



Local Courses

Local Courses

For anyone living in Wealden and Eastbourne

Age 19 years and over

English

CREATIVE
WRITING

IT
Courses

Arts
and
crafts



Introduction to Yarn Crafts:

Thank you so very much for the skills and friendly encounters these courses provide. This yarn course will hopefully give me gift ideas to make as well.

Wellbeing

Maths

Find out more
about Street Learning
and the courses available
in your area:

[www.wealden.gov.uk/
streetlearning](http://www.wealden.gov.uk/streetlearning)

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New
courses
being added
all the
time.

And
**many
more**

*Find yourself a
fantastic course
today*

Email: streetlearning@wealden.gov.uk

East Sussex College Courses

The tuition fee stated on the course will be waived if you are on recognised benefits or have an income of less than £25,000 per year.

Eligible students must complete a self-declaration form (either online or on paper) before starting the course to verify their eligibility for the tuition fee waiver.

The college reserves the right to request additional documentation to verify eligibility.

Students who are not eligible for a full tuition fee waiver are required to contribute to the fees of the course.

Please note courses are limited to three per academic year.

For more information, please contact 030 300 38212 or email community.info@escg.ac.uk

HEALTH & WELLBEING



To enrol go to: adult.escg.ac.uk

Contact: 030 300 38212

Email: community.info@escg.ac.uk for more information

Course Number	Course and Description	Venue and Location	Dates	Times	Contact Details
60621-03	<p>Managing Stress & Anxiety</p> <p>This course will look at what stress is and what causes it.</p> <p>Learn how to recognise the signs of stress and anxiety and how they affect wellbeing.</p> <p>Learn relaxation techniques and how to respond more positively to life's challenges.</p> <p>Delivered in a safe and friendly environment by an experienced Instructor.</p>	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	<p>6 week course</p> <p>Wednesdays</p> <p>18th Sep to 23rd Oct 2024</p>	<p>1pm - 3.30pm</p>	<p>To enrol go to: adult.escg.ac.uk and search 'managing stress'.</p> <p>Course fee: £37.50</p> <p>This course is free if you are in receipt of benefits or earn less than £25,000 per year (this includes pension income).</p> <p>Please select the relevant options when enrolling online.</p> <p>Contact: 030 300 38212 or community.info@escg.ac.uk for more information</p> <p>ENROLMENT ESSENTIAL!</p>

HEALTH & WELLBEING CONTINUED



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Contact: 030 300 38212

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Course Number	Course and Description	Venue and Location	Dates	Times	Contact Details
61293-02	<p>Introduction to Interpersonal Skills</p> <p>This course will give you an introduction to the skills that are important for a career in counselling /helping professions.</p> <p>Practice your listening and communication skills and develop your self-awareness.</p> <p>Learners could progress onto the Level 1 Award in Interpersonal Skills.</p>	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	<p>4 week course</p> <p>Wednesdays</p> <p>25th Sept - 16th Oct 2024</p> <p>And</p> <p>Wednesdays</p> <p>5th March – 25th March</p>	<p>10am - 12.30pm</p> <p>1pm - 3.30pm</p>	<p>To enrol go to: adult.escg.ac.uk and search 'interpersonal'</p> <p>Course fee: £25.00 This course is free if you are in receipt of benefits or earn less than £25,000 per year (this includes pension income)</p> <p>Please select the relevant options when enrolling online.</p> <p>Contact: 030 300 38212 or community.info@escg.ac.uk for more information</p> <p>ENROLMENT ESSENTIAL!</p>
60869-02	<p>Singing for Wellbeing</p> <p>Singing for Wellbeing is a friendly, positive, wellbeing focused choir where everyone is welcome – no experience necessary and no requirement to be able to read music.</p>	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	<p>6 week course</p> <p>Wednesdays</p> <p>6th Nov to 11th Dec 2024</p>	2pm – 4pm	<p>To enrol go to: adult.escg.ac.uk and search 'singing'</p> <p>Course fee: £30.00 This course is free if you are in receipt of benefits or earn less than £25,000 per year (this includes pension income).</p> <p>Please select the relevant options when enrolling online.</p> <p>Contact: 030 300 38212 or community.info@escg.ac.uk for more information</p> <p>ENROLMENT ESSENTIAL!</p>

