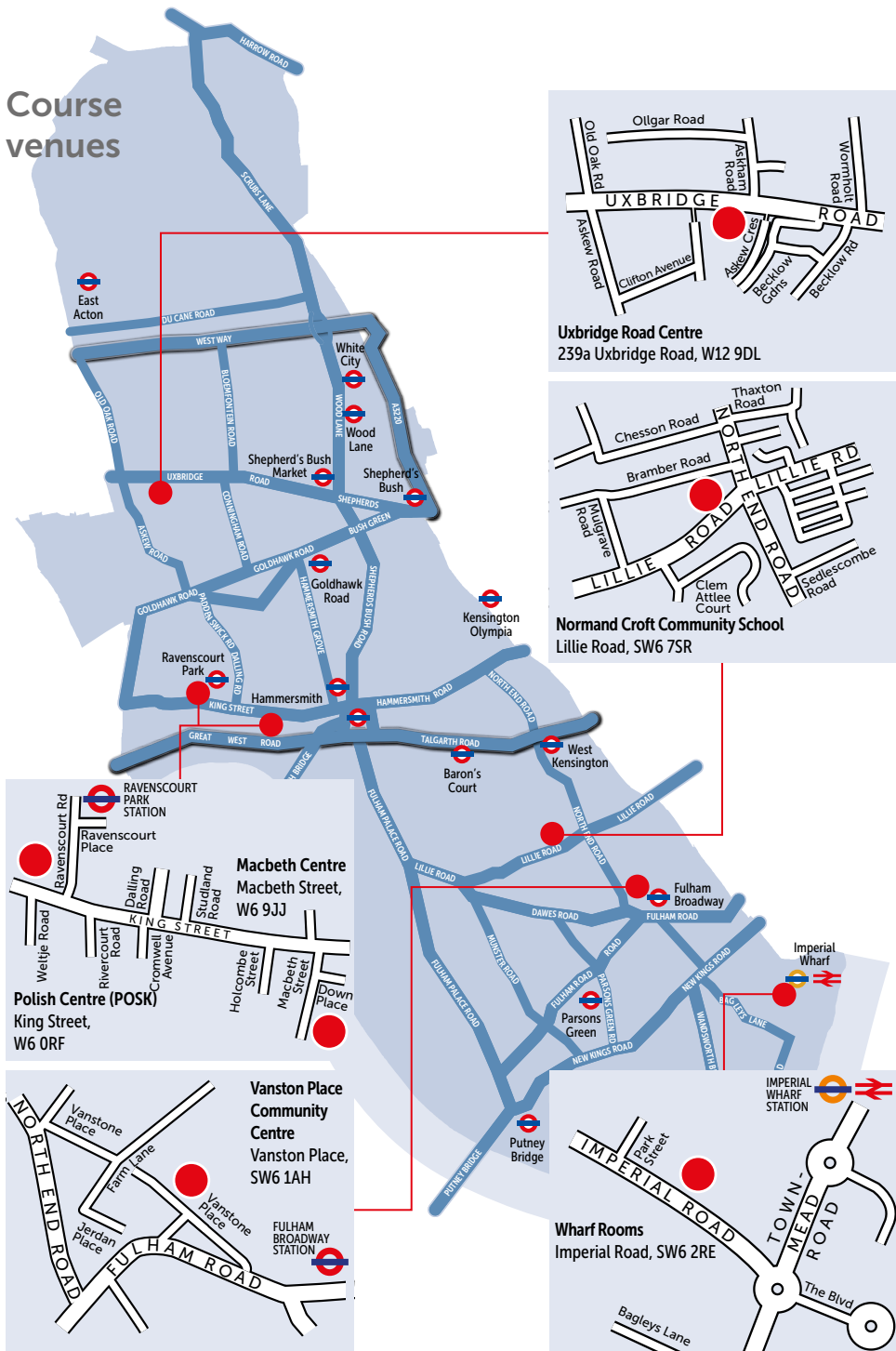


TERM 2
course
listing

January to
March 2024

Adult learning
and skills service

Course venues



Oltgar Road
Old Oak Rd
Asken Road
UXBRIDGE
Clifton Avenue
Askes Cres
Wormholt Road
Becklow Gdns
Becklow Rd

Uxbridge Road Centre
239a Uxbridge Road, W12 9DL

Thaxton Road
Chesson Road
Bramber Road
LITTLE ROAD
Sedlescombe Road
Clem Attlee Court

Normand Croft Community School
Lillie Road, SW6 7SR

RAVENS COURT PARK STATION
Ravenscourt Place
Wetlie Road
Rivercourt Road
Cromwell Avenue
KING STREET
Holcombe Street
Macbeth Street
Down Place

Polish Centre (POSK)
King Street, W6 0RF

Macbeth Centre
Macbeth Street, W6 9JJ

NORTH END ROAD
Vanstone Place
Farm Lane
Vanstone Place
Jerdan Place
FULHAM ROAD
PUTNEY BRIDGE
FULHAM BROADWAY STATION

Vanston Place Community Centre
Vanston Place, SW6 1AH

West Kensington
Baron's Court
LILLIE ROAD
DAMES ROAD
FULHAM ROAD
FULHAM BROADWAY
Parsons Green
NEW RINGS ROAD
IMPERIAL WHARF STATION
Imperial Wharf

IMPERIAL WHARF STATION
Imperial Wharf
Imperial Road
TOWN MEAD ROAD
The Blvd
Bagleys Lane

Wharf Rooms
Imperial Road, SW6 2RE

Term dates for 2024

SPRING TERM 2024 - 11 wks

Start of term - Mon 8 January 2024

Half term - Mon 12 to Fri 16 February 2024

End of term - Thurs 28 March 2024

SUMMER TERM 2024 - 12 wks

Start of term - Mon 15 April 2024

Half term - Mon 27 to Fri 31 May 2024

End of term - Mon 15 July 2024

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

Upcoming events

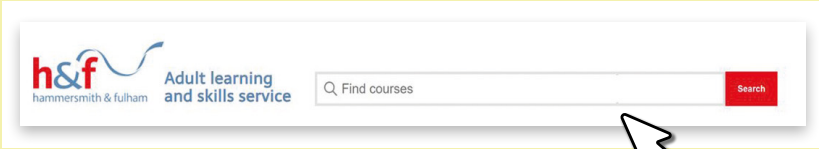
- Arts and crafts exhibition
Thursday 11 July 2024
- Summer open day
Saturday 13 July 2024

Contents

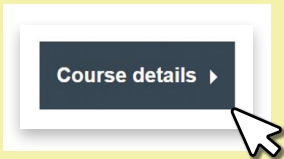
| | |
|---|----|
| How to sign up | 2 |
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| English and maths | 20 |
| First aid | 21 |
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| Languages | 23 |
| Special educational needs | 28 |

