



Adult Community Learning

Hollingbury • Woodingdean
Moulsecoomb • Whitehawk
Varndean College

PLUS ONLINE LEARNING

January - March 2024



Varndean
College Brighton & Hove

Welcome to the spring Community Learning brochure

How to Enrol
01273 546 604
study@varndean.ac.uk

Enquiries
01273 546 602
commed@varndean.ac.uk

If you need information, advice and guidance (IAG)
about training, volunteering or employment,
contact our Learning and Participation Adviser on
01273 546 602/07749 357 321 or dem@varndean.ac.uk

Concessionary Information:
Concessionary rate = cost A, Full fee = cost B
Concessionary rates apply to people aged 65 or over and to
those on means tested benefits (MTB); these are Universal Credit,
ESA, Housing Benefit, Council Tax Benefit and Pension Credits.
Concessionary rates are also available to people on Working Tax Credits
and / or low incomes (income below £20,319). Up to date concessionary
evidence is required or the full rate will be charged; evidence must be
provided and full payment made when you book your course.

Skills for life
for employment
for fun

Whitehawk: Level 1 Award in Working with Children Y650

**Cost: FREE if on a MTB or a low income
(below £20,319). Full cost: £450**

**Wednesday 21 February. 13 weeks. 9.30am-1pm
Whitehawk Library, Whitehawk Road.**

An introductory course to develop your knowledge
and understanding of the needs of young children in a
nursery, school or play setting. The course also fosters
an understanding of a childcare worker's role in
supporting children's development. You can progress
onto further childcare or Teaching Assistant training.



Whitehawk: Digital Skills Y666

Cost: A) £18 B) £72

Monday 22 January. 9 weeks. 10am-12 midday

Whitehawk Library, Whitehawk Road. Tutor: David Purkiss

Do you need help building your computer skills? This 10
week course is for people who use a computer but need
support to progress and expand their skills for everyday
use. There will be lots of opportunities to practise each
week. The course is suitable for beginners and refreshers.
It will be useful if you already have an email address.

Whitehawk: Exploring Art Y688

Cost: A) £20 B) £80

Tuesday 16 January. 10 weeks. 1pm-3pm

Manor Road Gym, Manor Road.

A relaxed and friendly course which will support you
in developing your painting and drawing skills as
well as your knowledge and appreciation of art. The
course is designed for all levels and abilities. We will
be looking at drawing and painting techniques, colour
theory and more.



Go to www.varndean.ac.uk/adulted for terms and conditions and refund details. Fees and
concessionary rates are correct at the time of publication and are subject to change.





Woodingdean: History. Late Victorian and Edwardian England 1880-1914 Y671

Cost: A) £16 B) £64

Monday 22 January. 8 weeks. 10am-12 midday

The Church of the Holy Cross, Downsway.

Tutor: Sarah Tobias

Innovations at the end of the Victorian period included the introduction of the motor car and the era of Art Nouveaux. The short 'Golden Age' of the Edwardians saw changes to the idyll of wealthy life, but sadly, not to the great poverty of the working class. We will view new ideas in the arts, architecture, literature, fashion, leisure and the home with lots of lively discussion and colourful powerpoint slideshows.

Woodingdean: Gentle Yoga Y670

Cost: A) £12.50 B) £50

Monday 15 January. 10 weeks. 11.45am-1pm

Woodingdean Community Centre, Warren Road. Tutor: Lee Spearpoint

This gentle yoga class teaches a range of stretching and strengthening movements. 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.

Woodingdean: Collage, Mixed Media and Creative Paper Cutting Y675

Cost: A) £16 B) £64

Tuesday 23 January. 8 weeks. 10am-12 midday

The Church of the Holy Cross, Downsway. Tutor: Maia Eden

This fun, playful and creative course is for everyone, as there are no special skills required to take part. Using paint, ink, old books and magazines, the tutor will guide you through lots of exercises and techniques to create your own unique artworks. This term we will also experiment with creative paper cutting which works as a craft in its own right or it can be added to your collage work.

Woodingdean: Drawing and Painting Y672

Cost: A) £20 B) £80

Wednesday 17 January. 10 weeks. 10am-12 midday

The Deans Youth Centre, Warren Road.

Tutor: Caroline Marsland

A class for learners to examine traditional art themes such as still life, landscape and portraiture. Various drawing and painting techniques will be explored. We will also analyse other artists' work for inspiration and you will be supported to experiment with your own individual interests. All levels welcome.



Woodingdean: French (step 1) Beginners Y676

Cost: A) £15 B) £60

Wednesday 17 January. 10 weeks. 10.30am-12 midday

Woodingdean Community Centre, Warren Road. Tutor: Vicky Balmforth

Bonjour! This is a welcoming course for beginners in French, or for those who would like to refresh their language skills. The course will focus on language useful for visiting and holidaying in French speaking countries and there will be lots of opportunities to practise speaking and listening. A bientôt!

