

# STREET Learning

FREE Local Courses

## Free Courses

To anyone living in Wealden and Eastbourne

Age 19 years and over

English

CREATIVE WRITING

IT Courses

Arts and crafts



### Pizza & Bread Making:

Thank you for such an interesting course with a very kind, friendly and knowledgeable teacher.

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)

New courses being added all the time.

And many more

Scan with your mobile device



Find yourself a fantastic FREE course today

Email: [streetlearning@wealden.gov.uk](mailto:streetlearning@wealden.gov.uk)

## HEALTH & WELLBEING

To enrol go to: [bit.ly/esc-ac](http://bit.ly/esc-ac)  
 Contact: 030 300 38212 or use QR Code  
 Email: [community.info@escg.ac.uk](mailto:community.info@escg.ac.uk) for more information



Course Number	Course and Description	Venue and Location	Dates	Times	Contact Details
60614-05	<b>Mindfulness for Stress</b> Breathworks Mindfulness for Stress. Are you feeling anxious or have low mood, or feel stressed, over-tired or would like to restore balance in everyday life? At the end of this course you will have a foundation in the skills of mindfulness, compassion, and meditation, and know how to apply them in your life in a way that really makes a difference. Please see college website for more information on Mindfulness practice.	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	<b>8 week course</b>  <b>Introductory Session</b> 26 <sup>th</sup> April  Fridays  26 <sup>th</sup> April - 28 <sup>th</sup> June	1pm – 3.30pm	East Sussex College To enrol go to: <a href="http://adult.escg.ac.uk">adult.escg.ac.uk</a> or scan the QR code below Contact 030 300 38212 or <a href="mailto:community.info@escg.ac.uk">community.info@escg.ac.uk</a> for more information  <b>ENROLMENT ESSENTIAL!</b>  
60668-07	<b>Performing Arts – Boost Your Confidence</b> 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! 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.	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	<b>4 week course</b>  Thursdays  6 <sup>th</sup> June – 27 <sup>th</sup> June	10:15am – 12.45pm	East Sussex College To enrol go to: <a href="http://adult.escg.ac.uk">adult.escg.ac.uk</a> or scan the QR code below Contact 030 300 38212 or <a href="mailto:community.info@escg.ac.uk">community.info@escg.ac.uk</a> for more information  <b>ENROLMENT ESSENTIAL!</b>  

## HEALTH & WELLBEING CONTINUED

**ACRES**  
 Tel: 01825 761820  
 Email: [adultlearning@acres.org.uk](mailto:adultlearning@acres.org.uk)  
 Register your interest via our website and QR code.  
[www.acreslearning.org.uk](http://www.acreslearning.org.uk)



Health and Wellbeing Courses		
<b>Introduction to Transforming Menopause with Yoga and Ayurveda</b> Find practical guidance and a set of Ayurveda and Yoga tools to support your individual transition through menopause.		
Heathfield Community College Sixth Form Centre Cade Street Old Heathfield TN21 8RJ	SATURDAY 11th May 2024	Saturday workshop 10am - 4pm



**FOR FREE CONFIDENTIAL ADVICE**  
**APPOINTMENTS ONLY**

Crowborough Croham Lodge Croham Road TN6 2RH  Monday to Thursday	Hailsham Southview Western Road BN27 3DN  Monday, Wednesday, Thursday and Friday	Uckfield Uckfield Library Library Way High Street TN22 1AR  Monday, Tuesday, Thursday and Friday
---	--	---

**OTHER WAYS TO GET ADVICE**

ADVICELINE (for general telephone advice): 0808 278 7811  
 Text: ADVICE with your name and postcode to 81400  
 Email advice: [eastsussexcab.co.uk](mailto:eastsussexcab.co.uk)  
 Our website: [www.wealdencitizensadvice.org.uk](http://www.wealdencitizensadvice.org.uk)





**Where we are:**

**Eastbourne**

Mon, Tues, Thurs and Fri - 9am - 5pm,  
Weds 10am - 5pm  
St Anne's Road, Eastbourne, BN21 3XX  
1 Grove Road, Eastbourne, BN21 4TL

**Hailsham**

Mon 9 - 3.30pm (Drop in service and appointments)  
Wealden Council Office, Vicarage Lane, Hailsham, BN27 2AX

Eastbourne jobcentre can support customers in a variety of aspects relating to benefits and work. Dependant on your personal circumstances, the need to talk with us will vary.