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Email: community.info@escg.ac.uk for more information

Course Number	Course and Description	Venue and Location	Dates	Times	Contact Details
60668-01	<p>Performing Arts – Boost Your Confidence</p> <p>In this course you will explore interactive activities based on theatre techniques which will encourage you to open up your imagination, take risks to help build your confidence, as well as encourage you to think on your feet!</p> <p>These drama games are designed to develop your skills, but more importantly to have fun and feel good, with no pressure to perform in front of a crowd.</p>	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	<p>6 week course</p> <p>Wednesdays</p> <p>8th Jan – 12th Feb 2025</p>	2pm - 4pm	<p>To enrol go to: adult.escg.ac.uk and search 'performing'</p> <p>Course fee: £30.00</p> <p>This course is free if you are in receipt of benefits or earn less than £25,000 per year (this includes pension income).</p> <p>Please select the relevant options when enrolling online.</p> <p>Contact: 030 300 38212 or community.info@escg.ac.uk for more information</p> <p>ENROLMENT ESSENTIAL!</p>
61291-04	<p>Introduction to Mindfulness</p> <p>Participants will learn some mindfulness skills and meditations that will help to settle and calm the mind.</p> <p>Mindful movement, increased awareness of the breath and body will be linked to mindfulness in our everyday life.</p> <p>Each week will introduce something new to help you reduce stress and restore well-being.</p>	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	<p>5 week course</p> <p>Fridays</p> <p>17th Jan - 14th Feb 2025</p>	1pm – 3pm	<p>To enrol go to: adult.escg.ac.uk and search 'mindfulness'</p> <p>Course fee: £25.00</p> <p>This course is free if you are in receipt of benefits or earn less than £25,000 per year (this includes pension income).</p> <p>Please select the relevant options when enrolling online.</p> <p>Contact: 030 300 38212 or community.info@escg.ac.uk for more information</p> <p>ENROLMENT ESSENTIAL!</p>

EMPLOYMENT AND EDUCATION

To enrol go to: adult.escg.ac.uk

Contact: 030 300 38212

Email: community.info@escg.ac.uk for more information



Course and Description			
Functional Skills English Our Functional Skills courses will help you develop your reading, writing and spoken communication skills. You will learn how to use these skills effectively in the workplace, for further study and everyday life. Gaining a Functional Skills qualification is a stepping stone to many types of education and employment. You should take this course if you hope to progress on to study GCSE English in the future.			
Venue and Location	Dates	Times	Contact Details
East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	Various Dates Starting September 2024	Day Time and Evening	Sandra Simmons Tel: 030 300 38396 Email: Sandra.simmons@escg.ac.uk

Course and Description			
Functional Skills Maths Our Functional Skills courses will help you develop your confidence in using numbers, handling data and understanding common measures and shapes. You will learn how to use these skills effectively in the workplace, further study and everyday life. Gaining a Functional Skills qualification is a stepping stone to many types of education and employment. You should take this course if you hope to progress on to study GCSE Maths in the future.			
Venue and Location	Dates	Times	Contact Details
East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	Various Dates Starting September 2024	Day Time and Evening	Sandra Simmons Tel: 030 300 38396 Email: Sandra.simmons@escg.ac.uk

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CHILDCARE

Apprenticeships





Apprenticeships

Childcare can be a particularly rewarding profession where your passion for the protection and nurture of young minds manifests as the strengthening of new generations.

To help your staff to excel in their roles; we are proud to offer the following qualifications:

- L2 Early Years Practitioner
- L3 Early Years Educator
- L3 Teaching Assistant
- L4 Children, Young People & Families Practitioner
- L5 Early Years Lead Practitioner
- L5 Children, Young People & Families Manager
- L5 Learning & Skills Teacher

What is an Apprenticeship?

Apprenticeships are work-based training programmes that enable employees to increase their skills and obtain nationally recognised qualifications.

Funding Options Available | Blended Delivery | One-to-One Support



01323 411517



enquiry@hts.ac.uk



www.hts.ac.uk

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learn more**



HEALTH & SOCIAL CARE Apprenticeships





Apprenticeships

Health & Social Care is a rewarding industry in which to build a career that typically involves helping people in your community to live more independent, healthier lives.

