



COMMUNITY
& ENGAGEMENT



Course Guide

*Classes for Adult Learners with a need for
Additional Support*

Eastbourne and Lewes



2025/26



Welcome to East Sussex College

2025/26

We have lots of different courses specifically to support your interests, build your confidence, improve your health and wellbeing and reach your personal goals.

Your classes will be fun, creative, safe and will support your independence.

We have courses that will help you to develop your skills working with other people. We also have courses that help you learn new practical skills that you can share with other people.

Your class sizes are typically small, class sizes are no bigger than 10, or 8 in a cooking class.

You will be taught by an enthusiastic, dedicated team of Teachers and Learning Assistants who care deeply about you, your time with us and your learning.

Once you have chosen your classes, to enrol:

<https://bit.ly/esc-aldd>



If you need any support completing the online application or would like to enrol in person please contact:

030 300 39699

or email:

Lewes.admissions@escg.ac.uk

Eastbourne.admissions@escg.ac.uk

We cannot wait to see you at East Sussex College!

Community Team



Course Funding

Course tuition fees are subsidised by the Adult skills fund (Tailored learning). Courses are offered without tuition fee for anyone who is over 19 with a gross annual salary of £25,000 or less or who is unemployed. We define a learner as unemployed if one or more of the following apply, they: receive Universal Credit (UC) receive Employment and Support Allowance (ESA) or other state benefits. You will need to complete a fee-waiver on enrolment.

There will be a nominal material fee due on enrolment which are on the timetables enclosed. Material fees vary for each course and are listed on the timetable at the end of this course guide.

Please ask at Student services for more information.

Eastbourne.admissions@escg.ac.uk

Lewes.admission@escg.ac.uk

030 300 39699



2025/26

Our new classes take place from the 8th September 2025 to the 26th June 2026.

The courses are **35 weeks** long

You are able to select a maximum of **4 classes** per week.

After you have talked about your choices with a family member or trusted friend, please apply and enrol here:

<https://bit.ly/esc-aldd>

We will let you know when the courses are live on the website. We encourage you to enrol as soon as possible to guarantee the classes of your choice.

If you need any support from us regarding the application and enrolment process please contact student services on 030 300 39699 or

Eastbourne.admissions@escg.ac.uk or lewes.admissions@escg.ac.uk

If you would like any further information about the courses please contact community.info@escg.ac.uk

030 300 38212

Term starts from Monday 8th September 2025

Term dates

Before you enrol for a course please can you ensure that you can attend most sessions. There will be some additional staff development days that will be communicated to you in September. (Term dates below)

Term dates:

Monday 8th September 25 – Friday 24th October 25 (7 weeks)
Monday 3rd November 25 - Friday 19th December 25 (7 weeks)
Monday 5th January 26- Friday 13th February 26 (6 weeks)
Monday 23rd February 26- Friday 27th March 26 (5 weeks)
Monday 13th April 26 - Friday 22nd May 26 (6 weeks)
Monday 1st June 26- Friday 26th June 26 (4 weeks)

Bank Holidays:

Monday 4th May 26

Staff development days- TBC.

Attendance and absence

Please can you let us know in advance, each day, if you cannot make a session.

Community info community.info@escg.ac.uk 030 300 38212

If you have low attendance and do not inform us of an authorised reason for absences, you may risk losing your place- especially if there is a waiting list for the class.

Carers/ guardians please can you ensure that there is sufficient staffing in place for both in class support and travel before enrolling students who cannot access provision or travel independently.

Carer Support

Each of our classes has a dedicated Teacher and Learning Support Assistant.

If your son/daughter/resident requires support in any of the following, we will ask that they come into college supported by their own carer.

If they are a wheelchair user and require support moving around the college campus

If they need support with going to the toilet or other personal care needs

If they require support during unsupervised times during the college day (if they are here for the lunchbreak).

If they require help to understand, complete and participate in a large amount of the structured classroom activity.

If they require medication during the college day or are likely to require medical intervention.

E

Sensory Multi Activities

L

Eastbourne

Lewes



What is this course about?

Actively explore the world through all of your senses. This course will support your ability to independently express your likes, dislike and describe your experiences with others in fun and creative ways.

What will I be doing on this course?

You experience a range of arts, music, crafts & creativity classes where you will work with others to express your thoughts, feelings and experiences. With your teacher we will focus on celebrating your 'voice' in class and at College.