This could be:

- Job Seeking support,
- Health and Disability with work,
- Training needs,
- Skill development,
- Apprenticeships,
- Self Employment
- Pensions
- Additional return to work funding  
ie: Childcare, interview clothing, work clothes.

**Help with Childcare**

We can help you with your Childcare costs to remove the barriers preventing you from accepting a job offer or starting self-employment.

You may be able to claim up to 85 per cent of your childcare costs if you're eligible for Universal Credit, Income Support, Job Seekers allowance or Employment and Support Allowance and some other qualifying benefits.

**Childcare support is paid in arrears because we pay for the hours that you have used.** As extra support to help you start work we can help you fund the upfront costs up to a month until you get paid! We will usually ask you to report your childcare costs online.

Depending upon the age of your child you could receive free government childcare funding. We usually pay the difference between your free entitlements and the cost of your childcare.

There is lots of support available and we would always recommend that you speak to your local family information service / family hub to find out what you are entitled to. See additional Support overview.

**Upfront childcare costs**  
Upfront childcare costs are any costs that you incur in relation to childcare between starting work and receiving your first wage. Examples include:

- Parents starting work
- Deposits / one off advance payment
- Retainer to secure a place
- Taster / settling in sessions
- Up-front fees in advance of the childcare being provided
- Work related training

You may be entitled to\*:

- £260 per week for one child (up to a daily limit of £82)
- £446 per week for two or more children (up to a daily limit of £89)

\* There are forms that must be completed before we can release the funds, so do not agree to anything until you have checked with your Work Coach

\* Payments are made directly to the childcare provider (not upfront childcare costs)

**Types of childcare we will pay for**  
We will pay for childcare provided by any registered or approved childcare provider such as:

- Nannies
- Child Minders
- Day care services
- School-based care
- Holiday play schemes
- Or a combination of any of these

The amounts you could receive:  
• Up to £951 per month for one child  
• Up to £1630 per month for two or more children

**Useful sites for job seekers:**  
<https://www.gov.uk/find-a-job>  
<https://nationalcareers.service.gov.uk/>  
<https://www.gov.uk/apply-apprenticeship>  
<https://www.entitledto.co.uk/>  
<https://benefits-calculator.turn2us.org.uk/>



**Work & Health Programme**



There are a number of roles within the jobcentre with a variety of knowledge and skills to provide you with information, signposting and support:

**Employment Advisors:** Creating opportunities to meet with local employers, organising job fairs and job seeking advice sessions.

**Disability Employment Advisors:** Specialist work coaches offering additional support for those with any health conditions that restrict the ability to find and sustain work.

**Speak with your work coach or leave a journal message requesting an appointment**

**Returning to work**

Jobcentre Plus can help if you're out of work. It may be able to provide training, for example with IT, literacy and English language skills. It will also be able to signpost you to further sources of information and jobs in the local community.



The Work and Health programme supports participants to find sustainable employment. Our tailored approach focuses on seven key areas:

- finding and preparing for work
- friends, family and personal responsibilities
- physical health, mental health and mood management
- lifestyle
- skills and experience
- housing and money
- volunteering

Everyone has a different journey and priorities on the programme to achieve their objectives. If your goal is to find employment then we will be able to support you achieve this. Speak to your Work Coach to discuss referral process.