How to sign up in five easy steps

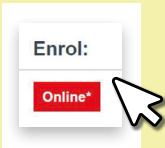
1. Find your perfect course on our website www.hfals.ac.uk



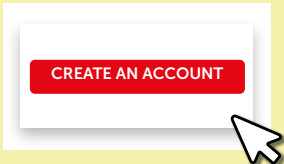
2. Check out the course details



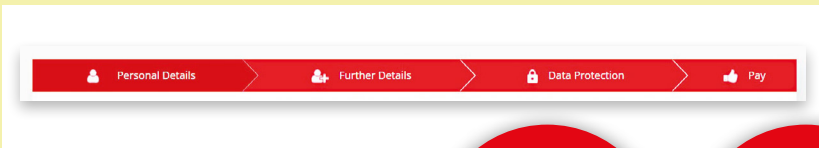
3. Click to enrol online



4. Create an account



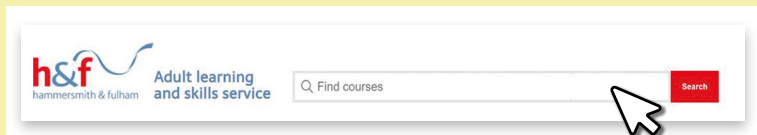
5. Fill in the enrolment form



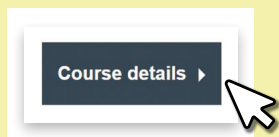
Or call
020 8753 3600
to enrol

How to book an interview

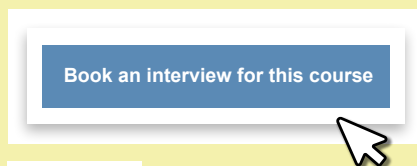
1. Find your perfect course on our website www.hfals.ac.uk



2. Check out the course details



3. Click to book an interview



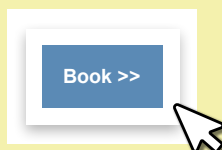
4. Fill in your details

 A screenshot of a form titled "Book Interview" with the instruction "Please enter your details below". The form contains four input fields: "First Name", "Last Name", "Email Address", and "Telephone/Mobile". A blue "Continue" button is located at the bottom left of the form.

5. Select the subject

 A screenshot of a form titled "Complete your booking" with the instruction "Choose Subject". It features a dropdown menu labeled "Subject" with the text "- Select Subject -" and a downward arrow. Below the dropdown, it says "Please select a subject to view available interview dates".

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.



**Or call
020 8753 3600
to book an
interview**

Fees and refunds

The Education and Skills Funding Agency (ESFA), the Greater London Authority (GLA) and the Mayor of London, subsidise our courses.

Concessionary fee

You may be eligible for a concessionary fee if:

- you are a UK citizen or
- you have permission to live in the UK for at least 12 months from the start of the course
- AND you are in receipt of one of the following benefits:
 - Universal Credit (UC)
 - Job Seekers Allowance (JSA)
 - Employment and Support Allowance (ESA)
 - Housing Benefit (HB)
 - Council Tax Benefit (not single occupancy)
 - Working Tax Credit (WTC)
 - Income Support (IS)
 - Pension Credit (PC)
 - Disability Living Allowance (DLA)
 - Personal Independence Payment (PIP)

Standard fee

You may be eligible for a standard fee if

- you are a UK citizen or
- you have permission to live in the UK for at least 12 months from the start of the course

Full fee

If you are not eligible for a concessionary or standard fee, then you may have to pay the full fee.

For more information on our fees, please contact us at

alssinfo@lbhf.gov.uk

You may be able to enrol after the start date for some courses - Please enquire at reception or call **020 8753 3600**.

Family-friendly 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 fun events for the whole family.

**To sign up -
call 020 8753 3600**

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



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

Agewell

Be good to your back

This course is suitable for anyone who has suffered back pain or who want to prevent back problems.

| | | | | | | | | |
|-----|-----|-----|-----|-------------|---|-----|----------|--------|
| £40 | £20 | £40 | Mon | 12:00-13:00 | 9 | MAC | 08/01/24 | AW2801 |
| | | | Wed | 12:00-13:00 | 9 | MAC | 10/01/24 | AW2800 |

General circuit training

Increase general cardiovascular fitness and strength.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|
| £45 | £22.50 | £45 | Mon | 10:00-11:30 | 10 | MAC | 08/01/24 | AW2050 |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|

Circuit training (level 2)

Improve cardiovascular fitness and strength.

| | | | | | | | | |
|-----|-----|-----|-----|-------------|---|-----|----------|--------|
| £40 | £20 | £40 | Wed | 10:30-12:00 | 9 | MAC | 10/01/24 | AW2060 |
| | | | Mon | 09:45-11:45 | 9 | MAC | 08/01/24 | AW2040 |

Senior total body workout

Suitable for low risk individuals and those who do not have a heart condition.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|----|----|----------|--------|
| £45 | £22.50 | £45 | Thu | 13:30-15:00 | 10 | WR | 11/01/24 | AW2061 |
|-----|--------|-----|-----|-------------|----|----|----------|--------|

Gentle keep fit/falls prevention

Exercise sitting in a chair but still get a comprehensive workout.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|---|------|----------|--------|
| £45 | £22.50 | £45 | Tue | 10:00-11:00 | 5 | VPCC | 09/01/24 | AW2090 |
|-----|--------|-----|-----|-------------|---|------|----------|--------|

Dance mix

Feel the fast and slow rhythms of Latin music and get a great cardio workout.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|
| £45 | £22.50 | £45 | Mon | 13:00-14:00 | 10 | MAC | 08/01/24 | AW2516 |
| | | | Thu | 11:00-12:00 | 10 | MAC | 11/01/24 | AW2880 |

Zumba gold

Dance along to cumbia, merengue, salsa, reggaeton, mambo, rumba, flamenco, calypso and Salsaton.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|
| £45 | £20.00 | £45 | Fri | 11:30-12:30 | 10 | MAC | 12/01/24 | AW2515 |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|

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

Fitness with ballet **NEW**

A ballet-fitness class which focuses on trunk and pelvic stability, good posture, balance and muscle strengthening.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|
| £45 | £22.50 | £45 | Thu | 13:30-14:30 | 10 | MAC | 11/01/24 | AW2891 |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|

Flexibility

Mobilise and improve the range of motion of all the important muscle groups.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|
| £45 | £22.50 | £45 | Thu | 12:15-13:15 | 10 | MAC | 11/01/24 | AW2020 |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|

Stretch and flex **NEW**

Improve your posture, reduce stress and body aches, and more.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|
| £45 | £20.00 | £45 | Fri | 12:30-13:30 | 10 | MAC | 12/01/24 | AW2885 |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|

