

### Chi Gung - X475

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 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 Gung 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.

**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.**

<b>Duration</b>	9 weeks
<b>Starts</b>	Thursday 30/09/2021
<b>Time</b>	10am - 11am
<b>Tutor</b>	Hilary Thompson
<b>Fee</b>	A) £25 B) £75

### Social Media Marketing for Small Business - X478

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. It 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.**

<b>Duration</b>	6 weeks
<b>Start</b>	Wednesday 06/10/2021
<b>Time</b>	10am - 12pm
<b>Tutor</b>	Carrie Emmerson
<b>Fee</b>	A) £25 B) £75

### Pen and Wash - X479

Online course with Google Meet

This online course will guide you through the exploration of brushed ink, dip pen, ink with water wash, line drawing with watercolour, spattering, hatching, dripping and much more. Tips will be given on traditional and contemporary techniques, drawing skills, expression and through tutor demonstrations with slide shows of artists work. You will need dip pen and nib, black drawing pen, indian ink, black quink or water-soluble equivalent, watercolours, a round watercolour brush with a good tip and watercolour paper - hot pressed if possible! Suitable for all levels; from experimenters to practised artists.

**This is an online course via Google Meet.**

<b>Duration</b>	8 weeks
<b>Start</b>	Monday 04/10/2021
<b>Time</b>	1pm - 3pm
<b>Tutor</b>	Caroline Marsland
<b>Fee</b>	A) £25 B) £90

### 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 £17,374). **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, live in Woodingdean 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

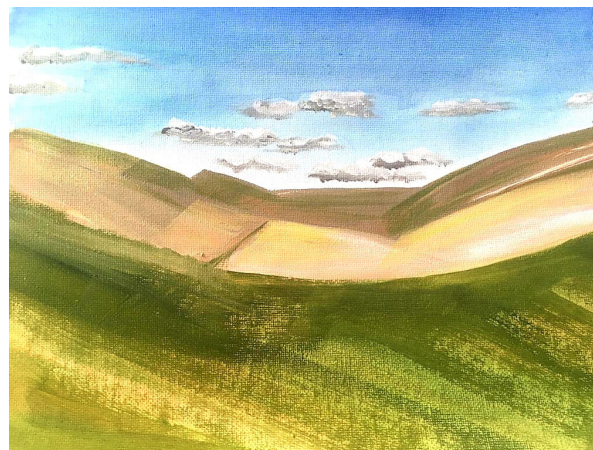
### Accredited courses at Varndean College:

We offer a range of qualification courses including Childcare, Education & Teaching Assistant, GCSE's, Pre - GCSE's and ESOL. Please see our website for a full list of courses <https://varndean.ac.uk/adulted>

### Covid 19:

We will have strategies in place to ensure you are safe whilst in class and will follow the most up to date Government guidance. We will update these in September. If you develop symptoms of COVID-19, you must not come to class. Lateral flow test kits for adult learners can be accessed from a local centre or you can order the kits directly. Testing is voluntary; however we encourage everyone to participate in the asymptomatic testing programme to help break transmission links.

<https://find-covid-19-rapid-test-sites.maps.test-and-trace.nhs.uk/>  
<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>



**BRIGHTON & HOVE  
ADULT LEARNING  
GROUP**



## Adult & Community Learning Courses Autumn Term

September - December 2021

Woodingdean, Moulsecoomb, Bevendean,  
Hollingdean and Hollingbury  
Plus online classes



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



### Welcome to the Autumn 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

We offer a range of different teaching styles from face-to-face learning to online classes using Google Meet. Some classes offer both. We would like to assure our students that all classroom based learning takes place with adequate social distancing and safety guidelines in place. In the event of further lockdowns we can continue all our classes online or we can issue credit notes or refunds.

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

### CPCAB Level 2 Award in Introduction to Counselling Skills - X468

The Old Boat Community Centre, Carden Hill, Hollingdean



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. Suitable for paid staff, volunteers and anyone wishing to develop their communication and listening skills. Please see our website for further information.

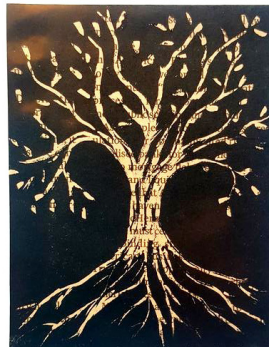
Travel and childcare funding may be available for those on low incomes.

**Duration** 10 weeks  
**Start** Thursday 23/09/2021  
**Time** 10am - 1pm  
**Tutor** Lisa Pick  
**Fee** Free for concessions  
£241 Full price

### Lino Printing with Chine-Colle - X470

The Bevy, Bevendean Crescent, Bevendean

A playful introductory course practising the art of Lino printing and Chine-colle. You will learn how to plan and draw out a design onto Lino, which you will then carve out and print. From there you will experiment with Chine-colle, using tissue paper and old maps and books, to create colourful and unique prints. At the end of the course you will have the skills to work independently. The course is for complete beginners and those with some experience. You do not need to know how to draw to take part in this course.



**Duration** 6 weeks  
**Start** Thursday 14/10/2021  
**Time** 9.45am-11.45am  
**Tutor** Maia Eden  
**Fee** A) £25 B) £75

### Digital Skills - X471

Hollingdean Community Centre, Thompson Road, Hollingdean

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 their 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.

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



### Art for All - X469

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 28/09/2021  
**Time** 10am - 12pm  
**Tutor** Caroline Marsland  
**Fee** A) £25 B) £95

### Creative Writing for Beginners - X477

Woodingdean Community Centre, Warren Road

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 15/10/2021  
**Time** 10am-12pm  
**Tutor** Rachel Shorer  
**Fee** A) £25 B) £75



### Fine Art; Drawing & Painting Techniques - X474

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 29/09/2021  
**Time** 10am-12pm  
**Tutor** Edyta Was  
**Fee** A) £25 B) £95



### Gentle Yoga - X473

Woodingdean Community Centre, Warren Road

This 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, strengthening, flexibility, coordination and balance.

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

**Duration** 9 weeks  
**Start** Monday 27/09/2021  
**Time** 11.45am - 1pm  
**Tutor** Gabi Markham  
**Fee** A) £25 B) £75

### Social History - X472

Arts, Culture and Society in Regency England 1790 - 1830

The Church of the Holy Cross, Downsway, Woodingdean

An age of elegant living and great hardship. Regency London was a hotbed of crime, vice and low life. It was also a brilliant period for the arts, culture, architecture, literature and scientific experiment and observation. The Industrial Revolution was underway and we saw the rise of the sea-side with its accompanying infrastructure. The course is Illustrated with Powerpoint slideshows and lots of discussion.

**Duration** 6 weeks  
**Start** Monday 11/10/2021  
**Time** 10am - 12pm  
**Tutor** Sarah Tobias  
**Fee** A) £25 B) £75

### Meditation for Wellbeing - X476

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 30/09/2021  
**Time** 11:10am - 12:10pm  
**Tutor** Hilary Thompson  
**Fee** A) £25 B) £75