# STAND OUT FROM THE CROWD



Improve your skills with our free Level 2 online courses

Aged 19+ ✓

Eligible to study in the UK ✓



Awareness Of Mental Health Problems	Understanding Specific Learning Difficulties	Lean Organisation Management Techniques
Equality And Diversity	Understanding Safeguarding and Prevent	Principles Of End-Of-Life Care
Principles Of Dementia Care	Prevention and Control of Infection in Health Care Settings	Understanding Business Improvement Techniques
Understanding The Care and Management of Diabetes	Mental Health First Aid and Mental Health Advocacy in The Workplace	Creating A Business Start-Up
Understanding Autism	Principles Of Business Administration	Understanding Common Childhood Illnesses
Information, Advice or Guidance	Principles Of Team Leading	Understanding Climate Change and Environmental Awareness
Understanding Nutrition and Health	Understanding Business Improvement Techniques	Introducing Caring for Children and Young People
Understanding Behaviour That Challenges	Understanding Data Protection and Data Security	Understanding Cancer Support
Understanding Children and Young People's Mental Health	Principles Of Customer Service	Understanding Coding

Find out more and enrol here:  
<https://adult.escg.ac.uk/online-courses/free-elearning/>

# REALISE YOUR POTENTIAL



Improve your skills with our Level 3 online courses

Aged 19+ ✓

Eligible to study in the UK ✓



## AVAILABLE COURSES

Coding Practices

Understanding Autism

Principles of Dementia Care

Understanding the Care and Management of Diabetes

## Three funding options available:

### Fully Funded

If you are unemployed, earn less than £20,319 annual gross salary or do not already hold a full level 3 qualification then full funding could be available to you meaning that you will not have to pay any fees.

### Loan Funded

If you do not meet the fully funded criteria, then you may be eligible to apply for an advanced learner loan to cover the cost of your tuition fees.

### Self-Funded

Instalment plans available.

Find out more and enrol here:  
<https://adult.escg.ac.uk/online-courses/free-elearning/>

**ACRES**

Tel: 01825 761820

Email: [adultlearning@acres.org.uk](mailto:adultlearning@acres.org.uk)

Register your interest via our website and QR code.

[www.acreslearning.org.uk](http://www.acreslearning.org.uk)



**BRUSH UP YOUR SKILLS Courses (in English and Maths)**

In June ACRES will be offering a range of short 4 week courses to help those looking to study a Functional Skills or GCSE English or Maths course in September.

**Brush Up Your Skills for GCSE**

These courses aim to refresh your current English or Maths skills and boost confidence in your abilities should you wish to progress to studying GCSE. You will be taught techniques to help build up good study habits and confidence in your own learning and abilities and give yourself a good foundation from which to achieve your goal.

Maths	TUESDAYS 25th June - 16th July 4 weeks	ONLINE evenings 6.30pm - 9pm
English	WEDNESDAYS 6th June - 17th July 4 weeks	ONLINE mornings 9.45am - 12.00 pm
English	WEDNESDAYS 6th June - 17th July 4 weeks	UCKFIELD evenings 6.45pm – 9pm

**Brush Up Your Skills for Functional Skills courses**

During these courses you will be introduced to some of the topics that are covered in the longer Functional Skills courses. You will be taught techniques to help build up good study habits and confidence in your own learning and abilities so you feel ready and prepared to progress onwards.

Maths	MONDAYS 24th June - 15th July 4 weeks	UCKFIELD evenings 6.45pm - 9pm
English	TUESDAYS 25th June - 16th July 4 weeks	HAILSHAM evenings 6.30pm - 8.45pm

Follow us



[www.facebook.com/StreetLearning.Wealden](http://www.facebook.com/StreetLearning.Wealden)

# ESOL



## English for Speakers of Other Languages



### COURSES STARTING THROUGHOUT THE YEAR!

We offer courses at different levels so you will be able to choose the right class for you! Please get in touch to get more details.

FREE to students on low income or receiving certain benefits.