What should I be able to do by the end?

Demonstrate your skills of supported self-expression in relation to the world around you; your experiences, likes and dislikes.



This course sounds good for me



I'm not sure



This course is not right for me

E

Sensory Cooking

L

Eastbourne

Lewes



What is this course about?

Explore through herbs, spices, taste and texture and learn basic cooking skills and safety for a domestic kitchen.

What will I be doing on this course?

You will be cooking different dishes focusing on your senses of smell, taste, touch, hearing and sight. With support you will measure ingredients and follow instructions. You will also spend time showing/telling others about your experiences.

What should I be able to do by the end?

Develop your confidence in telling others about your daily experiences, likes and dislikes, and wants for the future.



This course sounds good for me



I'm not sure.



This course is not right for me

E

Talent Showcase

L

Eastbourne

Lewes

**What is this course about?**

Think Britain's Got Talent! An uplifting lesson full of fun and all about showing off, celebrating and sharing your hobbies and interests with others (teachers included!) as well as learning to be actively curious about getting to know others.

What will I be doing on this course?

Take turns teaching others about your skills and hobbies from Karaoke to dance and everything in between. Develop your questioning skills and confidence in new experiences.

What should I be able to do by the end?

Showcase a portfolio of new experiences. Express your likes and your dislikes after new experiences.



This course sounds good for me



I'm not sure



This course is not right for me

E

Performing Arts

L

Eastbourne

Lewes

**What is this course about?**

Express yourself through singing, drama, dance by building confidence and communication.

What will I be doing on this course?

You will build your skills working with other people and confidence to express yourself in a creative way.

What should I be able to do by the end?

Put on shows which will be able to wow friends and family through performances that show off your creativity, communication, confidence and teamwork.



This course sounds good for me



I'm not sure.



This course is not right for me

L

Lewes



What will I be doing on this course?

What should I be able to do by the end?



L

Lewes



What will I be doing on this course?

From basketball to yoga, light – heart-pumping exercise, you will be working with other students to have fun whilst learning why it is important to keep as active as you can. You will also learn why it is important to balance ‘healthy’ foods and ‘treats’ to keep you healthy through life.

What should I be able to do by the end?



This course is not right for me

E

Cooking for Independence

L

Eastbourne

What is this course about?

Lewes

Building your confidence to follow a range of 'typical' recipes, choosing ingredients and equipment and building your hand-eye co-ordination so that you can eventually do this on your own safely.

What will I be doing on this course? Learn how to select and read recipes from a range of sources that you might find at home (e.g. in recipe books, on the computer). Build confidence choosing and using appropriate utensils and equipment. Learn how to 'substitute' common ingredients to make a recipe 'work'.

What should I be able to do by the end? You will be able to demonstrate cooking a recipe of your choosing from start to finish with as much independence as possible. This is a great course for anyone who has had previous experience on our other cooking courses who wants to increase skills and confidence for independent/semi-independent living.



This course sounds good for me



I'm not sure



This course is not right for me

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World Kitchen

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Eastbourne

What is this course about?

Lewes

On this course you will learn to cook and taste new exciting recipes from around the world from America to Zambia. You will learn new techniques and try new flavours as we "visit" a different country each week. We will take a look at its culture and food.

What will I be doing on this course?

You will learn new techniques and try new flavours as we "visit" a different country each week. You will build skills in team work, fine motor skills, literacy and numeracy by weighing and measuring ingredients and learning new cooking techniques.

What should I be able to do by the end?

You will have created tasty dishes to take home and share recipes with others



This course sounds good for me



I'm not sure.



This course is not right for me

E

Art

L

Eastbourne

What is this course about?

Lewes

Explore your natural artistic talents and develop your art skills using a range of techniques; drawing, painting, block printing, mixed media art and collage.

What will I be doing on this course?

Experiment with different art techniques to create different art projects. You will experience a range of art-types before deciding on your favourite to create an end of year project.

What should I be able to do by the end?

Explain to others your favourite art technique(s) and show them how you prefer to express yourself creatively.



This course sounds good for me



I'm not sure



This course is not right for me

E

Upcycle Workshop

L

Eastbourne

What is this course about?

Lewes

Learn about the natural world and ways in which to protect it. You will learn what can be recycled and reused to reduce the amount of waste going to landfill. By upcycling you are actually taking positive steps to impacting the environment for the better.

What will I be doing on this course?

