
£15	£7.50	£15	Mon	15:45-16:45	2	MAC	04/08/25	AWS026
	<b>summ</b> e ummer Pila			able for all le	vels.			
£25	£12.50	£25	Tue	12:30-13:30	4	MAC	05/08/25	AWS013
			Tue	14:00-15:00	4	MAC	05/08/25	AWS014
			Thu	14:45-15:45	4	MAC	07/08/25	AWS021
An age-ol	<b>g sumr</b> d practice nealth and	that harne	esses the	power of bre	eath, mov	ement,	and intentio	n setting

11:00-12:00

1

MAC

06/08/25

AWS182

£20

£10

£20

We-Fr

-	

#### Tai chi summer workshop

Tai Chi improves strength, flexibility, aerobic conditioning and balance. It's been proven to improve cardiovascular fitness, lower blood pressure, prevent falls and help people who have arthritis.

f20 f10 f20 10:00-11:00 MAC. 06/08/25 We-Fr AWS130

#### **AGEWELL MIND**

#### Modern world history: from World War II to today Part 1

From the Cold War and decolonization to globalization, learn how recent historical developments shaped today's world.

£27.50 £55 £55 Tue 18:30-20:30 11 MAC 16/09/25 WH1TU0

# Modern world history: from World War II to today Part 2

See Part 1 above.





See Part 1 above

f55 f27.50 f55 Tue 18:30-20:30 11 MAC. 14/04/26 WH3TU0

#### Memory café - Saturday

Have fun together at our memory cafe, make new friends and try something new! Learn to play an instrument, have a sing song or a go at bingo!

£34	£17	£34	Sat	12:30-13:30	6	MAC	27/09/25	WM1S00
			Sat	12:30-13:30	6	MAC	31/01/26	WM2S00
			Sat	12:30-13:30	6	MAC	25/04/26	WM3S00



Our Special Educational Needs (SEN) programme offers a programme of courses to meet learners' needs.

There are accredited courses that help learners achieve and progress to further education, supported employment and volunteering opportunities.

Our new Ability150 programme - celebrating 150 years at Macbeth - offers courses which improve health, well-being and creative development.

All students must attend an interview before they can enrol, so staff can assess their skills and suggest the best course – find out how to book on page 9.



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

# PERSONAL DEVELOPMENT

These courses are ideal for people with learning difficulties and disabilities who can commit to long-term learning. Learners choose English or Maths and up to 3 other personal development courses to develop social skills. Find out how to book an interview on page 9.

#### Personal development: Digital 11 Ascentis

Learn and develop Entry-level digital skills and work toward an Award.

Free £1,236.24 Mon 10:00-12:00 MAC £244.08 36 15/09/25 DP1200

#### Personal development: English (1) **Ascentis**

Learn and develop Entry-level English skills and work toward an Award.

f244.08 Free £1.236.24 Tue 10:00-12:00 36 MAC 16/09/25 DP1210

## Personal development: Pottery (1) **NCFE**

This course teaches Entry-level learners to create clay pots, tiles and other objects to achieve a certificate.

f244.08 Free f1.236.24 Tue 13:00-15:00 36 MAC. 16/09/25 DP1215

#### Personal development: Art and craft (1) NCFE

This course teaches learners to create touchy-feely, colourful, imaginative objects, to achieve a certificate.

£244.08 Free £1.236.24 Wed 10:00-12:00 36 MAC 17/09/25 DP1220

## Personal development: Cookery (1) NCFE

This course teaches learn to make tasty, attractive meals for eating and sharing.

f244.08 Free f1.236.24 Wed 13:00-15:00 36 MAC. 17/09/25 DP1225

# Personal development: Maths (1)

# **Ascentis**

This course teaches learners Entry-level Maths skills in number, time, measurement, shape and size.

£244.08 Free £1.236.24 Thu 10:00-12:00 36 MAC 18/09/25 DP1230

Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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# Personal development: Communication Ascentis

This course teaches learners about communication, confidence and skills.

£244.08 Free £1,236.24 Thu 13:00-15:00 36 MAC 18/09/25 DP1235

# Personal development: Drama (†) NCFE

This course teaches learners to communicate through play, performance and imagination.

