



COMMUNITY
& ENGAGEMENT



Course Guide

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

Eastbourne and Lewes



2023/24





Welcome to East Sussex College



2023/24



We have lots of different courses specifically to support your interests, hobbies and personal goals.

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



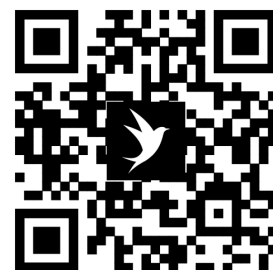
We have courses that will help you to develop your skills working with other people. We also have courses that help you learn new practical skills that you can share with other people.

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 excited, 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



New for 2023/2024 Funding changes:

Course tuition fees are subsidised by the Adult Education Budget. Courses are offered without tuition fee for anyone who is over 19 with a gross annual salary of £20,319 or less or who is unemployed. We define a learner as unemployed if one or more of the following apply, they: receive Jobseeker's Allowance (JSA), 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.

Please ask at Student services for more information.

Eastbourne.admissions@escg.ac.uk

Lewes.admission@escg.ac.uk

030 300 39699



2023/24

Our new classes take place from the 4th September 2023 to the 28th June 2024.

The courses are **36 weeks** long

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

Material fees vary for each course and are listed on the timetable at the end of this course guide.

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

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

Enrolment is open now and 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 4th September 2023

Term dates

Because of the funding changes, we expect these courses to be very popular and have extra demand in 2023/2024. Before you enrol for a course please can you ensure that you can attend the vast majority of sessions. (Term dates below)

Term dates:

Monday 4th September 23 – Friday 20th October 22 (7 weeks)

Monday 30th October 23- Friday 15th December 22 (7 weeks)

Tuesday 2nd January 24- Friday 9th February 24 (6 weeks)

Monday 19th February 24- Thursday 28th March 24 (6 weeks)

Monday 15th April 24- Friday 24th May 24 (6 weeks)

Monday 3rd June 24- Friday 28th June 24 (4 weeks)

Bank Holidays:

Monday 1st January 24

Friday 29th March 24

Monday 6th May 24

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 a 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.

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 termly 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

E

Drama and dance

L

Eastbourne

Lewes



What is this course about?

Express yourself through drama and dance and build on your 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 termly 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

E

Sport, Exercise and Wellbeing

L

Eastbourne

Lewes



What is this course about?

Keeping active through a range of team sports, light exercise sessions as well as learning about the importance of a balanced, varied diet.

What will I be doing on this course?

From basketball to hockey, 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?

Tell others how you like to stay fit and healthy and what a 'varied balanced diet' means.



This course sounds good for me



I'm not sure.



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

E

World Kitchen

L

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?

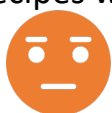
You will learn new techniques and try new flavours as we "visit" a different country each week. You will build skills in team work, fine motor skills, literacy and numeracy by weighing and measuring ingredients and learning new cooking techniques.

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

What is this course about?

Lewes

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 flower arranging, 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

E

IT for life

L

Eastbourne

What is this course about?

Lewes

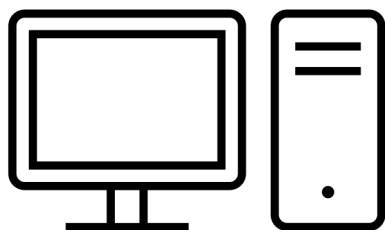
Learn how to navigate around a computer, how to be safe online and learn key technology skills for life. Send emails, use word documents, PowerPoint and publisher, search the world wide web, make and edit videos, photos and more.

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?



Please tell us if there is a specific class, or skill/interest that you, your son/daughter or resident is looking for that we don't have on offer.



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>



2023/4 Timetables Eastbourne



Eastbourne	Class	Cost £	I want this course (MAX 4 courses) 	Start – End Time 
Monday	Sensory Activities 60352-01	£45		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	£90		12:30 – 2:30
	IT for life 60528-01	£25		12:40- 2:40
Wednesday	Sensory Cooking 60353-01	£90		10:30 – 12:30
	Performing arts 60351-01	£25		1:00 – 3:00
	World Kitchen 60355-02	£90		12:45 – 14:45
Thursday	Cookery for independence 60356-01	£90		10:00 – 12:00
	World Kitchen 60355-02	£90		12:30 – 2:30
Friday	Art 60444-01	£45		10:00 – 12:00
	Upcycle workshop 60357-01	£45		12:30 – 2:30

2023/4 Timetables



Lewes	Class	Cost £	I want this course (MAX 4 courses) 	Start – End Time 
Monday	Talent Showcase 60200-01	£25		10:00 – 12:00
	Sports, Exercise and Well-being 60431-01	£25		12:30 – 2:30
Tuesday	Sensory Multi activities 60195-01	£45		10:00 – 12:00
	Performing Arts 60193-01	£25		12:30 – 2:30
Wednesday	Sensory cookery 60196-01	£90		10:30 – 12:30
	IT for life 60528-02	£25		10:30-12:30
	World Kitchen 60529-01	£90		13:00 – 3:00
	Creative with Nature 60530-01	£45		13:00 – 3:00
Thursday	Upcycle Workshop 60199-02	£45		10:00 – 12:00
	Art 60194-01	£45		12:30 – 2:30
Friday	World Kitchen 60529-02	£90		10:00 – 12:00
	Cookery for independence 60198-02	£90		12:30 – 2:30