Pilates beginners - improvers

A mat-based exercise programme which focuses on posture, body alignment and breathing.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|
| £45 | £22.50 | £45 | Tue | 12:30-13:30 | 10 | MAC | 09/01/24 | AW2132 |
| | | | Tue | 14:00-15:00 | 10 | MAC | 09/01/24 | AW2133 |

Pilates beginners - intermediate

A more advanced Pilates workout.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|
| £45 | £22.50 | £45 | Fri | 14:00-15:00 | 10 | MAC | 12/01/24 | AW2130 |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|

Yoga for better breathing (online course)

Maintain core strength, flexibility and use the breath effectively to enhance health.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|----|--------|----------|--------|
| £45 | £22.50 | £45 | Mon | 08:00-09:00 | 10 | ONLINE | 08/01/24 | AW2180 |
|-----|--------|-----|-----|-------------|----|--------|----------|--------|

Yoga and meditation (online class)

Learn to relax, develop core strength and flexibility.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|----|--------|----------|--------|
| £45 | £22.50 | £45 | Wed | 15:15-16:45 | 10 | ONLINE | 10/01/24 | AW2183 |
|-----|--------|-----|-----|-------------|----|--------|----------|--------|

Yoga and meditation (online course)

Learn to relax, develop core strength and flexibility.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|----|--------|----------|--------|
| £45 | £22.50 | £45 | Wed | 09:30-11:30 | 10 | ONLINE | 10/01/24 | AW2190 |
|-----|--------|-----|-----|-------------|----|--------|----------|--------|

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

Hatha yoga

Improve posture, relax and use the breath to enhance health.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|
| £45 | £22.50 | £45 | Mon | 15:45-17:15 | 10 | MAC | 08/01/24 | AW2196 |
| | | | Sat | 11:30-12:30 | 10 | MAC | 13/01/24 | AW2195 |

Saturday yoga workshop **NEW**

Find out more about yoga. Open to all, beginners and improvers.

| | | | | | | | | |
|-----|----|-----|-----|-------------|---|-----|----------|--------|
| £10 | £5 | £10 | Sat | 09:30-11:30 | 1 | MAC | 03/02/24 | AW2185 |
|-----|----|-----|-----|-------------|---|-----|----------|--------|

Qi gong

A moving meditation to release tension and strain out of the body.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|
| £45 | £22.50 | £45 | Wed | 13:30-14:30 | 10 | MAC | 17/01/24 | AW2160 |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|

Qi gong for beginners

Relieve stress, achieve inner calm and improved well-being.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|
| £45 | £22.50 | £45 | Wed | 10:00-11:00 | 10 | MAC | 17/01/24 | AW2176 |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|

Tai chi (Yang style) beginners

A traditional Chinese exercise system, Tai Chi is a martial art and excellent for maintaining health.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|
| £45 | £22.50 | £45 | Wed | 11:00-12:00 | 10 | MAC | 17/01/24 | AW2170 |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|

Tai chi (Yang style) improvers

Improved practice and understanding of exercise systems learnt as beginners.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|
| £45 | £22.50 | £45 | Wed | 12:15-13:15 | 10 | MAC | 17/01/24 | AW2175 |
|-----|--------|-----|-----|-------------|----|-----|----------|--------|



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

Arts and crafts and performing arts

Painting and drawing

Art - inclusive class

Duitable for people who are new to the subject and want to work at a slower pace, and those with moderate learning difficulties and disabilities.

| | | | | | | | | |
|--------|--------|---------|-----|-------------|----|-----|----------|--------|
| £88.47 | £36.51 | £274.97 | Mon | 13:30-15:30 | 10 | MAC | 08/01/24 | AA2010 |
|--------|--------|---------|-----|-------------|----|-----|----------|--------|

Art - drawing and painting - mixed ability

Develop skills of composition, and modelling.

| | | | | | | | | |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|
| £234.47 | £92.17 | £438.90 | Mon | 13:30-15:30 | 11 | MAC | 08/01/24 | AA2040 |
| | | | Thu | 13:00-16:00 | 11 | MAC | 11/01/24 | AA2041 |

Art - portraiture - mixed ability

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

| | | | | | | | | |
|---------|---------|---------|-----|-------------|----|-----|----------|--------|
| £265.40 | £130.31 | £475.73 | Thu | 09:15-12:15 | 11 | MAC | 11/01/24 | AA2200 |
| £241.26 | £118.46 | £432.47 | Fri | 13:45-16:45 | 10 | MAC | 12/01/24 | AA2250 |

Art - watercolour - mixed ability

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

| | | | | | | | | |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|
| £223.31 | £88.06 | £418.19 | Tue | 10:30-13:30 | 11 | MAC | 09/01/24 | AA2230 |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|

Illustration

Children's book illustration and illustration skills

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

| | | | | | | | | |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|
| £212.92 | £86.16 | £395.49 | Mon | 18:30-21:00 | 11 | MAC | 08/01/24 | AB2240 |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|

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

Photography

Photography - beginners and improvers

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

| | | | | | | | | |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|
| £126.36 | £83.45 | £419.92 | Tue | 18:30-21:00 | 11 | MAC | 09/01/24 | AC2405 |
| | | | Tue | 13:00-15:30 | 11 | MAC | 09/01/24 | AC2400 |

Pottery

Pottery: inclusive class

Suitable for people who are new to the subject and want to work at a slower pace, and those with moderate learning difficulties and disabilities.

| | | | | | | | | |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|
| £125.77 | £53.03 | £349.58 | Tue | 10:00-12:30 | 10 | MAC | 09/01/24 | AF2570 |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|

Pottery: beginners

We cover techniques including coiling, moulding, pinching and slabbing.

| | | | | | | | | |
|---------|---------|---------|-----|-------------|----|-----|----------|--------|
| £240.88 | £100.25 | £510.51 | Mon | 13:00-16:00 | 11 | MAC | 08/01/24 | AF2500 |
|---------|---------|---------|-----|-------------|----|-----|----------|--------|

Pottery: mixed ability 2½ hour course

Suitable for those new to pottery or with experience.

| | | | | | | | | |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|
| £200.72 | £83.53 | £425.50 | Wed | 13:00-15:30 | 11 | MAC | 10/01/24 | AF2510 |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|

Pottery: mixed ability

Suitable for those new to pottery or with experience.

| | | | | | | | | |
|---------|---------|---------|-----|-------------|----|-----|----------|--------|
| £240.88 | £100.25 | £510.51 | Thu | 09:30-12:30 | 11 | MAC | 11/01/24 | AF2511 |
| | | | Thu | 13:00-16:00 | 11 | MAC | 11/01/24 | AF2512 |

Pottery: mixed ability - evening class

Suitable for those new to pottery or with experience.

| | | | | | | | | |
|---------|---------|---------|-----|-------------|----|-----|----------|--------|
| £240.88 | £100.25 | £510.51 | Wed | 18:00-21:00 | 11 | MAC | 10/01/24 | AF2513 |
|---------|---------|---------|-----|-------------|----|-----|----------|--------|