£244.08 Free £1,236.24 Fri 10:00-12:00 36 MAC 19/09/25 DP1240

# Personal development: Gardening (f)

This course teaches learners about the environment and plants.

£244.08 Free £1,236.24 Fri 13:00-15:00 36 MAC 19/09/25 DP1245

# PRE-EMPLOYMENT SKILLS PROGRAMME

These courses are aimed at people with learning difficulties and disabilities who can commit to long-term learning and can work independently. Learners will work towards accreditation. Choose Maths or English and 3 other pre-employment courses to develop key skills. Find out how to book an interview on page 9.

# Pre-employment skills: Digital Ascentis

Learn new accredited Digital skills which prepare you for further study, volunteering or work.

£244.08 Free £1,236.24 Mon 10:00-12:00 36 MAC 15/09/25 DE1205

# Pre-employment skills: Health studies Gateway

This course teaches learners all aspects of health.

£244.08 Free £1,236.24 Mon 13:00-15:00 36 MAC 15/09/25 DE1240

# Pre-employment skills: around the world (1)

This course uses travel and tourism to teach learners about the world they live in.

£244.08 Free £1,236.24 Tue 10:00-12:00 36 MAC 16/09/25 DE1220

	Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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# Pre-employment skills: English ff

#### **Ascentis**

This course teaches key accredited skills which progress toward Functional Skills English.

f488.16 Free £2.472.48 Tu/Th 13:00-15:00 36 MAC. 16/09/25 DF1215

# Pre-employment skills: Maths (f)

#### **Ascentis**

This course teaches key Maths skills, including accredited work.

f48816 Free £2.472.48 We/Fr 10:00-12:00 36 MAC 17/09/25 DE1200

# Pre-employment skills: Photography (1) **NCFF**

This course teaches key photography skills (camera techniques, subject, framing, lighting).

f244.08 Free £1.236.24 Wed 13:00-15:00 36 MAC 17/09/25 DF1235

#### Pre-employment skills: Art and design (f) **NCFF**

This course teaches design and creativity through colour, shape, sound, imagery.

Free £2,472,48 Thu 10:00-12:00 36 MAC f488.16 18/09/25 DF1230

#### Pre-employment skills: People and relationships (1) **Ascentis**

This course teaches learners about people and relationships.

£244.08 Free £1.236.24 Fri 13:00-15:00 36 MAC 19/09/25 DE1245

# PREPARATION FOR WORK

# Transitions: life, work and study ff

#### **Ascentis**

This course is for students who have already attended our Pre-Employment Skills course and who are ready to move onto new opportunities. It provides learners with a stepping stone to new opportunities elsewhere in the borough and may involve visits, talks, and other opportunities. Learners must attend an interview before enrolment - please contact us about interview slots (July to September).

£488.16 Free £2,472.48 Tu/Th 10:00-12:00 36 MAC 16/09/25 DE1100

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

# Catering for life and work 1 Gateway

Catering for Life and Work takes place in our high-quality kitchen and will prepare learners for work in a cafe, preparing and cooking food, serving customers, managing the kitchen and cash, and generally improving learners' organisation, confidence and skills. Learners must attend an interview to join the course – please contact us for interview information (July to September).

£488.16 Free £2,472.48 Mon 10:00-12:00 MAC 15/09/25 DE1125

# **Ability 150 Inclusive courses**

Our new Ability150 programme - celebrating 150 years of education at Macbeth – offers courses to improve health, well-being and creative development. Classes are perfect for those who would like to try something new. Find out how to book an interview on page 9.

# 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.

£126.50	£44.28	£412.80	Tue	10:00-12:00	11	MAC	16/09/25	DA1205
£138.00	£48.30	£412.08	Tue	10:00-12:00	12	MAC	06/01/26	DA2205
			Tue	10:00-12:00	12	MAC	22/04/26	DA3205

# AMICI Dance pm (ff)

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.

£126.50	£44.28	£412.08	Tue	13:00-15:00	11	MAC	16/09/25	DA1210
			Wed	13:00-15:00	11	MAC	17/09/25	DA1215
£138.00	£48.30	£412.08	Tue	13:00-15:00	12	MAC	06/01/26	DA2210
			Wed	13:00-15:00	12	MAC	07/01/26	DA2215
			Tue	13:00-15:00	12	MAC	21/04/26	DA3210
£126.50	£44.28	£412.08	Wed	13:00-15:00	11	MAC	22/04/26	DA3215

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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# Art: Ability150 inclusive 11

Ability150 Inclusive classes are aimed at anyone who would like to study 1 or 2 topics but who faces a barrier to learning such as disability, learning difficulty, mental health issue.