To help your staff to excel in their roles; we are proud to offer the following qualifications:

- L2 Adult Care Worker
- L3 Senior Healthcare Support Worker
- L3 Lead Adult Care Worker
- L4 Lead Practitioner in Adult Care
- L5 Leader in Adult Care

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learn more





FREE MATHS REFRESHER COURSE

& £120 cash tax free upon completion

■ BECOME MORE CONFIDENT WITH NUMBERS ■

Is figuring out figures more of a challenge than you'd like?
If you work in East Sussex, and could do with a quick refresher out of work hours: this is the course for you!

The programme is for anybody 19+ years old who holds the following maths grades:

- **CSE** - 2, 3, 4, 5 or U
- **O-Level** - D, E or U
- **GCSE** - D, E, F, G or U
- **GCSE** - 3, 2, 1 or U

Programme Details:

- 16 hours over 8 weeks
- Online or in-person training sessions



After completing this short course you will receive
£120 tax free

GET IN TOUCH TODAY TO LEARN MORE



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FOR LIFE**

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Funded by



Department
for Education



**FREE COST OF LIVING
BUDGETING COURSE**
& £20 voucher upon completion

DON'T LET MATHS HOLD YOU BACK

■ BECOME MORE CONFIDENT WITH NUMBERS ■

From managing your bills to helping with your kid's homework, good numeracy skills can unlock opportunities to help you achieve more.

This programme is for anybody 19+ years old who hold the following maths grades:

- **CSE** - 2, 3, 4, 5 or U
- **O-Level** - D, E or U
- **GCSE** - D, E, F, G or U
- **GCSE** - 3, 2, 1 or U

Programme Details:

- 16 hours over 8 weeks
- Online or in-person training sessions

£20

After completing this short course you will receive a free Amazon Gift Card worth twenty pounds!

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enquiry@hts.ac.uk



www.hts.ac.uk

**SCAN
ME**





**FREE HELP WITH
HOMEWORK COURSE**
& £20 voucher upon completion

■ BECOME MORE CONFIDENT WITH NUMBERS ■

If you want to help your child with maths homework, and feel like you could do with a refresher then this is the course for you. Make maths fun and easy for the whole family!

This programme is for anybody 19+ years old who hold the following maths grades:

- **CSE** - 2, 3, 4, 5 or U
- **O-Level** - D, E or U
- **GCSE** - D, E, F, G or U
- **GCSE** - 3, 2, 1 or U

Programme Details:

- 16 hours over 8 weeks
- Online or in-person training sessions



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GET IN TOUCH TODAY TO LEARN MORE



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**SKILLS
FOR LIFE**

Multiply

East Sussex
County Council



FREE MATHS REFRESHER COURSE

& £120 cash tax free upon completion

■ BECOME MORE CONFIDENT WITH NUMBERS ■

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Programme Details:

- 16 hours over 8 weeks
- Online or in-person training sessions



After completing this short course you will receive
£120 tax free

GET IN TOUCH TODAY TO LEARN MORE



01323 411517



enquiry@hts.ac.uk



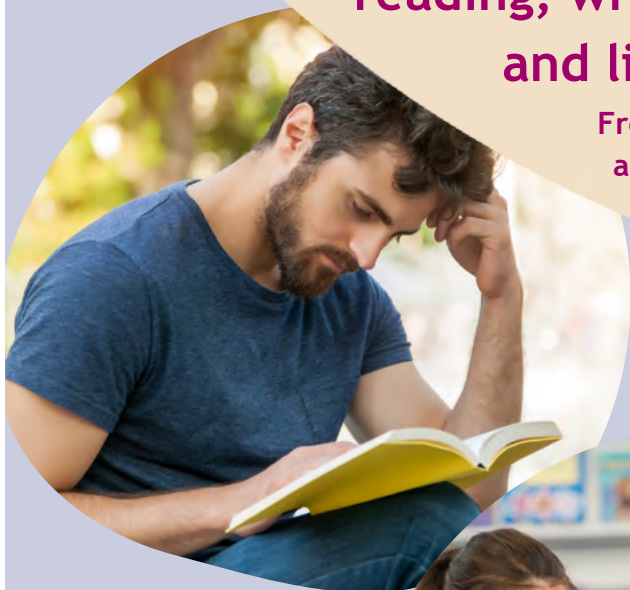
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**SCAN
ME**



Do you or someone you know need help with English reading, writing, speaking and listening?

