

Social Media Marketing for Small Business - Z642

Online course with Google Meet

Social media marketing is a no brainer for any small business, whether you're a start-up or a keep-going. Social media has the potential to reach, engage and to build your brand and your business in ways that many other forms of marketing can only dream of!

This 6 week course will walk you through the fundamental basics of a marketing plan, a social media strategy and will teach you how to create content that will show and grow your business with purpose and personality. The course is also suitable for community projects.

This is an online course via Google Meet.

Duration 6 weeks
Start Wednesday 12/05/2021
Time 10am - 12pm
Tutor Carrie Emmerson
Fee A) £25 B) £75



Painting with Acrylics - Z643

Online course with Google Meet

This online course will guide you through all the techniques you will need to create a painting with impact. Using still life and portraiture as a theme, we will look at brushwork, the properties of acrylic, colour mixing, composition and much more.

Please get in touch for a list of what you will need for the course.

Duration	8 weeks
Start	Monday 10/05/2021
Time	1pm - 3pm
Tutor	Caroline Marsland
Fee	A) £25 B) £90

This is an online course via Google Meet.

Getting The Most From Your Digital Camera - Z639

Online course with Google Meet

This course is for those who want to get the most out of their digital camera and who are new to learning photography. It will cover different photographic styles such as portraiture, landscape and still life. We will look at techniques such as lighting, composition and image exposure thus giving you full creative control over how your pictures look.

A lot of what will be taught is also applicable to camera phones and some in-depth information can be given about camera phone functions, filters and settings. To do the course you need a camera with a manual setting. Please enquire if you need more information on the course requirements.

This is an online course via Google Meet.

Duration	5 weeks
Start	Thursday 13/05/2021
Time	6:30pm - 8:30pm
Tutor	Ezra Evans
Fee	A) £25 B) £75

Concessionary Information:

Concessionary rates 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 and Pension Credits. Concessionary rates are also available to people on Working Tax Credits and / or low incomes (if your income is below £17,004). **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).**

Online learning; advice and support.

Online learning is simple when you know how. Varndean College is linking with The Trust for Developing Communities to support older learners with this transition. **If you are over 50 and you need help and support to access online learning via Zoom and / or Google Meet, please get in touch. One-to-one telephone support is available to get you up and running and to help build your confidence and skills.** Help may also be available for equipment: Call us now to find out more: 01273 546602 / 07749 357321 / dem@varndean.ac.uk

Covid 19:

We understand some of you are keen to return to face to face learning whilst others may feel anxious. Please be assured we are putting in place strategies to ensure you are safe. Government guidance advises students to wear face coverings both in class and in public spaces, unless exempt. Students should continue to remain 2 metres apart, to use hand sanitiser and wipes when entering classrooms and to keep rooms well ventilated.

We expect lateral flow test kits for adult learners to be available soon or you can access tests directly either from a local centre or you can order the kits directly.

<https://find-covid-19-rapid-test-sites.maps.test-and-trace.nhs.uk/>

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

Testing is voluntary; however we encourage everyone to participate in the asymptomatic testing programme to help break transmission links. **If you develop symptoms of COVID-19, you must not come to class.**

For a full list of Adult Education classes at Varndean College please go to:

<https://varndean.ac.uk/adulted>



**BRIGHTON & HOVE
ADULT LEARNING
GROUP**



Adult & Community Learning Courses

April - July 2021

Woodingdean & Moulsecomb
plus **NEW** online classes



Enrolment Open NOW!
Enrol by phone today!
Call 01273 546604

Welcome to the spring term Adult and Community Learning 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

This term we will be offering a range of different teaching styles from face-to-face learning to online classes using Google Meet. Some classes will offer both. We would like to assure our students that all face to face classes are in large rooms with adequate social distancing and safety guidelines in place. In the event of any more closures we can continue all our classes online or we can issue credit notes.

Please see back page for concessionary information as well as further details regarding Covid 19 and online learning.

Art for All - Z637

St. Georges Hall, Newick Road, Moulsecoomb



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

There will be lots of tutor demonstrations as well as group and individual guidance.

Duration 9 weeks
Start Tuesday 04/05/2021
Time 10am - 12pm
Tutor Caroline Marsland
Fee A) £25 B) £95

Creative Writing for Beginners - Z638

St. Andrews Church, Hillside, Moulsecoomb

Start putting pen to paper with this fun and friendly Creative Writing class. You'll learn how to use your imagination and experiences to write stories and poems and can begin to share your creative writing in a supportive and encouraging environment. The class will include writing exercises and reading to learn from published authors.

Suitable for absolute beginners as well as those looking to share their writing with others for the first time and secret scribblers looking to learn some new skills.



Duration 6 weeks
Start Friday 14/05/21
Time 10am-12pm
Tutor Rachel Shorer
Fee A) £25 B) £75

Gentle Yoga

This lovely, gentle Yoga class teaches a range of gentle stretching and strengthening movements to re-balance all the systems of the body. Practice includes breathing, deep relaxation, self-awareness, flexibility, coordination and balance.

Suitable for all levels, all ages and all body types. Please bring a blanket and Yoga mat.



St. Georges Hall, Newick Road, Moulsecoomb

Code Z640
Duration 9 weeks
Start Tuesday 04/05/2021
Time 7pm - 8:15pm
Tutor Kizzy Bramley
Fee A) £25 B) £75

Woodingdean Community Centre, Warren Road

Code Z633
Duration 9 weeks
Start Monday 26/04/2021
Time 11am - 12:15pm
Tutor Kizzy Bramley
Fee A) £25 B) £75

Fine Art; Drawing & Painting Techniques - Z634

Woodingdean Community Centre, Warren Road

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

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 and you will be encouraged to experiment with your own individual interests.

All levels are welcome.



Duration 9 weeks
Start Wednesday 05/05/2021
Time 10am-12pm
Tutor Edyta Was
Fee A) £25 B) £95

Meditation for Wellbeing - Z636

Woodingdean Community Centre, Warren Road & via Google Meet

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.

This class will take place both at the community centre and via Google Meet. Learners will have the option of either attending in person or online.

Duration 9 weeks
Start Thursday 29/04/2021
Time 11:10am - 12:10pm
Tutor Hilary Thompson
Fee A) £25 B) £75

Chi Gung - Z635

Woodingdean Community Centre, Warren Road & via Google Meet

Chi Gung is a style of exercise that benefits both body and mind. The exercises are like Tai Chi but without the need to learn a 'form' or sequence of movements. Benefits include greater flexibility, increased mobility, better posture and improved balance; it is also calming, relaxing and grounding.

Hilary has studied Chi Kung with her Chinese teachers since 1997 and loves to share it as everyone can benefit from this practise. No previous experience is needed; newcomers are welcome as well as students who have previously practised Tai Chi or Chi Gung.

Duration 9 weeks
Starts Thursday 29/04/2021
Time 10am - 11am
Tutor Hilary Thompson
Fee A) £25 B) £75

This class will take place both at the community centre and via Google Meet. Learners will have the option of either attending in person or online.

Digital Skills - Z641

Venue to be confirmed

Do you need help building your digital skills? This 6 week course is for people who use a computer or Smartphone but need support and guidance to progress and expand your skills for everyday use. Topics covered will include online learning using Google Meet, Google Classroom and Zoom, creating and saving documents, cloud storage of files and images, online application forms and using the internet for job searches and research.



There will be lots of opportunities to practise each week using laptops.

Please contact us for an update on the course venue.

Duration 6 weeks
Start Tuesday 11/05/2021
Time 10am - 12pm
Tutor David Purkiss
Fee A) £25 B) £75