



FREE COMMUNITY LEARNING COURSES



To find out more or to book a space call 030 300 38212 or e-mail
community.info@escg.ac.uk Booking essential!

Course	Venue	Dates	Times
Summer Stitches Be inspired by the colour, texture, and shapes of the flower borders on show in the Grange Gardens, Lewes. Create expressive drawings (weather permitting) and develop into a vibrant textile piece using a range of materials and techniques, including fabric collage and hand stitch. No previous textile experience needed.	East Sussex College, Lewes	4 week course Wednesdays 8th June to 29th June	10.30am— 1.30pm
Introduction to Jewellery Making Create a range of natural and geometric inspired jewellery pieces using polymer clay. Learn to sculpt, pattern, texture colour and join the components to create wearable pieces.	East Sussex College Eastbourne	5 week course Wednesdays 8th June to 29th June	2.00pm— 5.00pm

Courses are fully funded for adults aged 19+ Courses limited to two per person per term

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Drawing for Beginners This four week course is suitable for complete beginners or those with little experience of drawing. Under the guidance of an experienced Instructor you will be able to develop your skills using a range of materials and explore different drawing processes throughout the weeks. All materials provided.	East Sussex College, Newhaven	4 week course Wednesdays 8th June to 29th June	10am— 1pm
Writing with the Senses Not all stories start with an idea; sometimes we need a little nudge to get things going. In this creative writing workshop for beginners, we will look at working with music, physical prompts, and images to get the creative juices flowing.	East Sussex College, Eastbourne	Workshop Thursday 23rd June	10.00am— 4.00pm
Introduction to Mindfulness Learn Mindfulness practices to help manage anxiety in these current times and enhance your general wellbeing. First session is an introductory session to find out more about mindfulness and if it is for you.	Online via Zoom	4 week course Fridays 1st to 22nd July	10am— 11.30am

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<p>How to Use your Make-up Bag</p> <p>Is your make-up bag bursting with products that you have never used or you do not know how to use?</p> <p>This course is designed to teach you how to get the best from the contents of your own make-up bag. You will learn how to apply a flawless day or evening make-up with confidence and with all of the products you already own.</p> <p>What will you need?</p> <ul style="list-style-type: none"> • Bring along your clean make-up brushes, make-up bag and it's contents. • A small hand towel. • Additional make-up products can be provided on the day. 	<p>East Sussex College, Eastbourne</p> <p>East Sussex College, Newhaven</p> <p>East Sussex College, Lewes</p>	<p>Workshop</p> <p>Wednesday 25th May</p> <p>Thursday 9th June</p> <p>Thursday 30th June</p>	<p>11am—2pm</p> <p>11.30—2.30</p> <p>11.30—2.30</p>