Free, one to one support for
adults at your local library
with Step Into Reading



For more information

Phone - 0345 60 80 196

Email - library.enquiries@eastsussex.gov.uk

Or speak to a member of staff.



Do you want to improve your English?

Try our English Learning Pathway -
Free help for speakers of English as an
additional language at your local
library.



Library and
Information
Service

ESOL Courses



Group lessons for English
Reading, Writing, Speaking, and
Listening

Conversation Groups



Relaxed groups to
practice English Speaking
and Listening

Step Into Reading



One to one sessions
to improve English
language skills

For more information:

📞 Call: 0345 60 80 196

✉ Email: Englishlearningpathway@eastsussex.gov.uk



Free numeracy courses to help boost your maths confidence in everyday life, home and work.



If you:

- Are an East Sussex resident,
- Are aged 19+
- Do not already have a Level 2 qualification in maths...

Then Multiply is for you!

"Definitely do it! It will benefit you in more ways than you could think of!"



Do you:

- Need to give your number confidence a boost?
- Need to help your children with their maths homework but not sure if you have the numbers know how?
- Need help with your budgeting but don't know where to start?
- Want to improve your numeracy skills for work?

Then Multiply may have the course for you!

"I never thought I would say I am enjoying maths, but I am"

To see what is on offer in East Sussex scan the QR code or visit:

www.careerseastsussex.co.uk/multiply



For more information or to find out how you can sign up, please contact:

Multiply@eastsussex.gov.uk

CREATIVITY

To enrol go to: adult.escq.ac.uk

Contact: 030 300 38212

Email: community.info@escq.ac.uk for more information



Course Number	Course and Description	Venue and Location	Dates	Times	Contact Details
60714-01	<p>Create a Short Podcast</p> <p>Immerse yourself in the world of Podcasting and see how the digital revolution has enabled us with 24/7 access to Stories, Entertainment and Arts content from any corner of the globe.</p> <p>You'll explore genres, the importance of structure and what makes a compelling story, with the aim of developing your own short episode by the end of the course.</p>	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	<p>6 week course</p> <p>Fridays</p> <p>20th Sept - 25th Oct 2024</p>	10am - 12.30pm	<p>To enrol go to: adult.escq.ac.uk and search 'podcast'</p> <p>Course fee: £37.50 This course is free if you are in receipt of benefits or earn less than £25,000 per year (this includes pension income)</p> <p>Please select the relevant options when enrolling online.</p> <p>Contact: 030 300 38212 or community.info@escq.ac.uk for more information</p> <p>ENROLMENT ESSENTIAL!</p>
61454-03	<p>Creative Crafts for Wellbeing: Wood Whittling</p> <p>A fun introduction to whittling with wood suitable for beginners with an interest in wood crafts. You will learn to whittle a letter knife, spreader and spoon - a project each week with a range of green woods. Full instruction provided in a friendly, supportive environment.</p>	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	<p>3 week course</p> <p>Wednesdays</p> <p>12th March – 26th March 2025</p>	10am - 12.30pm	<p>To enrol go to: adult.escq.ac.uk and search 'wood'</p> <p>Course fee: £18.75 This course is free if you are in receipt of benefits or earn less than £25,000 per year (this includes pension income)</p> <p>Please select the relevant options when enrolling online.</p> <p>Contact: 030 300 38212 or community.info@escq.ac.uk for more information</p> <p>ENROLMENT ESSENTIAL!</p>

