

### Gentle Yoga

A range of gentle stretching and strengthening movements to re-balance all the systems of the body. Practice includes breathing, deep relaxation, self-awareness, strengthening, flexibility, coordination and balance. Suitable for all levels, all ages and all body types.

**Please bring a blanket and Yoga mat.**

**Tutor: Kizzy Bramley**

**Woodingdean Community Centre,  
Warren Road**

**Code X179**  
**Duration** 9 weeks  
**Start** Monday 28/09/2020  
**Time** 11am - 12:15pm  
**Fee** A) £25 B) £75

**The Hall, Norwich Drive, Bevendean**

**Code X177**  
**Duration** 9 weeks  
**Start** Wednesday 30/09/2020  
**Time** 6:30pm - 8pm  
**Fee** A) £25 B) £75



### Indian Head Massage - X178

**St. Andrew's Church, Hillside, Bevendean**

For anybody who is interested in Indian Head Massage and wishes to practise on their friends and family or for those who wish to do a taster or refresher course in the subject with a view to further study.

**Duration** 5 weeks  
**Start** Friday 16/10/2020  
**Time** 10am - 12pm  
**Tutor** Yasmin Valli  
**Fee** A) £25 B) £70

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

### Art for All - X186

**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, acrylic, watercolour, 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 other artists.



**Duration** 9 weeks  
**Start** Tuesday 29/09/2020  
**Time** 1pm - 3pm  
**Tutor** Caroline Marsland  
**Fee** A) £25 B) £95

### CPCAB Award in Introduction to Counselling Skills - X191

**The Whitehawk Inn, Whitehawk Road**

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

The course will introduce you to initial counselling skills and basic counselling concepts that can be used in everyday life and in a range of helping professions. It can be done as a stand alone course or as a pathway to further counselling skills training.

**Duration** 10 weeks  
**Time** 10am - 1pm  
**Start** Wednesday 23/09/2020  
**Tutor** Debbie Reffalvy  
**Fee** £240

### Childcare & Teaching Assitant Courses

Interested in working in childcare or in a school or college? We have a range of qualification courses coming up in September 2020.

- Working with Children Levels 1 & 2**
- Supporting Teaching & Learning in Schools Levels 2 & 3**
- Understanding Specific Learning Difficulties Level 2**
- Understanding Behaviour that Challenges Level 2**
- Caring for Children (for ESOL students) Level 1**

All courses at levels 1 & 2 are free for concessions (see page 2 for essential concessionary information). Travel and childcare costs may be available for all accredited courses for those on low incomes / MTB. To find out more call 01273 546602 or email [dem@varndean.ac.uk](mailto:dem@varndean.ac.uk) / [commed@varndean.ac.uk](mailto:commed@varndean.ac.uk)

Please see our website for further information on these and other accredited courses [www.varndean.ac.uk/courses/Adult Education Courses](http://www.varndean.ac.uk/courses/Adult Education Courses)



### Information, Advice and Guidance (IAG):

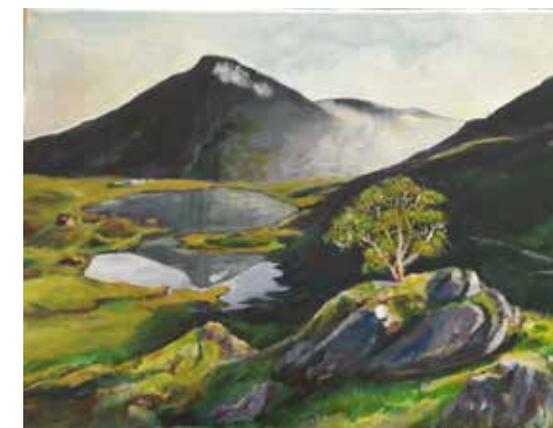
Our Learning & Participation Adviser is available for one-to-one advice and support around education, training, volunteering and employment. Please contact Debra on 01273 546602 / 07749 357321 / [dem@varndean.ac.uk](mailto:dem@varndean.ac.uk) for more information or to make an appointment.



# Adult & Community Learning Courses

## September - December 2020

Woodingdean, Moulsecomb, Bevendean, Whitehawk



**Enrolment Open NOW!**  
**Call 01273 546604 or 07749 357321**

Or enrol at  
**Moulsecomb Library, The Highway, Lewes Road**  
**on Monday 14th September 10am - 11:15am**  
or  
**The Java Café, Warren Way, Woodingdean**  
**on Thursday 17th September 10:30am - 11:45am**

## Welcome to the autumn term brochure for Adult and Community Learning.

**Covid 19:** At the time of going to print the college remains closed. Our staff are working from home. Please get in touch if you wish to enrol, express interest in a course or have an enquiry - dem@varndean.ac.uk / commed@varndean.ac.uk. 01273 546604 / 07749357321

Concessionary rates (A) apply to people aged 65 or over and to those on means tested benefits (MTB); these are Universal Credit, ESA, Income Support, Jobseekers Allowance, Housing Benefit, Council Tax Benefit, Working Tax Credit and Pension Credits. Concessionary rates also apply to people on low incomes (if income is below £16,009.50). 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).