**CALL, EMAIL OR VISIT OUR WEBSITE TO FIND OUT MORE AND REGISTER YOUR INTEREST**



01825 761820  
[adultlearning@acres.org.uk](mailto:adultlearning@acres.org.uk)  
[www.acreslearning.org.uk](http://www.acreslearning.org.uk)



GCSE AND  
FUNCTIONAL  
SKILLS COURSES  
START IN  
SEPTEMBER 24!

ACRES

# BRUSH UP YOUR MATHS

FREE  
T&C APPLY

## OUR COURSES

### Brush Up Your Maths for Functional Skills

If maths makes you a bit nervous, this course will help you gain confidence ready to embark on a longer course in September 2024!

Monday, 6:45pm - 9:00pm from  
24th June until 15th July 2024

Uckfield College, Downsview  
Crescent, East Sussex, TN22 3DJ

### Brush Up Your Maths for GCSE

This is an ONLINE 4 week introduction to Maths GCSE with the focus on preparing you to return to study and revise basic skills ready for Foundation GCSE.

Tuesday, 6:30pm - 9:00pm from  
25th June until 16th July 2024

This is an online course

!! Complete a Register your Interest form on our website or  
phone 01825 761820 or email [adultlearning@acres.org.uk](mailto:adultlearning@acres.org.uk)



GCSE AND  
FUNCTIONAL  
SKILLS COURSES  
START IN  
SEPTEMBER 24!

ACRES

# BRUSH UP YOUR ENGLISH

FREE  
T&C APPLY

## OUR COURSES

### Brush Up Your English for Functional Skills

Tuesday, 6:30pm - 8:45pm from  
25th June until 16th July 2024

Hailsham Community College,  
Battle Rd, East Sussex, BN27 1DT

### Brush Up Your English for GCSE

Wednesday, 6:45pm - 9:00pm from  
26th June until 17th July 2024

Uckfield College, Downsview  
Crescent, East Sussex, TN22 3DJ

online

Wednesday, 09:45am - 12:00pm  
from 26th June until 17th July 2024

## REGISTER YOUR INTEREST

Complete a Register your Interest form on our website or phone 01825 761820 or  
email [adultlearning@acres.org.uk](mailto:adultlearning@acres.org.uk).

You will then be invited to an online 'meet and greet' with a tutor  
to discuss the best route for you to achieve your English goals.



# 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

Scan me to 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

### 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

Scan me to  
learn more



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](http://www.careerseastsussex.co.uk/multiply)



For more information or to find out how you can sign up, please contact:  
[Multiply@eastsussex.gov.uk](mailto:Multiply@eastsussex.gov.uk)

# Moving On Up

**FOR EAST SUSSEX RESIDENTS LIVING IN ANY TEMPORARY HOUSING OR AT RISK OF HOMELESSNESS**

Moving On Up has helped East Sussex residents to find jobs with prospects and to move into their own accommodation.

- How to sign up:**
1. Ask a support worker or housing officer to refer you, or you can refer yourself. Use the QR code to access the referral form.
  2. A mentor will contact you. They will ask you about your situation, work history and interests.
  3. You and your mentor will work together to find the right job for you.

- What we offer...**
- ∞ 1 to 1 mentoring to explore your work options
  - ∞ CV writing, job matching, confidence coaching, training & qualifications
  - ∞ Better off calculations and budgeting
  - ∞ Funding for interview and work expenses (travel, childcare, clothes)
  - ∞ Help to find housing and a bursary to cover moving in costs once you are in work



[movingonup@sussexcommunity.org.uk](mailto:movingonup@sussexcommunity.org.uk)

**Enrol onto the programme here:**  
 To find out more, visit



The Moving on Up programme is funded by the COMF (Contain Outbreak Management Fund from the Department of Health and Social Care) Public Health and UKSPF via the Eastbourne, Lewes, Rother and Wealden councils.