£153.20	£60.77	£354.40	Mon	13:30-15:30	10	MAC	22/09/25	DA1100
			Mon	13:30-15:30	10	MAC	12/01/26	DA2100
			Mon	13:30-15:30	10	MAC	20/04/26	DA3100

# Pottery: Ability150 inclusive ff

Ability150 Inclusive classes are aimed at anyone who would like to study 1 or 2 topics but who faces a barrier to learning such as disability, learning difficulty, mental health issue.

£160.20	£67.77	£361.40	Tue	13:30-15:30	10	MAC	23/09/25	DA1200
			Tue	10:00-12:00	10	MAC	13/01/26	DA2200
			Tue	10:00-12:00	10	MAC	21/04/26	DA3200

#### Walk and talk: Ability150 inclusive

Ability150 Inclusive classes are aimed at anyone who would like to study 1 or 2 topics but who faces a barrier to learning such as disability, learning difficulty, mental health issue.

£142.20	£49.77	£343.40	Wed	13:00-15:00	10	MAC	24/09/25	DA1225
			Wed	13:00-15:00	10	MAC	14/01/26	DA2225
			Wed	13:00-15:00	10	MAC	22/04/26	DA3225

# Jewellery: Ability150 inclusive ff

Ability150 Inclusive classes are aimed at anyone who would like to study 1 or 2 topics but who faces a barrier to learning such as disability, learning difficulty, mental health issue.

£158.20 £65.77	£359.40	Wed	13:00-15:00	10	MAC	24/09/25	DA1300
		Wed	13:00-15:00	10	MAC	14/01/26	DA2300
		Wed	13:00-15:00	10	MAC	22/04/26	DA3300

# Drama: Ability150 inclusive 👚

£142.20	£49.77	£343.40	Thu	10:00-12:00	10	MAC	25/09/25	DA1230
			Thu	10:00-12:00	10	MAC	15/01/26	DA2235
			Thu	10:00-12:00	10	MAC	23/04/26	DA3230

# Photo drawing: Ability150 inclusive ff

Ability150 Inclusive classes are aimed at anyone who would like to study 1 or 2 topics but who faces a barrier to learning such as disability, learning difficulty, mental health issue.

£142.20	£49.77	£343.40	Thu	12:45-14:45	10	MAC	25/09/25	DA1232
			Thu	12:45-14:45	10	MAC	15/01/26	DA2232
			Thu	12:45-14:45	10	MAC	23/04/26	DA3232

Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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# Dance fitness: Ability150 inclusive (1)

Ability150 (inclusive) classes are aimed at anyone who would like to study 1 or 2 topics but who faces a barrier to learning such as disability, learning difficulty, mental health issue.

£106.65	£37.33	£257.55	Thu	13:00-14:30	10	MAC	18/09/25	DA1240
			Thu	13:00-14:30	10	MAC	15/01/26	DA2240
			Thu	13:00-14:30	10	MAC	23/04/26	DA3240

# Cookery: Ability150 inclusive (1)

Ability150 (inclusive) classes are aimed at anyone who would like to study 1 or 2 topics but who faces a barrier to learning such as disability, learning difficulty, mental health issue.

£195.53 £68.44 £472.18	Fri	13:00-15:30	10	MAC	19/09/25	DA1150
	Fri	13:00-15:30	10	MAC	16/01/26	DA2150
	Fri	13:00-15:30	10	MAC	17/04/26	DA3150

# Yoga: Ability150 inclusive 🜐

Ability150 (inclusive) classes are aimed at anyone who would like to study 1 or 2 topics but who faces a barrier to learning such as disability, learning difficulty, mental health issue.

£142.20	£49.77	£343.40	Fri	13:00-15:00	10	MAC	26/09/25	DA1220
			Fri	13:00-15:00	10	MAC	16/01/26	DA2230
			Fri	13:00-15:00	10	MAC	24/04/26	DA3220



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

This programme is aimed at parents, carers and teachers who support young people and adults with disability or learning difficulty. The courses are intended to provide positive support and understanding of specific issues. Find out how to book an interview on page 9.