Jewellery

Jewellery: inclusive class

Introductory projects give learners a wide range of experience in jewellery making techniques.

| | | | | | | | | |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|
| £110.84 | £47.11 | £301.62 | Fri | 10:00-12:00 | 10 | MAC | 12/01/24 | AJ2625 |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|

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

Jewellery - beginners and refreshers

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

| | | | | | | | | |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|
| £231.28 | £94.81 | £429.51 | Tue | 13:00-15:30 | 11 | MAC | 09/01/24 | AJ2610 |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|

Jewellery - all levels - short course

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

| | | | | | | | | |
|---------|--------|---------|-----|-------------|---|-----|----------|--------|
| £106.05 | £43.94 | £196.35 | Tue | 18:15-20:45 | 5 | MAC | 09/01/24 | AJ2611 |
| | | | Tue | 18:15-20:45 | 5 | MAC | 20/02/24 | AJ2621 |

Jewellery - intermediate

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

| | | | | | | | | |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|
| £231.28 | £94.81 | £429.51 | Tue | 10:00-12:30 | 11 | MAC | 09/01/24 | AJ2600 |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|

Jewellery - making beaded jewellery

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

| | | | | | | | | |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|
| £192.15 | £78.17 | £422.10 | Wed | 10:00-12:30 | 11 | MAC | 10/01/24 | AJ2612 |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|

Stained glass and mosaic

Stained glass - all levels

You will work on a stained-glass panel and learn craft and design skills.

| | | | | | | | | |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|
| £225.96 | £89.49 | £503.06 | Mon | 18:00-21:00 | 11 | MAC | 08/01/24 | AS2703 |
| | | | Wed | 13:00-16:00 | 11 | MAC | 10/01/24 | AS2700 |
| | | | Wed | 18:00-21:00 | 11 | MAC | 10/01/24 | AS2701 |

Mosaic: all levels

Explore this ancient craft and make your own beautiful mosaics.

| | | | | | | | | |
|---------|--------|---------|-----|-------------|---|-----|----------|--------|
| £102.72 | £40.68 | £247.83 | Thu | 13:00-16:00 | 5 | MAC | 22/02/24 | AS2801 |
| | | | Thu | 13:00-16:00 | 5 | MAC | 11/01/24 | AS2800 |

Picture framing and woodwork

Picture framing and mount cutting

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

| | | | | | | | | |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|
| £225.96 | £89.49 | £424.19 | Mon | 18:30-21:00 | 11 | MAC | 08/01/24 | CF2010 |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|

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

Picture framing, mount cutting and upcycling

NEW for this year

Frame images using the tools of the trade and salvage old frames.

| | | | | | | | | |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|
| £236.25 | £90.20 | £420.74 | Wed | 10:00-12:30 | 11 | MAC | 10/01/24 | CF2011 |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|

Furniture upcycling, restoration and conservation - mixed ability

Start or develop skills in furniture restoration.

| | | | | | | | | |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|
| £225.96 | £89.49 | £424.19 | Fri | 13:30-16:00 | 11 | MAC | 05/01/24 | CF2033 |
| | | | Fri | 10:00-12:30 | 11 | MAC | 05/01/24 | CF2032 |

Woodwork - furniture - mixed ability

For beginners and more experienced students.

| | | | | | | | | |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|
| £239.81 | £95.02 | £425.25 | Tue | 18:30-21:00 | 11 | MAC | 09/01/24 | CH2210 |
| | | | Wed | 18:30-21:00 | 11 | MAC | 10/01/24 | CH2208 |

Woodwork and restoration Saturdays

For beginners and more experienced students.

| | | | | | | | | |
|---------|---------|---------|-----|-------------|---|-----|----------|--------|
| £259.00 | £101.74 | £459.36 | Sat | 10:00-15:30 | 6 | MAC | 13/01/24 | CH2050 |
|---------|---------|---------|-----|-------------|---|-----|----------|--------|

Upholstery

Upholstery - beginners

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

| | | | | | | | | |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|
| £234.48 | £93.16 | £425.25 | Mon | 09:30-12:00 | 11 | MAC | 08/01/24 | CM2400 |
| | | | Mon | 12:30-15:00 | 11 | MAC | 08/01/24 | CM2410 |

Upholstery - mixed ability

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

| | | | | | | | | |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|
| £239.81 | £95.02 | £425.25 | Tue | 09:30-12:00 | 11 | MAC | 09/01/24 | CM2460 |
| | | | Tue | 12:30-15:00 | 11 | MAC | 09/01/24 | CM2461 |
| | | | Tue | 18:30-21:00 | 11 | MAC | 09/01/24 | CM2440 |
| | | | Wed | 10:00-12:30 | 11 | MAC | 10/01/24 | CM2447 |

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

| | | | | | | | | |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|
| £247.65 | £96.70 | £455.42 | Fri | 10:00-13:00 | 10 | MAC | 12/01/24 | CM2455 |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|

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

Sewing and textiles

Clothes making - mixed ability

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

| | | | | | | | | |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|
| £216.37 | £86.82 | £424.18 | Thu | 10:00-12:30 | 11 | MAC | 11/01/24 | CS2620 |
| | | | Thu | 13:00-15:30 | 11 | MAC | 11/01/24 | CS2630 |
| | | | Wed | 10:00-12:30 | 11 | MAC | 10/01/24 | CS2640 |

Block printing on paper and textiles for beginners and continuers

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

| | | | | | | | | |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|
| £215.25 | £88.99 | £416.85 | Wed | 10:00-12:30 | 11 | MAC | 10/01/24 | CS2700 |
|---------|--------|---------|-----|-------------|----|-----|----------|--------|

Performing arts

Macbeth Community Choir

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

| | | | | | | | | |
|--------|--------|---------|-----|-------------|---|-----|----------|--------|
| £49.50 | £17.33 | £158.76 | Mon | 18:45-20:30 | 9 | MAC | 08/01/24 | PM2600 |
|--------|--------|---------|-----|-------------|---|-----|----------|--------|

Piano for beginners and improvers

New to piano or a competent player? Build your confidence and repertoire with these 30 minute weekly one-to-one lessons. Please call for availability.

| | | | | | | | | |
|---------|---------|---------|-----|-------------|----|-----|----------|--------|
| £237.67 | £237.67 | £237.67 | Thu | 14:30-15:00 | 11 | MAC | 11/01/24 | PM2802 |
| | | | Thu | 15:00-15:30 | 11 | MAC | 11/01/24 | PM2803 |
| | | | Thu | 15:30-16:00 | 11 | MAC | 11/01/24 | PM2804 |
| | | | Thu | 16:00-16:30 | 11 | MAC | 11/01/24 | PM2805 |
| | | | Thu | 16:30-17:00 | 11 | MAC | 11/01/24 | PM2806 |
| | | | Thu | 17:00-17:30 | 11 | MAC | 11/01/24 | PM2807 |