## CREATIVITY

To enrol go to: [bit.ly/esc-ac](http://bit.ly/esc-ac)  
 Contact: 030 300 38212 or use QR Code  
 Email: [community.info@escg.ac.uk](mailto:community.info@escg.ac.uk) for more information



Course Number	Course and Description	Venue and Location	Dates	Times	Contact Details
61170-01	<b>Upcycled Sewing</b> Learn methods to mend and transform everyday items to give them a new lease of life. Learn new skills to help you save money and live sustainably. This course will include learning through both demonstration and hands-on techniques. Bring items to upcycle. All other materials will be provided. No previous experience is needed.	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	<b>5 week course</b>  Tuesdays 16th April – 14th May	1pm – 4pm	<b>East Sussex College</b> To enrol go to: <a href="http://adult.escg.ac.uk">adult.escg.ac.uk</a> or scan the QR code below Contact 030 300 38212 or <a href="mailto:community.info@escg.ac.uk">community.info@escg.ac.uk</a> for more information  <b>ENROLMENT ESSENTIAL!</b> 
60869-08	<b>Singing for Wellbeing</b> 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.	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	<b>6 week course</b>  Thursdays 18 <sup>th</sup> April - 23 <sup>rd</sup> May	2pm – 4pm	<b>East Sussex College</b> To enrol go to: <a href="http://adult.escg.ac.uk">adult.escg.ac.uk</a> or scan the QR code below Contact 030 300 38212 or <a href="mailto:community.info@escg.ac.uk">community.info@escg.ac.uk</a> for more information  <b>ENROLMENT ESSENTIAL!</b> 

## CREATIVITY CONTINUED

To enrol go to: [bit.ly/esc-ac](http://bit.ly/esc-ac)  
 Contact: 030 300 38212 or use QR Code  
 Email: [community.info@escg.ac.uk](mailto:community.info@escg.ac.uk) for more information



Course Number	Course and Description	Venue and Location	Dates	Times	Contact Details
60714-06	<b>Develop a Short Podcast</b> 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. 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.	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	<b>6 week course</b>  Thursdays 18th April – 23rd May	10am - 12.30pm	<b>East Sussex College</b> To enrol go to: <a href="http://adult.escg.ac.uk">adult.escg.ac.uk</a> or scan the QR code below Contact 030 300 38212 or <a href="mailto:community.info@escg.ac.uk">community.info@escg.ac.uk</a> for more information  <b>ENROLMENT ESSENTIAL!</b> 
60839-01	<b>Introduction to Poetry Writing</b> In this course students will have the chance to engage with a varied selection of poetry and discuss the elements that make a poem come alive. Using inspiration from these discussions and material, students will then have a go at writing their own poems, using a different technique each week.	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	<b>4 week course</b>  Tuesdays 30 <sup>th</sup> April – 21 <sup>st</sup> May	9.30am – 12pm	<b>East Sussex College</b> To enrol go to: <a href="http://adult.escg.ac.uk">adult.escg.ac.uk</a> or scan the QR code below Contact 030 300 38212 or <a href="mailto:community.info@escg.ac.uk">community.info@escg.ac.uk</a> for more information  <b>ENROLMENT ESSENTIAL!</b> 

## CREATIVITY CONTINUED

To enrol go to: [bit.ly/esc-ac](http://bit.ly/esc-ac)  
 Contact: 030 300 38212 or use QR Code  
 Email: [community.info@escg.ac.uk](mailto:community.info@escg.ac.uk) for more information



Course Number	Course and Description	Venue and Location	Dates	Times	Contact Details
60283-04	<p><b>Watercolours for Beginners</b>                      This is an introductory course in watercolour painting. The course is suitable for complete beginners or those with a little experience.</p> <p>You will learn about 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. Learn how to produce effects such as washes so that you can create a painting such as a watercolour landscape or flower picture.</p>	Hailsham Town Council 2 Market Street, Hailsham, BN27 1AG	<p><b>4 week course</b></p> <p>Thursdays</p> <p>25<sup>th</sup> April – 16<sup>th</sup> May</p>	10am – 1pm	<p><b>East Sussex College</b>                      To enrol go to: <a href="http://adult.escg.ac.uk">adult.escg.ac.uk</a>                      or scan the QR code below                      Contact                      030 300 38212 or <a href="mailto:community.info@escg.ac.uk">community.info@escg.ac.uk</a> for more information</p> <p><b>ENROLMENT ESSENTIAL!</b></p> 