CREATIVITY CONTINUED

To enrol go to: adult.escg.ac.uk

Contact: 030 300 38212

Email: community.info@escg.ac.uk for more information



Course Number	Course and Description	Venue and Location	Dates	Times	Contact Details
61455-02	<p>Creative Crafts for Wellbeing: Drawing</p> <p>This four-week introductory course is suitable for complete beginners or those with little experience of drawing.</p> <p>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.</p>	Hellingly Hub, Hellingly BN27 4EP	<p>5 week course</p> <p>Tuesdays</p> <p>12th Nov - 10th Dec 2024</p>	10am to 1pm	<p>To enrol go to: adult.escg.ac.uk and search 'drawing'</p> <p>Course fee: £37.50 This course is free if you are in receipt of benefits or earn less than £25,000 per year (this includes pension income)</p> <p>Please select the relevant options when enrolling online.</p> <p>Contact: 030 300 38212 or community.info@escg.ac.uk for more information</p> <p>ENROLMENT ESSENTIAL!</p>
61472-02	<p>Creative Crafts for Wellbeing: Eco Crafts</p> <p>Learn the transformative process of recycling and repurposing in this fun, creative course. Open to all levels.</p> <p>Make baskets, jewellery and sculpture from litter and the materials we throw away using different techniques and creative processes.</p>	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	<p>6 week course:</p> <p>Wednesdays</p> <p>8th Jan – 12th Feb 2025</p>	10am - 12.30pm	<p>To enrol go to: adult.escg.ac.uk and search 'eco crafts'</p> <p>Course fee: £37.50 This course is free if you are in receipt of benefits or earn less than £25,000 per year (this includes pension income)</p> <p>Please select the relevant options when enrolling online.</p> <p>Contact: 030 300 38212 or community.info@escg.ac.uk for more information</p> <p>ENROLMENT ESSENTIAL!</p>

CREATIVITY CONTINUED

To enrol go to: adult.escg.ac.uk

Contact: 030 300 38212

Email: community.info@escg.ac.uk for more information



Course Number	Course and Description	Venue and Location	Dates	Times	Contact Details
61479-01	<p>Creative Crafts for Wellbeing: Watercolours</p> <p>This course is suitable for complete beginners or those with a little experience. You will learn the basics of watercolours, the various brushes and the effects they cause, the preparation and mixing of paints and the various surfaces to paint on.</p>	Hailsham Town Council Offices 2 Market St, Hailsham BN27 1AG	<p>5 week course:</p> <p>Wednesdays</p> <p>26th Feb - 26th March 2025</p>	10am - 1pm	<p>To enrol go to: adult.escg.ac.uk and search 'watercolours'</p> <p>Course fee: £37.50 This course is free if you are in receipt of benefits or earn less than £25,000 per year (this includes pension income)</p> <p>Please select the relevant options when enrolling online.</p> <p>Contact: 030 300 38212 or community.info@escg.ac.uk for more information</p> <p>ENROLMENT ESSENTIAL!</p>



Local Courses

New courses being added all the time.

Keep updated on the courses through our website:
www.wealden.gov.uk/streetlearning

Also, find out about other courses available across your area, email us:
streetlearning@wealden.gov.uk

To enrol go to: adult.escg.ac.uk

Contact: 030 300 38212

Email: community.info@escg.ac.uk for more information



Course Number	Course and Description	Venue and Location	Dates	Times	Contact Details
61447-02	<p>Healthy Lunchboxes & Snacks</p> <p>By the end of this course, students will be equipped with the skills and knowledge to prepare tasty, healthy, and visually appealing lunchboxes and snacks that will keep energy levels high and promote overall well-being.</p> <p>Whether you're packing a lunch for yourself or your family, this course will inspire you to make mindful choices that support a healthy lifestyle.</p>	Willingdon Trees Community Centre, Holly Place, Eastbourne, BN2 0UT	<p>3 week course:</p> <p>Mondays</p> <p>7th Oct – 21st Oct 2024</p>	10am – 12.30pm	<p>To enrol go to: adult.escg.ac.uk and search 'healthy'</p> <p>Course fee: £18.75</p> <p>This course is free if you are in receipt of benefits or earn less than £25,000 per year (this includes pension income)</p> <p>Please select the relevant options when enrolling online.</p> <p>Contact: 030 300 38212 or community.info@escg.ac.uk for more information</p> <p>ENROLMENT ESSENTIAL!</p>
61448-01	<p>Healthy One Pots</p> <p>Learn how to cook healthy, easy, low budget meals in a fun and friendly group.</p> <p>Suitable for those with little or no cooking experience. All ingredients provided.</p>	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	<p>4 week course:</p> <p>Thursdays</p> <p>14th Nov – 5th Dec 2024</p>	12.45 - 3.15pm	<p>To enrol go to: adult.escg.ac.uk and search 'one pot'</p> <p>Course fee: £25.00</p> <p>This course is free if you are in receipt of benefits or earn less than £25,000 per year (this includes pension income)</p> <p>Please select the relevant options when enrolling online.</p> <p>Contact: 030 300 38212 or community.info@escg.ac.uk for more information</p> <p>ENROLMENT ESSENTIAL!</p>