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

Bike and car maintenance

Bicycle Maintenance

Bicycle maintenance part 1

Learn how to maintain your own bicycle in a safe and reliable condition.

| | | | | | | | | |
|-----|-----|-----|-----|-------------|---|-----|----------|--------|
| £10 | £10 | £10 | Sat | 10:00-15:00 | 1 | MAC | 13/01/24 | BM2152 |
| | | | Mon | 18:15-20:45 | 2 | MAC | 19/02/24 | BM2150 |

Bicycle maintenance part 2

Gain more skills to keep your bike road worthy.

| | | | | | | | | |
|-----|-----|-----|-----|-------------|---|-----|----------|--------|
| £10 | £10 | £10 | Mon | 18:15-20:45 | 2 | MAC | 04/03/24 | BM2160 |
|-----|-----|-----|-----|-------------|---|-----|----------|--------|

Motor Vehicle

Car maintenance: Get started (beginners)

City & Guilds

Gain basic motor vehicle repair skills to maintain your car.

| | | | | | | | | |
|------|------|------|-----|-------------|----|-----|----------|--------|
| £270 | Free | £545 | Wed | 18:15-20:45 | 10 | MAC | 17/01/24 | MV2400 |
|------|------|------|-----|-------------|----|-----|----------|--------|

Motor vehicle maintenance level 1 certificate

City & Guilds

A great place to start if you want to work in the vehicle and automotive industries.

| | | | | | | | | |
|------|------|--------|-----|-------------|----|-----|----------|--------|
| £850 | Free | £2,360 | Fri | 10:00-16:00 | 24 | MAC | 12/01/24 | MV2450 |
|------|------|--------|-----|-------------|----|-----|----------|--------|

Car maintenance: Wheels and tyres

How to keep your wheels and tyres up to scratch.

| | | | | | | | | |
|-----|--------|------|-----|-------------|---|-----|----------|--------|
| £80 | £37.75 | £135 | Mon | 18:00-20:45 | 4 | MAC | 15/01/24 | MV2040 |
|-----|--------|------|-----|-------------|---|-----|----------|--------|

Welding

Welding and light metalwork

An introduction to basic welding and metal work fabrication techniques.

| | | | | | | | | |
|------|---------|------|-----|-------------|---|-----|----------|--------|
| £340 | £216.50 | £525 | Sat | 10:00-15:00 | 5 | MAC | 02/03/24 | WE2000 |
|------|---------|------|-----|-------------|---|-----|----------|--------|

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

Business, computers and accounting

Business

Check our website for short courses in business, including customer service and retail.

Accounting

Book-keeping and accounts (level 1)

City & Guilds

Learn manual book-keeping and gain a qualification.

| | | | | | | | | |
|------|------|------|-----|-------------|----|-----|----------|--------|
| £150 | Free | £395 | Sat | 10:00-12:30 | 10 | MAC | 13/01/24 | BS2200 |
|------|------|------|-----|-------------|----|-----|----------|--------|

Computerised payroll

Keep track of payments to employees with payroll software.

| | | | | | | | | |
|------|--------|------|-----|-------------|----|-----|----------|--------|
| £135 | £53.75 | £135 | Tue | 18:30-20:30 | 10 | MAC | 16/01/24 | BS2375 |
|------|--------|------|-----|-------------|----|-----|----------|--------|

Computers

Computers: basics

Absolute basics for absolute beginners.

| | | | | | | | | |
|-----|--------|------|-----|-------------|---|-----|----------|--------|
| £40 | £17.25 | £255 | Sat | 10:00-12:00 | 5 | MAC | 24/02/24 | IT2000 |
|-----|--------|------|-----|-------------|---|-----|----------|--------|

Computers: next steps

City & Guilds

Covers basic skills needed to start using IT with confidence.

| | | | | | | | | |
|------|------|------|-----|-------------|---|-----|----------|--------|
| £110 | Free | £275 | Wed | 13:00-15:00 | 8 | MAC | 17/01/24 | IT2005 |
|------|------|------|-----|-------------|---|-----|----------|--------|

Computers: essential digital skills bridging

City & Guilds

Practice your IT skills and prepare for level 1 digital skills course.

| | | | | | | | | |
|------|------|------|-----|-------------|---|-----|----------|--------|
| £110 | Free | £320 | Fri | 10:00-12:30 | 8 | MAC | 19/01/24 | IT2025 |
|------|------|------|-----|-------------|---|-----|----------|--------|

| Standard | Conc. | Full | Day(s) | Times | Week(s) | Venue | Start date | Code |
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Computers: essential digital skills (level 1)

NCFE

Learn more IT skills for use in daily life.

| | | | | | | | | |
|------|------|------|-----|-------------|----|-----|----------|--------|
| Free | Free | Free | Thu | 12:30-15:30 | 22 | MAC | 11/01/24 | IT2020 |
|------|------|------|-----|-------------|----|-----|----------|--------|

Simply spreadsheets

Learn the basics of spreadsheets.

| | | | | | | | | |
|-----|--------|------|-----|-------------|---|-----|----------|--------|
| £65 | £22.75 | £140 | Wed | 18:30-20:30 | 5 | MAC | 10/01/24 | IT2040 |
|-----|--------|------|-----|-------------|---|-----|----------|--------|

Perfect presentations

Learn the basics of PowerPoint.

| | | | | | | | | |
|-----|--------|------|-----|-------------|---|-----|----------|--------|
| £70 | £27.75 | £145 | Wed | 18:30-20:30 | 5 | MAC | 21/02/24 | IT2045 |
|-----|--------|------|-----|-------------|---|-----|----------|--------|



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

Childcare and teaching

Professional development in care

Food safety in health and social care and early years and childcare settings

NCFE

Develop the knowledge and skills needed when working with food.

| | | | | | | | | |
|-----|------|------|-----|-------------|---|-----|----------|--------|
| £85 | Free | £190 | Sat | 10:00-15:00 | 2 | MAC | 20/01/24 | CD2502 |
|-----|------|------|-----|-------------|---|-----|----------|--------|

Mental health awareness level 1 award

NCFE

Raise your understanding of mental health issues.

| | | | | | | | | |
|------|------|------|-----|-------------|---|-----|----------|--------|
| £130 | Free | £340 | Tue | 10:00-14:00 | 5 | UXB | 30/01/24 | CD2500 |
| | | | Sat | 10:00-14:00 | 5 | MAC | 03/02/24 | CD2501 |

SEN: understanding autism

NCFE

Increase your knowledge about autism.