**compass arts**  
 creating communities

## FREE OF CHARGE PROGRAM 2024

For anyone vulnerable to social isolation & lived trauma  
**disability access**  
[info@compasscommunityarts.co.uk](mailto:info@compasscommunityarts.co.uk)



### MONDAYS

**ARTIST STUDIO** for those who enjoy making art

2-4pm

**Unit 7, Ashford Square**

Eastbourne BN21 3TX  
 (5 Minute walk from Beacon)

Parking Charges  
 Town Centre Buses

Supported by ELCSP Safer Communities

**ART GROUP**

2-4pm

**St Mary's Church**

69 Decoy Drive, Eastbourne BN22 9PP

Free Parking  
 Buses: The Loop

Supported by 3VA MiH Grow Grant

### TUESDAYS

**CREATIVE WRITING** using our voices, writing and art to combat discrimination

Enquire at [info@compasscommunityarts.co.uk](mailto:info@compasscommunityarts.co.uk)

**St Mary's Church**

Unit 60 opposite the Hut, Terminus Road

Parking Charges  
 Town Centre Buses

**PHOTOGRAPHY & POETRY Fortnightly Starts 16<sup>th</sup> January**

- Explore photography and poetry together. Either in the studio or outdoors (weather depending) Bring along a Mobile phone with camera or Camara with SD card.

**St Mary's Church**

Unit 60 opposite the Hut, Terminus Road

Parking Charges  
 Town Centre Buses

**WALK AND CAFÉ**

2.15-4pm

**Princes Park- meeting point Perch Cafe**

Channel View Rd, BN22 7LL

Free Parking  
 Buses: 3 and The Wave

compasscommunityarts.co.uk

**STREET Learning**  
 FREE Local Courses

New courses being added all the time.

Keep updated on the courses through our website:  
[www.wealden.gov.uk/streetlearning](http://www.wealden.gov.uk/streetlearning)

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



## WEDNESDAYS

### FREE SOUND MUSIC sound experimentation

2-4pm

#### The Beacon

Unit 70, opposite Clarkes, Terminus Road

Supported by ESCC Winter Support Funded

Parking charges  
Town Centre Buses

### ARTIST STUDIO for those who enjoy making art

2-4pm

#### Unit 7, Ashford Square

Eastbourne BN21 3TX  
(5 Minute walk from Beacon)

Supported by ELCSP Safer Communities

Parking Charges  
Town Centre Buses

### ART GROUP

2-4pm

#### St Mary's Church

69 Decoy Drive, Eastbourne BN22 9PP

Supported by 3VA MiH Grow Grant

Free Parking  
Buses: The Loop

## THURSDAYS

### POETRY

2-4pm

#### St Mary's Church

69 Decoy Drive, Eastbourne BN22 9PP

### WEAVING AND TEXTILES

12.30-2.30pm

#### The Beacon

Unit 70 opposite Clarkes, Terminus Road

Free Parking  
Buses: The Loop

Parking charges  
Town Centre Buses



## FRIDAYS

### ART TALKS Conversation leading to art activities

1.00-3.00pm

#### The Beacon

Parking charges

Unit 70 opposite Clarkes, Terminus Road

Supported by Eastbourne Panel

Town Centre Buses

### Monday & Wednesday

### ARTIST GROUP for 16-24 year olds

2-4pm

#### Unit 7, Ashford Square

Eastbourne BN21 3TX  
(5 Minute walk from Beacon)

Supported by Arnold Clark Foundation

Parking Charges  
Town Centre Buses

## FAMILY & PRACTICAL SKILLS

To enrol go to: [bit.ly/esc-ac1](https://bit.ly/esc-ac1)  
 Contact: 030 300 38212 or use QR Code  
 Email: [community.info@escg.ac.uk](mailto:community.info@escg.ac.uk) for more information