### Art for All - X187

#### St. Georges Hall, Newick Road, Moulsecoomb

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.

<b>Duration</b>	9 weeks
<b>Start</b>	Tuesday 29/09/2020
<b>Time</b>	10am - 12pm
<b>Tutor</b>	Caroline Marsland
<b>Fee</b>	A) £25 B) £95

### Pilates for All- X188

#### St. Georges Hall, Newick Road, Moulsecoomb

Improve your posture, strength, coordination and flexibility. This enjoyable exercise class includes a beneficial relaxation section at the end of each session. Suitable for all levels including beginners.

<b>Duration</b>	8 weeks
<b>Start</b>	Wednesday 07/10/2020
<b>Time</b>	11:00am - 12:30pm
<b>Tutor</b>	Nelly Lewis
<b>Fee</b>	A) £20 B) £80

### Community Singing

Come and enjoy the benefits of community singing. From beginners to experienced vocalists, everyone is welcome. Each week we begin the sessions with body, breath and vocal warm ups before singing songs from a wide variety of sources including the tastes and suggestions of those in the group. From Simon and Garfunkel to world music and everything in between, our weekly sessions are designed to both lift your spirits, provide relaxation and enhance well-being.

### X190 - Moulsecoomb Hall, Lewes Road

<b>Duration</b>	9 weeks
<b>Start</b>	Wednesday 07/10/2020
<b>Time</b>	1pm - 2:30pm
<b>Tutor</b>	Hanna Burchell
<b>Fee</b>	A) £25 B) £80



### X181 - St Patricks's Church, Broad Green, Woodingdean

<b>Duration</b>	9 weeks
<b>Start</b>	Monday 28/09/2020
<b>Time</b>	7pm - 8:30pm
<b>Tutor</b>	Hanna Burchell
<b>Fee</b>	A) £25 B) £80

### Arts, Culture and Society in Regency England 1790-1830 - X180

#### The Church of the Holy Cross, Downsway, Woodingdean



<b>Duration</b>	6 weeks
<b>Start</b>	Monday 05/10/2020
<b>Time</b>	10am-12pm
<b>Tutor</b>	Sarah Tobias
<b>Fee</b>	A) £25 B) £75

This was a time of enlightenment, literature and 'the Grand Tour'. We developed scientific experiment and 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. The course is illustrated with engaging PowerPoint slideshows, hand-outs and lots of discussion. Come and learn about this fascinating period of history.

### Spanish for Beginners - X189

#### Woodingdean Community Centre, Warren Road

On this course you will learn to understand and speak basic Spanish in a fun and interactive environment. We will cover the basics and you will learn to get by in a range of practical situations such as introductions, cafes and shopping. There will be plenty of opportunities to practise speaking and listening.

<b>Duration</b>	9 weeks
<b>Start</b>	Monday 28/09/2020
<b>Time</b>	6:45pm - 8:15pm
<b>Tutor</b>	Margarita Chamorro
<b>Fee</b>	A) £25 B) £80

The course is also suitable for people refreshing their Spanish language skills. It is a non-accredited course.

### Fine Art; Drawing & Painting Techniques - X183

#### 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 techniques will be explored, such as pencils, charcoal, ink, acrylics and watercolour. We will also analyse other artists' work for inspiration. All levels are welcome.

<b>Duration</b>	9 weeks
<b>Start</b>	Wednesday 30/09/2020
<b>Time</b>	10am-12pm
<b>Tutor</b>	Edyta Was
<b>Fee</b>	A) £25 B) £95



### Meditation for Wellbeing - X184

#### 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. Please bring a blanket and/or cushion for your comfort although many exercises will be chair based.

<b>Duration</b>	9 weeks
<b>Start</b>	Thursday 01/10/2020
<b>Time</b>	10am - 11:30am
<b>Tutor</b>	Hilary Thompson
<b>Fee</b>	A) £25 B) £80



### Tai Chi for All (Cheng Man Chi'ing Form) - X182 (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 (group A) as well as those with experience. We welcome those who have learnt other forms of Tai Chi. **Please state your level when booking.**

<b>Duration</b>	10 weeks
<b>Starts</b>	Tuesday 29/09/2020
<b>A - Beginners</b>	9:15am - 10:15am
<b>B - Progressors</b>	10.20am - 11.20am
<b>C - Advanced</b>	11:25am - 12:25pm
<b>Tutor</b>	Mat Ward
<b>Fee</b>	A) £25 B) £70

### Introduction to Reflexology - X185

#### Woodingdean Community Centre, Warren Road

Reflexology is a natural holistic therapy that promotes health, healing and well-being. It is a gentle therapy that brings relief from the stresses of everyday life as well as helping with a range of health conditions.

The course will introduce you to all aspects of Reflexology and will teach you to do a full basic treatment. It is suitable for those considering further training in the practice or for those who wish to use it on family and friends. Please bring a cushion and a towel. Learners will practise on each other throughout the course.

<b>Duration</b>	8 weeks
<b>Start</b>	Thursday 08/10/2020
<b>Time</b>	10am - 12pm
<b>Tutor</b>	Valerie Ingram
<b>Fee</b>	A) £25 B) £95