# Empower: Award in dyslexia awareness (Level 2) Gateway

Learn about dyslexia, its signs and impacts, and ways to practically support.

£84.75 Free £429.25 Mon 18:00-20:30 10 MAC DS1000 22/09/25

# Empower: Award in mental health awareness (Level 2) NCFE

Explore mental health, the impact upon individuals of poor mental health, and ways to practically support.

£84.75 Free £429.25 Tues 18:00-20:30 10 MAC 23/09/25 DS1005

#### Empower: Award in stroke awareness (Level 2) (1) Ascentis

Explore the impact of stroke on individuals, and ways to practically support.

Free £429.25 MAC f84.75 Wed 18:00-20:30 10 24/09/25 DS10101

# **Empower: Award in supporting individuals with learning** disabilities (Level 2) ff

#### NCFF

Explore a range of learning disabilities, their impact on individuals, and ways to practically support.

f203.40 Free f412.08 Mon 18:00-20:30 24 MAC 05/01/26 DS2020

# Empower: Certificate in mental health awareness (Level 2) (1) **NCFE**

Progress from the Award, develop a broader knowledge of mental health suited to work and achieve a L2 Certificate.

£406.80 Free £2,060.40 Mo/We 18:00-20:30 24 MAC. 05/01/26 DS2030

Standard Conc. Full Day(s) Times Week(s) Venue	Start date	Code
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# Empower: Certificate in understanding specific learning difficulties (Level 2) 👚

#### **NCFE**

Develop a professional understanding of SLDs (specific learning difficulties) to help support individuals.

£406.80 Free £2,060.40 Mon 18:00-20:30 24 MAC 05/01/26 DS2035

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Understand more about Autism, individuals, and ways to practically support.

£203.40 Free £1,030.20 Tues 18:00-20:30 24 MAC 06/01/26 DS2025

Empower: Inclusive dance for teachers and carers (AMICI) (1) Introduction to the Amici approach to movement and dance and supporting the creative journeys of people with disabilities.

£25.43 £8.90 £128.78 Tues 16:30-18:00 5 MAC 13/01/26 DS2220





Standard Conc. Full Day(s) Times Week(s) Venue Start date Code	Standard	Conc.	Full	Day(s)	Times	Week(s) Ve	enue	Start date	Code
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Learn about people, culture and society in our humanities courses.

#### **ART HISTORY**

#### Art history: Renaissance and Baroque

Explore the masterpieces of European art in this engaging course on Renaissance and Baroque periods. Examine influential artists, key techniques, and cultural contexts that shaped these pivotal movements.

£190	£69.75	£380	Thu	11:30-13:30	11	MAC	18/09/25	HA1000
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#### Art history: 18th and 19th Century

Explore the dramatic transformation of Western art from Rococo elegance to Impressionist innovation in this illuminating journey through two centuries of artistic revolution.

£190	£69.75	£380	Thu	11:30-13:30	11	MAC	08/01/26	HA2500
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#### Art history: Modernism and beyond

'Art history: Modernism and beyond' traces art's evolution from the late 19th century to today. Over 11 weeks, discover how artists challenged traditions amid social change, from Monet's impressionism to contemporary movements.

£190 £69.75 £380 Thu 11:30-13:30 11 MAC 16/04/26 HA3100



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

#### COUNSELLING

# Award in counselling skills (Level 2)

#### SEG

Learn foundational counselling techniques in this accessible Level 2 course. Develop listening skills, understand basic counselling concepts, and practice supportive communication.

f310 f0 f620 Thu 09:30-12:30 11 MAC 18/09/25 HC1500

# Certificate in counselling skills (Level 2)

#### SEG

Following on from Counselling Level 2 Award, the Level 2 Certificate is designed to develop learners' knowledge, skills and competencies to use counselling skills ethically and safely in a variety of contexts and roles.

f455 fN f905 Thu 09:30-12:30 17 MAC 08/01/26 HC2000

# Level 3 certificate in counselling skills (f)

#### **SEG**

Build essential counselling skills in this Level 3 course. Learn techniques for effective listening, communication, and support. Ideal for workplace interactions, personal growth, or as preparation for advanced qualifications.