| | | | | | | | | |
|------|------|------|-----|-------------|---|-----|----------|--------|
| £125 | Free | £355 | Sat | 10:00-15:30 | 4 | MAC | 03/02/24 | CD2745 |
|------|------|------|-----|-------------|---|-----|----------|--------|

Level 2 certificate in understanding safeguarding and Prevent

NCFE

Introduction to safeguarding and Prevent in a range of settings.

| | | | | | | | | |
|------|------|-------|-----|-------------|----|-----|----------|--------|
| £520 | Free | £1515 | Fri | 09:00-10:00 | 19 | MAC | 12/01/24 | CD2760 |
|------|------|-------|-----|-------------|----|-----|----------|--------|

Teaching and training

Preparing to teach: Award in education and training

NCFE

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

| | | | | | | | | |
|------|------|------|-----|-------------|----|-----|----------|--------|
| £310 | Free | £830 | Sat | 10:00-15:30 | 11 | MAC | 13/01/24 | TD2000 |
|------|------|------|-----|-------------|----|-----|----------|--------|

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

Cooking classes

Inclusive cookery

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

| | | | | | | | | |
|---------|-----|---------|-----|-------------|----|-----|----------|--------|
| £113.05 | £50 | £296.05 | Fri | 13:00-15:30 | 10 | MAC | 12/01/24 | FC2120 |
|---------|-----|---------|-----|-------------|----|-----|----------|--------|

Ready, steady, cook...on a budget

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

| | | | | | | | | |
|------|------|------|-----|-------------|----|-----|----------|---------|
| Free | Free | Free | Tue | 10:00-12:30 | 10 | MAC | 09/01/24 | FC 2130 |
|------|------|------|-----|-------------|----|-----|----------|---------|



English for speakers of other languages (ESOL)

ESOL courses are for people who don't speak English as their first language.

You'll learn everyday skills like speaking, listening, reading and writing.

How to sign up

Find instructions on how to **book your interview** on page 3.

Our ESOL tutors will assess you during the interview process and talk about your options.

After your interview, our tutors will advise which course you should enrol in:

For absolute beginners:

Pre-entry levels

For beginners and intermediate learners:

ESOL entry 1, 2 and 3

For more advanced learners:

Level 1 and 2

We also offer ESOL courses specifically focused on:

Speaking and listening

Reading and writing

Conversation

Get into work:

English for jobs

Health and wellbeing

You can gain a qualification by taking an ESOL exam.

If you need help with the course fees, we offer discounts for people on certain benefits. More information on page 4.



English and maths

English

Our English courses are for people who speak English as well as those who can speak English to entry level 3 and would like to improve their reading and writing skills.

You can gain a qualification which can boost your CV for work or further studies and entry to university.

Introduction to GCSE English **NEW**

English reading and writing classes

- **For beginners and intermediate:** Entry 1, 2 and 3
- **For more advanced learners:** Functional Skills level 1 and 2 and GCSE

You can learn:

- Grammar
- Punctuation
- Vocabulary
- Writing skills
- Spelling strategies
- Question and answer
- Email, letter and story writing
- Reports, articles
- Speaking and presentation skills

Maths

Conquer your fear of numbers and fall in love with Maths. Plus gain a qualification to enhance your career prospects or simply expand your knowledge.

Introduction to GCSE Maths

NEW

Maths classes

- **For beginners and intermediate:** Entry 1, 2 and 3
- **For more advanced learners:** Functional Skills level 1 & 2 and GCSE

Learn:

- Basics of numbers
- Add, subtract, multiply and divide
- Use calculators with confidence
- Handling data
- Fractions, decimals and percentages
- Imperial and metric measurements
- Geometry, probability and statistics

Multiply programme **NEW**

A range of FREE courses designed to help adults improve their confidence with numbers, support children with their homework and budgeting skills for everyday life.

These courses are **FREE** in most cases. You'll need a quick interview to talk about your options. Our expert tutors will assess you and help you pick the best class for you. Find instructions on how to **book your interview** on page 3.

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

First aid

Emergency first aid at work

For the first aider employed in low-risk sectors such as shops, offices, schools, libraries.

| | | | | | | | | |
|------|------|------|-----|-------------|---|-----|----------|--------|
| £110 | £110 | £220 | Mon | 10:00-16:00 | 1 | MAC | 22/01/24 | TD1112 |
| | | | Mon | 10:00-16:00 | 1 | MAC | 04/03/24 | TD2110 |

First aid at work

Covers a range of first aid emergencies, enabling all participants to deal with emergency situations with confidence in a prompt, safe and effective way.

| | | | | | | | | |
|------|------|------|---------|-------------|---|-----|----------|--------|
| £285 | £285 | £570 | Mon-Wed | 10:00-16:00 | 1 | MAC | 19/02/24 | TD2601 |
|------|------|------|---------|-------------|---|-----|----------|--------|

Paediatric first aid

This course is for those who are working with children and infants.

| | | | | | | | | |
|------|------|------|------------|-------------|---|-----|----------|--------|
| £170 | £285 | £340 | Mon & Tues | 10:00-16:00 | 1 | MAC | 05/02/24 | TD2002 |
|------|------|------|------------|-------------|---|-----|----------|--------|



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

History, culture and writing

Certificate in counselling skills (level 2)

ABC

You should have successfully completed the award in counselling skills before embarking on this course.

| | | | | | | | | |
|------|------|-------|-----|-------------|----|-----|----------|--------|
| £265 | Free | £1055 | Fri | 09:30-13:30 | 11 | MAC | 12/01/24 | HC3500 |
|------|------|-------|-----|-------------|----|-----|----------|--------|

Famous figures from British history: 19th century

Anyone interested in learning about some famous British figures from the 19th century.

| | | | | | | | | |
|------|--------|------|-----|-------------|----|-----|----------|--------|
| £150 | £55.75 | £290 | Thu | 14:00-16:00 | 11 | MAC | 11/01/24 | HH2500 |
|------|--------|------|-----|-------------|----|-----|----------|--------|

Introduction to the history of art: Famous portraits **NEW**

Learn about famous historical portraits, from the times of the Romans to the present day.

| | | | | | | | | |
|-----|-----|------|-----|-------------|----|-----|----------|--------|
| £80 | £28 | £160 | Thu | 12:30-14:00 | 08 | MAC | 25/01/24 | HA2000 |
|-----|-----|------|-----|-------------|----|-----|----------|--------|

First steps in creative writing

For beginners wishing to explore creative writing under the guidance of an expert tutor.

| | | | | | | | | |
|------|--------|------|-----|-------------|----|-----|----------|--------|
| £130 | £48.75 | £255 | Wed | 09:45-11:45 | 10 | MAC | 10/01/24 | HW2080 |
|------|--------|------|-----|-------------|----|-----|----------|--------|

Writing for fiction

For new, intermediate or seasoned writers.

