

Fine Art; Drawing & Painting Techniques - Y756

Woodingdean Community Centre, Warren Road

This class provides space for learners to examine traditional art themes such as still life, landscape or portraiture and to experiment with individual interests.

Various drawing and painting mediums will be explored, including pencils, charcoal, ink, acrylics and watercolour. We will also analyse other artists' work for inspiration. All levels are welcome.

Duration 9 weeks
Start Wednesday 22/01/2020
Time 10am-12pm
Tutor Edyta Was
Fee A) £25 B) £50 C) £80

Meditation for Wellbeing - Y757

Woodingdean Community Centre, Warren Road

Meditation is beneficial for your health; it calms the mind, reduces stress and helps you to feel lighter. Learn how to use posture, breath and mental focus to practise meditation.

Simple exercises will be taught, not only from a sitting position, but also through standing and walking exercises. You may bring a blanket and/or cushion for your comfort although many exercises will be chair based.

Duration 9 weeks
Start Thursday 23/01/2020
Time 10am-11:30am
Tutor Hilary Thompson
Fee A) £25 B) £40 C) £75

Tai Chi (Cheng Man Chi'ing Form) - Y755 (A/B/C)

Woodingdean Youth Centre, Warren Road

Tai Chi releases tension, boosts energy and improves flexibility, coordination, mobility and balance. This class is for those who practise the Cheng Man Chi'ing form.

Beginners are welcome, as well as those with experience. We welcome those who have learnt other forms of Tai Chi. **Please state your level when booking.**

Duration 10 weeks
Starts Tuesday 14/01/2020
A - Beginners 9:15am - 10:15am
B - Progressors 10.20am - 11.20am
C - Advanced 11:25am - 12:25pm
Tutor Mat Ward
Fee A) £25 B) £40 C) £70



CPCAB Level 2 Certificate in Counselling Skills - Y750

St. Andrews Church, Hillside, Moulsecomb

FREE if on a MTB & unemployed OR employed and earning less than £16,009.50

This qualification is the natural progression for students who have completed an Introduction to Counselling course and wish to progress further. The course will give you the counselling skills to help and support others either in a voluntary or employed capacity. It will not qualify you to be a counsellor but it will give you skills that can be used in a variety of roles, including support workers, nursing, key workers, community workers and teaching. Areas of work could include mental health, homeless support, substance misuse, education, youth and community work and health and social care. This qualification offers progression to the CPCAB Level 3 Certificate in Counselling Studies.

Students should be over 18 years old and should have successfully completed an introductory course in counselling.

Funding may be available for travel and childcare for those on low incomes. Please enquire when booking.

Duration 23 weeks plus 3 Saturdays (see below)
Time 10am - 1pm
Start Wednesday 08/01/2020
Tutor Debbie Retfalvy



Saturday classes will be held at **Varndean College, Surrenden Road, Brighton, BN1 6WQ** on 7th March, 9th May and 13th June 2020 from 9am to 3pm.

Adult Education taster event at Moulsecomb Hall, Lewes Road on 13th February 2020

Come along to our Adult and Community Learning event in Moulsecomb In February 2020.

This will be a fun and informal event with LOTS of taster sessions from sewing to singing and crafts to exercise. The event will be co-hosted by The Trust for Developing Communities, Friends Centre, WEA and Albion in the Community. A free buffet lunch will be available.

We also have a new facebook page for Adult Education across Bevendean and Moulsecomb. Sign up and stay up to date-https://www.facebook.com/mbcommunitylearning/?epa=SEARCH_BOX

Information, Advice and Guidance (IAG):

Our Learning & Participation Adviser is available for one-to-one advice and support around education, training, volunteering and employment. Please contact Debra on 01273 546602 / 07749 357321 / dem@varndean.ac.uk for more information or to make an appointment.



Adult & Community Learning Courses

January - March 2020

Woodingdean, Moulsecomb, Bevendean & Whitehawk

Enrolment Open
NOW!
Call 01273 546604



Or enrol at

The Java Café, Warren Way, Woodingdean
on Thursday 9th January 10:30am - 11:30am

or

Moulsecomb Library, The Highway, Lewes Road
on Monday 13th January 10am - 11:30am

Welcome to the Spring term Adult and Community Education brochure.

Need advice on courses, training, volunteering or employment? Contact our Learning & Participation Adviser on 01273 546602 / 07749 357321 / dem@varndean.ac.uk or contact Adult Education on 01273 546602 / commed@varndean.ac.uk

Concessionary rates apply to people aged over 65 and to those on means tested benefits (MTB): Universal Credit, ESA, Income Support, Housing and / or Council Tax benefit, Working Tax Credit (below £16,009.50 income) and Pension Credits. Up to date proof of concessions is required or the full rate will be charged (proof must be shown and full payment made when you book your course). We have a middle rate for residents from some areas in the brochure; please enquire when booking.

Art for All - Y748

St. Georges Hall, Newick Road, Moulsecomb

Suitable for all levels of experience and skill, this friendly and relaxing art class will encourage and support you to develop your own ideas around various themes and to use a range of mediums and techniques.