f935 f322 f1855 Thu 09:30-12:30 33 MAC 18/09/25 HC1000

#### Introduction to counselling - Saturday NEW

This five-week course introduces core counselling concepts and fundamental helping skills for beginners. Learn active listening, empathy, and basic therapeutic approaches in a supportive environment.

f95 f 36 50 10:00-12:00 27/09/25 f190 Sat 5 MAC HC1400 Sat 10:00-12:00 5 MAC 17/01/26 HC2200 10:00-12:00 5 MAC. 25/04/26 Sat HC3000

# **HISTORY**

## Famous figures from European history: 18th Century

Discover key personalities who shaped 18th century Europe in this engaging course. Explore the lives and legacies of influential rulers, thinkers, artists, and revolutionaries who defined the Age of Enlightenment and transformed Europe.

f190 f6975 f380 14.00-16.00 MAC 18/09/25 Thu 11 HH1000

Standard	Conc.	Full	Day(s)	Times	Week(s) Venue	Start date	Code
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#### Famous figures from European history: 19th Century

Discover key personalities who shaped 19th century Europe in this engaging course. Explore the lives and legacies of influential rulers, thinkers, artists, and revolutionaries who defined the Age of Empire and transformed society through in

£190	£69.75	£380	Thu	14:00-16:00	11	MAC	08/01/26	HH2000
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#### Famous figures from European history: 20th Century

Discover key personalities who shaped 20th century Europe in this engaging course. Explore the lives and legacies of influential rulers, thinkers, artists, and revolutionaries who defined the Age of Enlightenment and transformed Europe.

6400	CCO 75	6700	T1	44004600	4.4	1110	40104100	11117000
+1011	+6U /5	+ 480	Ihu	1/1:00-16:00	11	MAA	16/11/1/26	HHSOOO
LIJU	LU2./J	LJUU	HIIU	14:00-16:00	TT.	MULC	10/04/20	11113000

# **CREATIVE WRITING**

#### First steps in creative writing

Develop your writing skills in our beginner-friendly creative writing course for adults. Learn essential techniques, find your voice, and build confidence in a supportive environment. No previous experience needed.

£160	£59.25	£320	Wed	10:00-12:00	11	MAC	17/09/25	HW1000
			Wed	10:00-12:00	11	MAC	07/01/26	HW2000
			Wed	10:00-12:00	11	MAC	15/04/26	HW3000

# Inkspire: writing novels and short stories

This course covers essential storytelling techniques for novels and short stories, from plot development to character creation. Work with experienced writers in a supportive setting to transform your ideas into polished prose.

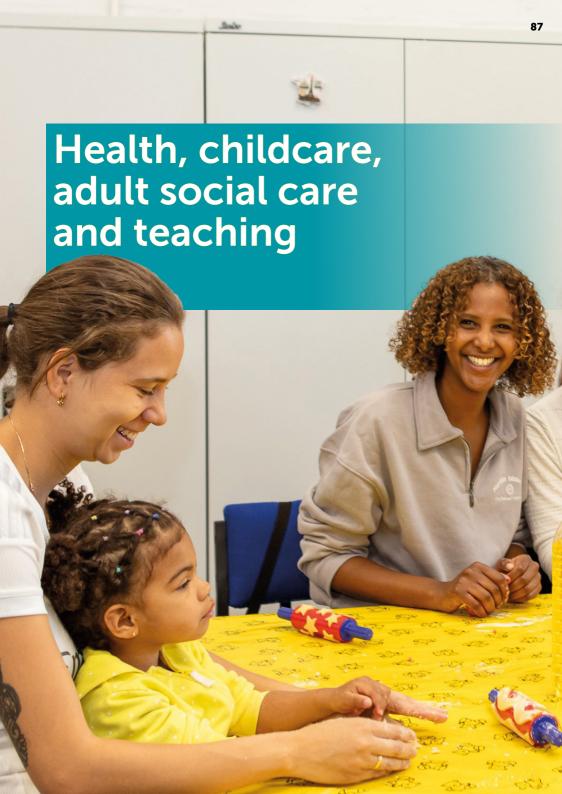
£190	£69.75	£380	Wed	12:15-14:15	11	MAC	17/09/25	HW1200
			Wed	12:15-14:15	11	MAC	07/01/26	HW2200
			Wed	12:15-14:15	11	MAC	15/04/26	HW3200

#### **PSYCHOLOGY**

# Introduction to psychology - Saturday NEW

This five-week course introduces essential concepts in psychology for beginners. Explore human behavior, cognitive processes, and major psychological theories in an engaging learning environment.