| | | | | | | | | |
|------|--------|------|-----|-------------|----|-----|----------|--------|
| £130 | £48.75 | £260 | Wed | 12:15-14:15 | 10 | MAC | 10/01/24 | HW2070 |
|------|--------|------|-----|-------------|----|-----|----------|--------|

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

Learn Chinese beginners stage 1

Start learning the basics of Mandarin Chinese.

| | | | | | | | | |
|-----|--------|------|-----|-------------|---|-----|----------|--------|
| £90 | £34.75 | £180 | Tue | 19:00-20:30 | 9 | MAC | 16/01/24 | LC1025 |
|-----|--------|------|-----|-------------|---|-----|----------|--------|

French beginners stage 1 intensive

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

| | | | | | | | | |
|------|--------|------|-----|-------------|----|-----|----------|--------|
| £150 | £55.75 | £150 | Tue | 09:30-12:00 | 10 | MAC | 09/01/24 | LF1026 |
|------|--------|------|-----|-------------|----|-----|----------|--------|

One-day French for beginners **NEW**

Get a real taste of basic French in this 5-hour Saturday intensive course.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|---|-----|----------|--------|
| £35 | £15.50 | £35 | Sat | 09:30-14:30 | 1 | MAC | 16/03/24 | LF2040 |
|-----|--------|-----|-----|-------------|---|-----|----------|--------|

French lower intermediate stage 2

Move beyond basic French to deal with a variety of daily situations with greater ease.

| | | | | | | | | |
|------|-----|------|-----|-------------|----|-----|----------|--------|
| £145 | £54 | £290 | Mon | 10:00-12:00 | 10 | MAC | 08/01/24 | LF2050 |
| | | | Tue | 18:30-20:30 | 10 | MAC | 09/01/24 | LF2051 |

French advanced conversation and grammar

Improve your language skills and knowledge of French through speaking.

| | | | | | | | | |
|-----|--------|------|-----|-------------|----|-----|----------|--------|
| £95 | £36.50 | £190 | Mon | 12:30-14:00 | 10 | MAC | 08/01/24 | LF2130 |
|-----|--------|------|-----|-------------|----|-----|----------|--------|

French advanced stage 2

Improve your language skills and knowledge of French through speaking and revise all basic and intermediate grammar.

| | | | | | | | | |
|------|-----|------|------|-------------|----|-----|----------|--------|
| £145 | £54 | £290 | Tues | 12:30-14:30 | 10 | MAC | 09/01/24 | LF2125 |
|------|-----|------|------|-------------|----|-----|----------|--------|

French proficiency stage 2

For those who are already reasonably fluent and wish to perfect their French language skill.

| | | | | | | | | |
|------|--------|------|-----|-------------|----|-----|----------|--------|
| £155 | £57.50 | £300 | Thu | 10:00-12:00 | 10 | MAC | 11/01/24 | LF2151 |
|------|--------|------|-----|-------------|----|-----|----------|--------|



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

Cooking in French **NEW**

Practise your French while learning how to make some classic dishes in the kitchen.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|---|-----|----------|--------|
| £35 | £12.25 | £70 | Sat | 10:00-14:00 | 1 | MAC | 23/03/24 | LF3000 |
|-----|--------|-----|-----|-------------|---|-----|----------|--------|

ZoomPals French - English conversation exchange **NEW**

Attend a 30-minute class then chat in French with a native speaker and then exchange in English.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|---|-----|----------|--------|
| £70 | £24.50 | £70 | Tue | 18:30-20:00 | 7 | MAC | 23/01/24 | LF2000 |
|-----|--------|-----|-----|-------------|---|-----|----------|--------|

One-day German for beginners **NEW**

Get a real taste of basic German in this five hour Saturday intensive course.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|---|-----|----------|--------|
| £35 | £15.50 | £70 | Sat | 09:30-14:30 | 1 | MAC | 24/02/24 | LG2040 |
|-----|--------|-----|-----|-------------|---|-----|----------|--------|

Learn German: first steps **NEW**

Learn how to introduce yourself, make basic conversation and to ask or give directions.

| | | | | | | | | |
|-----|-----|------|-----|-------------|----|-----|----------|--------|
| £80 | £28 | £160 | Thu | 10:45-12:15 | 08 | MAC | 25/01/24 | LG2SON |
|-----|-----|------|-----|-------------|----|-----|----------|--------|

Learn German: beginners part 2 (classroom-based with online option)

Ideal course for those with a little German.

| | | | | | | | | |
|------|--------|------|-----|-------------|----|-----|----------|--------|
| £100 | £33.25 | £200 | Mon | 18:30-20:00 | 10 | MAC | 08/01/24 | LG2025 |
|------|--------|------|-----|-------------|----|-----|----------|--------|

Learn Italian beginners stage 1

Ideal course for those who wish to start learning Italian and build a solid foundation.

| | | | | | | | | |
|------|--------|------|-----|-------------|----|-----|----------|--------|
| £130 | £48.75 | £260 | Wed | 10:00-12:00 | 10 | MAC | 10/01/24 | LI2028 |
|------|--------|------|-----|-------------|----|-----|----------|--------|

Learn Italian beginners stage 2

Ideal course for those with a little Italian.

| | | | | | | | | |
|------|--------|------|-----|-------------|----|-----|----------|----------|
| £100 | £38.25 | £200 | Tue | 09:30-12:00 | 10 | MAC | 09/01/24 | LI2031 |
| | | | Wed | 18:30-20:00 | | MAC | | 10/01/24 |

| Standard | Conc. | Full | Day(s) | Times | Week(s) | Venue | Start date | Code |
|----------|-------|------|--------|-------|---------|-------|------------|------|
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Italian lower intermediate stage 2

For anyone who has done about a year of Italian lessons or lived in Italy for a short while.

| | | | | | | | | |
|------|-----|------|-----|-------------|----|-----|----------|--------|
| £145 | £54 | £290 | Tue | 10:00-12:00 | 10 | MAC | 09/01/24 | LI2050 |
| | | | Wed | 18:30-20:30 | 10 | MAC | 10/01/24 | LI2051 |

Italian intermediate plus

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

| | | | | | | | | |
|------|--------|------|-----|-------------|----|-----|----------|--------|
| £155 | £57.50 | £310 | Mon | 10:00-12:00 | 10 | MAC | 08/01/24 | LI2075 |
|------|--------|------|-----|-------------|----|-----|----------|--------|

Italian advanced conversation stage 2 fast track

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

| | | | | | | | | |
|-----|--------|------|-----|-------------|----|-----|----------|--------|
| £95 | £36.50 | £200 | Wed | 12:30-14:00 | 10 | MAC | 10/01/24 | LI2130 |
|-----|--------|------|-----|-------------|----|-----|----------|--------|

Italian proficiency

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

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|------|--------|------|-----|-------------|----|-----|----------|--------|
| £155 | £52.50 | £310 | Thu | 10:15-12:15 | 10 | MAC | 11/01/24 | LI2150 |
|------|--------|------|-----|-------------|----|-----|----------|--------|

Italian proficiency conversation stage 2 fast track

Improve your language skills and knowledge of Italian through speaking.