In this creative workshop you will be able to recycle everyday objects into something new and useful. You will build skills in team work, fine motor skills, literacy and numeracy by learning different craft techniques. You will be using IT skills to research ideas for upcycling projects and have class discussions on the choices of projects.

What should I be able to do by the end?

You will have created beautiful items to use at home or college and share your ideas with others. You will understand the benefits of being creative to recycle objects and be able to tell someone why it is important to look after the environment.



This course sounds good for me



I'm not sure.



This course is not right for me

E

Creative with nature

L

Eastbourne

Lewes

**What is this course about?**

Develop your creative confidence and curiosity about the natural world through a range of craft projects.

What will I be doing on this course?

From nature walks, to seed-dragonflies, found objects from nature will provide us the opportunity to experiment with a range of different materials and craft techniques. You will work with classmates to learn about the seasons, plants and animals, with a focus on the importance of the natural environment for our health and wellbeing.

What should I be able to do by the end?

Have the confidence to lead others to use a range of natural 'found' objects to create your own independent craft projects.



This course sounds good for me



I'm not sure



This course is not right for me

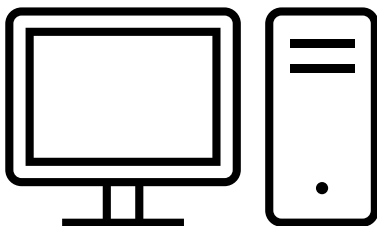
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IT for life

L

Eastbourne

Lewes

**What is this course about?**

Learn how to navigate around a computer, how to be safe online and learn key technology skills for life. Send emails, use word documents, PowerPoint and publisher, search the world wide web, make and edit videos, photos and more.

What will I be doing on this course?

Practical IT lessons in a computer room

What should I be able to do by the end?

Demonstrate your ability to safely navigate a computer and demonstrate lots of new skills to help in a digital world.



This course sounds good for me



I'm not sure.



This course is not right for me



Didn't find the course you wanted or have questions?



If you have comments or other feedback to the team, please let us know on the below contact details

Community.info@escg.ac.uk

030 300 38212

Once you have chosen your classes, to enrol:

<https://bit.ly/esc-aldd>



Course paperwork checklist



1. Completed online enrolment ☐
2. Paid the course material fees ☐
3. Completed online student profile (needs to be completed every year) ☐
4. Complete medical consent form for trips ☐
5. Completed online or paper-based fee waiver ☐


2025/26 Timetables Eastbourne



Eastbourne	Class	Cost £	I want this course (MAX 4 courses) 	Start – End Time 
Monday	Sensory Activities 60352-01	£50		10:00 – 12:00
	Drama and Dance 60358-01	£25		12:30 – 2:30
Tuesday	Sport, exercise and keeping healthy 60350-01	£25		10:00 – 12:00
	Cookery for independence 60356-02	£100		12:30 – 2:30
Wednesday	IT for life 60528-01	£25		10:15 – 12:15
	Sensory Cooking 60353-01	£100		10:30 – 12:30
	Performing arts 60351-01	£25		1:00 – 3:00
	World Kitchen 60355-02	£100		12:45 – 14:45
Thursday	Cookery for independence 60356-01	£100		10:00 – 12:00
	World Kitchen 60355-02	£100		12:30 – 2:30
Friday	Art 60444-01	£50		10:00 – 12:00
	Upcycle workshop 60357-01	£50		12:30 – 2:30

2025/26 Timetables Lewes



Lewes	Class	Cost £	I want this course (MAX 4 courses) 	Start – End Time 
Monday	Talent Showcase 60200-01	£25		10:00 – 12:00
	IT for life 60528-02	£25		12:30 – 2:30
Tuesday	Sensory Multi activities 60195-01	£50		10:00 – 12:00
	Performing Arts 60193-01	£25		12:30 – 2:30
Wednesday	Sensory cookery 60196-01	£100		10:30 – 12:30
	Creative with Nature 60530-01	£50		10:30-12:30
	World Kitchen 60529-01	£100		13:00 – 3:00
	Sports, Exercise and Well-being 60431-01	£25		13:00 – 3:00
Thursday	Upcycle Workshop 60199-02	£50		10:00 – 12:00
	Art 60194-01	£50		12:30 – 2:30
Friday	World Kitchen 60529-02	£100		10:00 – 12:00
	Cookery for Independence 60198-02	£100		12:30 – 2:30