£95	£36.50	£190	Sat	10:00-12:00	5	MAC	08/11/25	HP1500
			Sat	10:00-12:00	5	MAC	28/02/26	HP2200
			Sat	10:00-12:00	5	MAC	06/06/26	HP3000



# Potential career progression

#### Childcare

LEVEL 3 **EARLY YEARS EDUCATOR**  Progress to senior childcare practioner **EARN UP TO £23.500** or higher education

LEVEL 2 **SKILLS FOR CHILDCARE** 



Progress to childcare practioner **EARN UP TO £21,000** or Level 3 course

LEVEL 1 **ENTRY TO CARE** 

Progress to Level 2 course or volunteering

## **Adult** social care

**LEVEL 3** ADULT SOCIAL CARE L3

Progress to adult social worker **EARN UP TO £38,000** or higher education

LEVEL 2 **ADULT SOCIAL CARE L2** 



Progress to carer or support worker **EARN UP TO £23,000** or Level 3 course

LEVEL 1 **PREPARING TO WORK IN ADULT SOCIAL CARE** 



**Progress to Level 2 course** or volunteering

# **Teaching** in schools

LEVEL 3 **SUPPORTING TEACHING** AND LEARNING IN SCHOOLS Progress to senior teaching assistant **EARN UP TO £27,000** or higher education

LEVEL 2 **SUPPORTING TEACHING** AND LEARNING IN SCHOOLS **Progress to teaching assistant EARN UP TO £20,000** or Level 3 course

LEVEL 1 **PREPARING TO WORK IN SCHOOLS** 



Progress to Level 2 course or volunteering

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

We offer a range of health and social care courses. To enrol, you will need to attend an interview – find out how to book on page 9.

#### Childcare

If you have practical experience working with babies and young children or have an interest in doing so, our courses can help you build a career in childcare. Accredited courses start at Entry 3 for beginners and offer progression to Level 2 and 3. Find out how to sign up for an interview on page 9.

## Childcare: green skills: Award in environmental sustainability (Level 1) ff

#### **NCFF**

Short foundation course in environmental skills needed in Childcare, understanding the principles of climate change and environmental awareness.

£209.95	Free	£387.17	Mon	18:00-21:00	5	MAC	06/10/25	CC1120
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# Award in caring for children Entry 3 ff

#### **NCFE**

This qualification introduces beginners to the skills required in caring for children professionally.

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E301.03	rree	L1,324.43	weu	09:30-12:00	1/	MAC	1//09/23	CC1010

# Childcare: Certificate in introducing caring for children and young people (Level 2) 👚

#### NCFF

£615	Free	£2,060.40	Thu	09:30-15:30	24	MAC	18/09/25	CC1020

## Childcare: Award in safeguarding in a learning environment (Level 1) ff

#### **NCFE**

Short foundation course in skills needed for a Childcare career

COCO E4	-	CEO7 E4		40.00.47.00	^	1116	40/40/25	CC1212
£268.51	Free	£593.51	Fri	10:00-13:00	9	MAC	10/10/25	CC1212

Conc.

90 For deta	ailed course info	ormation go to wv	vw.hfals.ac.uk

Full

# Technical occupational entry for early years workforce (early years educator, L3 diploma) 1

**Times** 

Week(s) Venue

Start date

Code

#### NCFE

Standard

High-level intermediate Childcare skills for business.

£1208.08 Free £3.908.72 Tue 09:15-15:45 36 MAC. 30/09/25 CC1230

# Advanced childcare skills for practitioners (1)

Day(s)

#### NCFE

Advanced Childcare skills for practitioners.

Free £2.796.10 36 MAC. f 975.65 Mon 10:00-15:00 15/09/25 CC1234 Award in Preparing to Work in Home Based Childcare (Level 3)

# High-level intermediate childcare skills for business

£461.63 Free £975.67 Thu 18:00-21:00 17 MAC 01/10/25 CC1330

# Technical occupational entry for early years workforce (early years educator, L3 diploma) (f)

**NCFE** 

High-level intermediate Childcare skills for business.