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|-----|--------|------|-----|-------------|----|-----|----------|--------|
| £95 | £36.50 | £190 | Mon | 12:30-14:00 | 10 | MAC | 08/01/24 | LI2155 |
|-----|--------|------|-----|-------------|----|-----|----------|--------|

Italian mastery

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

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|------|--------|------|-----|-------------|----|-----|----------|--------|
| £155 | £57.50 | £310 | Fri | 10:00-12:00 | 10 | MAC | 12/01/24 | LI2175 |
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Learn Japanese beginners stage 1

Build a solid foundation and start speaking.

| | | | | | | | | |
|-----|--------|------|-----|-------------|---|-----|----------|--------|
| £90 | £34.75 | £190 | Tue | 18:30-20:00 | 9 | MAC | 16/01/24 | LJ1025 |
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Polish intermediate conversation and grammar

For those who are confident in speaking about everyday topics can read and write some Polish.

| | | | | | | | | |
|------|--------|------|-----|-------------|---|-----|----------|--------|
| £140 | £52.25 | £280 | Mon | 19:00-21:00 | 9 | PSK | 15/01/24 | LP2100 |
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| Standard | Conc. | Full | Day(s) | Times | Week(s) | Venue | Start date | Code |
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Learn Spanish beginners stage 1

Ideal course for those who wish to start learning Spanish and build a solid foundation.

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|------|--------|------|-----|-------------|----|-----|----------|--------|
| £130 | £48.75 | £260 | Mon | 18:30-20:30 | 10 | MAC | 08/01/24 | LS2028 |
| | | | Tue | 13:00-15:00 | 10 | MAC | 09/01/24 | LS2032 |

Learn Spanish beginners stage 2

For anyone who has done a little Spanish before or wishes to brush up the basics.

| | | | | | | | | |
|------|--------|------|-----|-------------|----|-----|----------|--------|
| £100 | £38.25 | £200 | Wed | 18:30-20:00 | 10 | MAC | 10/01/24 | LS2027 |
| | | | Tue | 11:00-12:30 | 10 | MAC | 09/01/24 | LS2025 |

One-day Spanish for beginners **NEW**

Get a real taste of basic Spanish in this five hour Saturday intensive course.

| | | | | | | | | |
|-----|--------|-----|-----|-------------|---|-----|----------|--------|
| £35 | £15.50 | £70 | Sat | 09:00-14:30 | 1 | MAC | 03/02/24 | LS2040 |
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Spanish elementary

For those who have done about a year and wish to learn new grammar and vocabulary.

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|------|--------|------|-----|-------------|----|-----|----------|--------|
| £100 | £38.25 | £200 | Wed | 10:30-12:00 | 10 | MAC | 10/01/24 | LS2049 |
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Spanish lower intermediate stage 2

Improve your Spanish quickly with this practical course.

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| £145 | £49 | £290 | Tue | 18:30-20:30 | 10 | MAC | 09/01/24 | LS2050 |
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Spanish Advanced (online course)

Learn to converse reasonably well about everyday topics.

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|------|--------|------|-----|-------------|----|--------|----------|--------|
| £155 | £57.50 | £310 | Thu | 10:00-12:00 | 10 | ONLINE | 11/01/24 | LS2125 |
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Spanish Mastery

Ideal for those who are already fluent and wish to read and discuss many topics in Spanish.

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|------|--------|------|-----|-------------|----|-----|----------|--------|
| £155 | £57.50 | £310 | Wed | 13:00-15:00 | 10 | MAC | 10/01/24 | LS2180 |
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Community Interpreting level 3

A thorough introduction to the principles of community interpreting.

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|------|------|------|-----|-------------|----|-----|----------|--------|
| £510 | £510 | £510 | Fri | 10:30-13:30 | 17 | MAC | 01/03/24 | LY2010 |
|------|------|------|-----|-------------|----|-----|----------|--------|

| Standard | Conc. | Full | Day(s) | Times | Week(s) | Venue | Start date | Code |
|----------|-------|------|--------|-------|---------|-------|------------|------|
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Community interpreting level 3 (online course)

A thorough introduction to the principles of community interpreting.

| | | | | | | | | |
|------|------|------|-----|-------------|----|--------|----------|--------|
| £510 | £510 | £510 | Wed | 18:00-21:00 | 17 | ONLINE | 28/02/24 | LY2012 |
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DPSI Law (mixed languages online course)

This course will prepare to sit the final exam and gain the qualification.

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| £890 | £1835 | £1835 | Mon | 13:00-17:00 | 18 | ONLINE | 08/01/24 | LY2000 |
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BSL level 1 preparation course

Signature

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

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|------|------|------|-----|-------------|----|-----|----------|--------|
| £410 | Free | £410 | Fri | 11:00-14:00 | 20 | MAC | 12/01/24 | LZ1025 |
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| Standard | Conc. | Full | Day(s) | Times | Week(s) | Venue | Start date | Code |
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Special educational needs

AW AMICI Dance AM

AMICI Dance introduces learners to movement and dance.

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|---------|-----|---------|-----|-------------|----|-----|----------|--------|
| £103.05 | £40 | £286.05 | Tue | 10:00-12:00 | 10 | MAC | 09/01/24 | DP2010 |
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AW AMICI Dance PM

This course develops learners' personal and social skills.

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|---------|-----|---------|-----|-------------|----|-----|----------|--------|
| £103.05 | £40 | £286.05 | Tue | 13:00-15:00 | 10 | MAC | 09/01/24 | DP2015 |
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AW Arts and crafts

Selection of 2D and 3D art projects.

| | | | | | | | | |
|---------|-----|---------|-----|-------------|----|-----|----------|--------|
| £103.05 | £40 | £286.05 | Mon | 10:00-12:00 | 10 | MAC | 08/01/24 | DP2025 |
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AW Yoga

Yoga introduces students to movement, meditation and exercise.

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| £74.20 | £30 | £216.20 | Fri | 13:00-14:30 | 10 | MAC | 12/01/24 | DP2040 |
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AW Walk and talk

build up your fitness, chat and socialise with your fellow walkers.

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| £103.05 | £40 | £286.05 | Wed | 13:00-15:00 | 10 | MAC | 10/01/24 | DP2045 |
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AW Dance fitness

Movement and dancing to increase learner's health, flexibility and wellbeing.

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| £74.20 | £30 | £216.20 | Thu | 13:00-14:30 | 10 | MAC | 11/01/24 | DP2030 |
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INFORMATION, ADVICE AND GUIDANCE

Speak to a member of staff about accessing these services



lifelong learning