Duration	9 weeks
Start	Tuesday 21/01/2020
Time	10am - 12pm
Tutor	Caroline Marsland
Fee	A) £25 B) £50 C) £80

Pilates

Tutor: Nelly Lewis

Improve your posture, strength, co-ordination and flexibility. The course includes a beneficial relaxation section at the end of each session. Suitable for all levels including beginners.

St. Georges Hall, Newick Road, Moulsecomb

Code	Y749
Duration	8 weeks
Start	Wednesday 29/01/2020
Time	10:30am - 12pm
Fee	A) £15 B) £30 C) £50

Manor Road Gym, Manor Road, Whitehawk

Code	Y759
Duration	8 weeks
Start	Thursday 30/01/2020
Time	10:30am - 12pm
Fee	A) £25 B) £65

Art for All - Y744

The Whitehawk Inn, Whitehawk Road

This popular course is for students who would like to develop painting skills to work on their own projects.

The tutor supports learning in pastel, watercolour, acrylic, mixed media and pen and wash. Tuition and demonstrations will be given on composition, brushwork, colour mixing, theory and tonal values. We will also look at the work of a variety of different artists.

Duration	9 weeks
Start	Tuesday 21/01/2020
Time	1pm - 3pm
Tutor	Caroline Marsland
Fee	A) £25 B) £80



Lino Printing - Y746

The Bevy, Hillside, Bevendean

Have fun learning to create professional standard prints. You will design, carve and print lino blocks in infinite colour and texture combinations as well as experimenting with mark making and drawing to create unique prints. Suitable for beginners to experienced printers.

Duration	6 weeks
Start	Monday 27/01/2020
Time	10am - 12pm
Tutor	Cara McCaughey
Fee	A) £25 B) £45 C) £70

Indian Head Massage - Y761

St. Georges Hall, Newick Road, Moulsecomb.



For anybody who is interested in Indian Head Massage and wishes to practice on their friends and family or for those who wish to do a taster course in the subject.

You will learn the background and history of the massage, as well as looking at oils used and a range of techniques to massage the head, neck, shoulders and face. The course also looks at Ayurveda, the upper chakras and potential contra-indications of the massage and oils.

Duration	5 weeks
Start	Friday 28/02/2020
Time	10am - 12pm
Tutor	Yasmin Valli
Fee	A) £25 B) £40 C) £70

Yoga for All / Gentle Yoga

Tutor: Kizzy Bramley

A range of gentle stretching and strengthening movements to re-balance all the systems of the body. Practice will include breathing, deep relaxation, self-awareness, strengthening, flexibility, co-ordination and balance. Suitable for all levels, all ages and all body types. **Please bring a blanket and Yoga mat.**

The Hall, Norwich Drive, Bevendean

Code	Y747
Duration	9 weeks
Start	Wednesday 22/01/2020
Time	6:30pm-8pm
Fee	A) £25 B) £45 C) £75

Woodingdean Community Centre, Warren Road

Code	Y751
Duration	9 weeks
Start	Monday 20/01/2020
Time	11am-12:15pm
Fee	A) £25 B) £40 C) £70

French for Near-Beginners & Refreshers - Y753

Woodingdean Community Centre, Warren Road

This is the **second term** of a beginners class. You will learn to understand and speak basic French in a fun, interactive environment. We will cover the basics and you will learn to get by in practical situations such as introductions, cafes and shopping. There will be plenty of opportunities to practise speaking and listening.

Duration	9 weeks
Start	Monday 20/01/2020
Time	12:15-1:45pm
Tutor	Claire Péligny
Fee	A) £25 B) £45 C) £75

Innovation and Experiment in Georgian England

1960-1800 - Y752

The Church of the Holy Cross, Downsway, Woodingdean

A time of enlightenment, literature and 'the Grand Tour'. Developments were made in the fields of scientific experiment, observation of nature and the Arts. Great advances were being made and the Industrial Revolution was underway with many innovators, inventors and original thinkers who helped mould the period.

Duration	6 weeks
Start	Monday 27/01/2020
Time	10am-12pm
Tutor	Sarah Tobias
Fee	A) £25 B) £45 C) £75



Singing Together - Y754

St. Patricks Church, Broad Green, Woodingdean

Come and enjoy the benefits of community singing. From beginners to experienced singers, everyone is welcome to join our thriving and welcoming group. Our weekly sessions are designed to both lift your spirits and provide relaxation.

Duration	9 weeks
Start	Monday 20/01/2020
Time	7pm - 8:30pm
Tutor	Hanna Burchell
Fee	A) £25 B) £45 C) £75

Through tailored vocal exercises and a wide variety of songs drawn from the musical tastes of the group, we will be working towards creating a great sound whilst exploring what singing can achieve for our wellbeing.

Cracking Mosaics - Y758

Woodingdean Youth Centre, Warren Road

Learn the techniques of cutting, shaping and applying ceramic and glass tiles to create stunning pieces of mosaic art. Help will be given with design or bring your own ideas. This term we will cover garden mosaics.

Come and make a sun catcher, bird scarer, house numbers or a wall plaque hardy enough to hang outside. Suitable for all levels.

A small additional charge will be payable to the tutor for materials and equipment.

Duration	6 weeks
Start	Friday 31/01/2020
Time	10am - 12pm
Tutor	Christine Walker
Fee	A) £25 B) £45 C) £70