£2308.08 Free £3.908.72 Sat 09:15-15:45 34 MAC 20/09/25 CC1353



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

# Certificate in caring for children (Entry 3) (1)

#### **NCFE**

Foundation course to enhance skills needed for a Childcare career.

f288.15 Free f1.459.45 Wed 09:30-15:00 17 MAC. 11/02/26 CC2016

# Award in food safety in health and social care and early years and childcare settings (L2) ff

#### NCFE

Short foundation course in skills needed for a Childcare career.

f387.55 Fri 10:00-13:00 5 MAC f206.95 Free 16/01/26 CC2222

## Childcare: Diploma for the early years practitioner (Level 2) (1) **NCFE**

Higher level Childcare skills course for working people.

£1703 Free £5.030 Thu 09:30-15:30 12 MAC 09/04/26 CC3200

# Teaching and learning

If you're interested in becoming a classroom assistant, our accredited courses can help build your career and practical experience. Find out how to sign up for an interview on page 9.

# Teaching assistant: Award in support work in schools and colleges (Level 2) ff

#### **NCFF**

This qualification develops a learner's initial skills in becoming a professional Teaching Assistant. £569.36 Free £1.436.24 Mon 09:30-15:30 12 MAC 15/09/25 TT1200

# Teaching assistant: Certificate in supporting teaching and learning (Level 2) ff

#### **NCFE**

This qualification is the next step after the L2 Award in becoming a professional Teaching Assistant.

TT2200 £1086.46 Free £2.672.48 Mon 09:30-15:30 24 MAC 05/01/26

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

# Teaching assistant: Diploma in supporting teaching and learning (Level 3) (H)

#### **NCFE**

This qualification is the next step after Level 2, before training as an advanced Teaching Assistant

£1529.60 Free £3,908.70 Wed 09:30-15:30 36 UXB 17/09/25 TT1300

# Teaching assistant: Advanced practitioner in schools and colleges (Level 4 cert) (1)

#### **NCFE**

This qualification prepares learners to become an advanced Teaching Assistant.

£969.50 Free £2,775.50 Mon 09:30-15:30 30 UXB 15/09/25 TT1400

# Preparation to teach: Award in education and training

NCFE

Acquire key skills and knowledge needed to teach adults in the Post-16 adult education.

£350 Free £870 Sat 10:00-14:00 13 MAC 20/09/25 TD1000



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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#### Health and adult care

There is a shortage of qualified adult carers in the UK. If you're interested in developing a career in this sector, our accredited courses will train you in all the key components. Find out how to sign up for an interview on page 9.

### Adult social care: Certificate in preparing to work in adult social care (Level 2) ff

#### **NCFE**

This qualification provides an initial qualification for those who may be new to the adult care sector.

£1103.40 Free £3,270.60 Mon 09:30-15:30 36 UXB	15/09/25	CA1020
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# Adult social care (fast-track): Diploma in adult social care (Level 3) **(H)**

#### **NCFF**

This qualification will equip individuals with the knowledge and skills necessary for a career in adult social care. Please note this is a blended course with learners attending 3 days a week (2 evening and one Saturday).

£1163.40	Free	£3,330.60	Tue	18:30-21:30	18	BLD	16/09/25	CA1035
			Wed	18:30-21:30	18	BLD	17/09/25	CA1035
			Sat	10:00-15:30	18	BLD	20/09/25	CA1035

# Level 3 certificate in understanding the principles of dementia care ff

#### **NCFE**

This qualification develops knowledge and understanding of dementia and its effects, and of caring for individuals with dementia.

£949.50 Free £2,755.50 Mon 10:00-16:00 6 MAC 04/08/25 CH1000	£949.50	Free	£2,755.50	Mon	10:00-16:00	6	MAC	04/08/25	CH1000
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# 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!





# INFORMATION, ADVICE AND GUIDANCE

Speak to a member of staff about accessing these services











# 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.



# How to contact us





020 8753 3600



alssinfo@lbhf.gov.uk





hfals.ac.uk/

Connect with us:









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



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