Course Number	Course and Description	Venue and Location	Dates	Times	Contact Details
61341-01	<b>Cooking for Beginners</b> Learn to create some tasty, healthy dishes in this fun and friendly course. Ideal for people who want to learn new skills in the kitchen to allow for greater independence.	Willingdon Trees Community Centre, Holly Place, Eastbourne, BN22 0UT	<b>4 week course</b>  Tuesdays  30 <sup>th</sup> April – 21 <sup>st</sup> May	1pm – 4pm	<b>East Sussex College</b> To enrol go to: <a href="https://adult.escg.ac.uk">adult.escg.ac.uk</a> or scan the QR code below Contact 030 300 38212 or <a href="mailto:community.info@escg.ac.uk">community.info@escg.ac.uk</a> for more information  <b>ENROLMENT ESSENTIAL!</b>  

### FIRST AID COURSES



#### Learn online

Learn via our [first aid skills page for members of the public](#), with videos and simple steps for a wide range of scenarios. You can also attend one of our free [digital workshops](#) to learn essential first aid skills.

#### Learn with apps

The free [British Red Cross First Aid app](#) (**First Aid for Baby and Child** and **First Aid for Adults**) can give you first aid at your fingertips. Both apps are packed with useful videos, animations, and tips, plus first aid quizzes to test your knowledge. The information is all on the apps themselves, meaning no internet connection is required and the apps can be accessed on the go.

### COST OF LIVING HUB

The rising costs of fuel, food and other essentials are combining with existing disadvantage and vulnerability within our communities to put many households at greater risk of both immediate hardship and reduced opportunity and wellbeing.

Councils and local partners have delivered remarkable services and support and will continue to do what they can to protect people against higher costs, targeting help at those facing the most complex challenges.

This hub has been designed to share best practice and help councils to support their residents with the rise in the cost of living. More information can be found at [Cost of living hub | Local Government Association](#)



# COOKING BEYOND THE SPECTRUM

## A FREE, 5 WEEK COOKERY TRAINING COURSE FOR PARENTS AND CARERS OF NEURODIVERSE CHILDREN



### OUR AIM:

TO HELP PARENTS AND CARERS TO FEED THEIR CHILDREN WELL.  
 TO ENCOURAGE FAMILIES TO COOK TOGETHER AND PASS ON SKILLS FOR LIFE.  
 TO CREATE A NURTURING AND NOURISHING SPACE FOR PARENTS & CARERS  
 TO TAKE RESPITE AND GIVE AND RECEIVE PEER SUPPORT

**THE NEXT TRAINING STARTS**  
**27 FEBRUARY 2024**  
**VICTORIA PAVILLION, UCKFIELD**  
**10.00 - 13.00**

BOOK VIA OUR WEBSITE  
**COMMUNITYCHEF.ORG.UK**

OR EMAIL [OFFICE@COMMUNITYCHEF.ORG.UK](mailto:OFFICE@COMMUNITYCHEF.ORG.UK)  
 OR CALL 07766526217



[www.communitychef.org.uk](http://www.communitychef.org.uk)

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

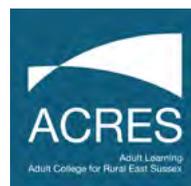
- Learn how to use a computer or improve and refresh your skills.
- Free one-hour sessions with friendly and knowledgeable volunteers.
- Help with email, staying safe online, NHS online services.
- Job searches and applications, CVs, Microsoft Word and more...
- You choose the skills you learn.
- No tests, no exams!
- Come to as many or as few sessions as you need.

**IT  
FOR  
YOU  
ONE TO ONE**

Call **01323 463759**  
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](http://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](http://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](mailto:info@cftc.org.uk), [www.cftc.org.uk](http://www.cftc.org.uk)



**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.