FAMILY & PRACTICAL SKILLS CONTINUED

To enrol go to: adult.escg.ac.uk

Contact: 030 300 38212

Email: community.info@escg.ac.uk for more information



Course Number	Course and Description	Venue and Location	Dates	Times	Contact Details
61446-02	<p>Mood Boosting Meals</p> <p>This course is designed for adults eager to enhance their wellbeing through the power of food offering hands-on cooking, nutritional guidance and a collection of delicious, mood-enhancing recipes.</p> <p>Discover how to select and prepare ingredients that naturally uplift your spirits, reduce stress, and promote overall mental wellness. Suitable for those with little or no cooking experience. All ingredients provided.</p>	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	<p>4 week course:</p> <p>Thursdays 13th Mar – 3rd Apr 2024</p>	10am - 12.30pm	<p>To enrol go to: adult.escg.ac.uk and search 'mood'</p> <p>Course fee: £25.00 This course is free if you are in receipt of benefits or earn less than £25,000 per year (this includes pension income)</p> <p>Please select the relevant options when enrolling online.</p> <p>Contact: 030 300 38212 or community.info@escg.ac.uk for more information</p> <p>ENROLMENT ESSENTIAL!</p>

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Take your first digital steps at your local library... with **IT FOR YOU**

- Learn how to use a computer or improve and refresh your skills
- **FREE** one-hour sessions with friendly and knowledgeable volunteers.
- Help with email, staying safe online, NHS online services.
- Job searches and applications, CVs, Microsoft Word and more...
- You choose the skills you learn.
- No tests, no exams!
- Use our computers or bring your own tablet or laptop.

**IT
FOR
YOU**
ONE TO ONE

Call **0345 60 80 196**
to find out more or
book your place!



For information on other courses run in our area, please contact the following providers:



ACRES

01825 761820

www.acreslearning.org.uk

Provide adult learning opportunities across Wealden, including Crowborough, Hailsham, Heathfield, Uckfield, Wadhurst and surrounding areas.



East Sussex College

030 300 38212

www.escg.ac.uk

Offers a wide range of opportunities for adults across the local area including apprenticeships, Access courses, English, Maths and many other general interest and leisure courses.



Universal Credit Hotline:

0800 328 5644



Care for the Carers:

01323 738390,

info@cftc.org.uk, www.cftc.org.uk



EAST SUSSEX
CREDIT UNION

East Sussex Credit Union - A local financial cooperative. which aims to combat poverty, promote community development and provide credit at reasonable rates in the East Sussex area. Offering loans and savings service to people living and working in East Sussex, with the aim of promoting financial prosperity and tackling financial exclusion in the community.



Job Centre plus - 0345 604 3719



The People Matter Trust offers FREE services to both employed and unemployed individuals aged 19+ (regardless of benefit status) in Eastbourne, Wealden District and surrounding areas. As National Careers Service Advisers, we can assist with CV review and development, careers advice, education/training information, mock interviews etc. For more information and to book a telephone appointment, please call 07843 190738.

Healthy Eating on a Budget

I really enjoyed this course. Margaret is a wonderful teacher and I learnt lots of tasty, healthy and economical cooking techniques and recipes.

Introduction to Needlecraft:

This course was my first and I have already signed up to many more free courses in my community. I'm sad that this specific course has finished.

Understanding Challenging Behaviour

I really enjoyed the course. Relaxed friendly environment and easy to ask questions.

Carly was a brilliant teacher, sharing lots of experiences and ideas that help put the tools and techniques into context

Performing Arts: Boost Your Confidence

Loved the course. The tutor Charlotte was very friendly and supportive. Had a great time. Would definitely recommend it!

Really enjoyed this course, Charlotte was fantastic and could not fault her, very patient and explained things very well, the activities were fun and enjoyed them greatly. It has made me consider doing more varied courses, that I wouldn't have considered had I not done this course.

A well conceived and well executed course with a very likeable teacher who made it easy to learn in a friendly environment.