Woodingdean: Pilates for All Y673

Cost: A) £11 B) £44

Thursday 11 January. 11 weeks. 10am-11am

Woodingdean Community Centre, Warren Road.

Tutor: Gemma Shrubbs

Pilates will help you improve your posture, strength, coordination and flexibility. Exercises will be adapted for different ages and abilities and will vary from floor-based to chair based to standing. Suitable for all levels. Please bring a Yoga mat and a blanket.



Woodingdean: Singing Together Y677

Cost: A) £13.50 B) £54

Thursday 25 January. 9 weeks. 11.30am-1pm

St.Patrick's Church, Broad Green.

Come and enjoy the benefits of community singing. From beginners to experienced vocalists, everyone is welcome. Each week we begin the sessions with some breathwork to warm us up before singing songs from a wide variety of sources including the tastes and suggestions of those in the group. Our weekly sessions are designed to lift your spirits, provide relaxation and enhance joy and well being.



Woodingdean: Qi Gong for All Y674

Cost: A) £10 B) £40

Friday 12 January. 10 weeks. 9.45am-10.45am

St.Patrick's Church, Broad Green.

Tutor: Karen White

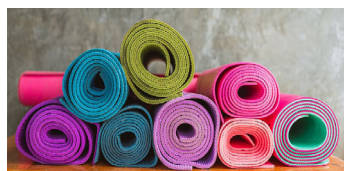
Qi Gong is a series of repetitive movements which aid strength, stability, flexibility, harmony and flow in your body. Practising Qi Gong is for exercise, relaxation and fun. It can help for self-healing as well as preventive medicine. Suitable for all levels and abilities.

Moulsecroomb: Art for All Y682

Cost: A) £20 B) £80

Tuesday 16 January. 10 weeks. 10am-12 midday
St.Georges Hall, Newick Road.

Suitable for all levels of experience and skill, this friendly and relaxing Art class will encourage you to develop your own ideas and to use a range of mediums and techniques. There will be tutor demonstrations as well as group and individual guidance.



Moulsecroomb: Pilates for All Y683

Cost: A) £10 B) £40

Thursday 18 January. 10 weeks. 11.30am-12.30pm

St.Georges Hall, Newick Road. Tutor: Nelly Lewis

See description for Pilates on P.5

Moulsecroomb: Mindfulness and Meditation Y684

Cost: A) £10 B) £40

Thursday 18 January. 10 weeks. 12.45am-1.45pm

St.Georges Hall, Newick Road. Tutor: Nelly Lewis

Embark on a transformative journey where the art of positive, happy living unfolds. Led by an expert facilitator, each class is a captivating blend of guided mindfulness exercises, soul-soothing meditations and lively group discussions. Immerse yourself in a warm, friendly atmosphere as you unlock the secrets to inner harmony and a more mindful and joy-filled life.



Moulsecroomb: Creative Writing for Beginners Y685

Cost: A) £16 B) £64

Friday 26 January. 8 weeks. 10am-12pm

St.Georges Hall, Newick Road. Tutor: Helen Forester

Have a creative spark and want to learn how to channel this by putting pen to paper? Whether you are a keen writer or are just starting out, this intro course will explore different writing techniques, forms, styles and tones that will help you to develop your own style and find your voice in a relaxed and supportive space. We will cover poetry, non-fiction and fiction prose as well as looking at different genres.

Bevendean: Re-style and Upcycle Clothing Y686

Cost: A) £18 B) £72

Wednesday 24 January. 9 weeks. 10am-12 midday

The Bevy, Hillside. Tutor: Jacqueline Linden

Learn how to upcycle your own clothes into new items. We will cover applique, hand stitching and patch work to transform and adapt old items. Turn your t-shirt into a tote, a shirt into a cushion and an old jumper into mittens and fingerless gloves. This fun and creative course is suitable for beginners and those with experience. There will be an additional charge of £2 each week for course materials.



Hollingbury: Spanish step 2. Improvers & Refreshers Y679

Cost: A) £15 B) £60

Monday 15 January. 10 weeks. 7pm-8.30pm

The Old Boat Corner Community Centre, Carden Hill. Tutor: Margarita Chamorro

A step 2 course for those who have completed a beginners class. It is suitable for improving your basic Spanish and for refreshing your language skills. We will continue with grammar, improving vocabulary and covering the basics for visiting and holidaying in Spain. There will be plenty of opportunities to practise speaking and listening.

Hollingbury: Pilates for All Y678

Cost: A) £11 B) £44

Tuesday 9 January. 11 weeks. 6.45pm-7.45pm

The Old Boat Community Centre, Carden Hill. Tutor: Gemma Shrubbs

See above description for Pilates on P.5

Hollingbury: Gentle Yoga Y680

Cost: A) £12.50 B) £50

Thursday 18 January. 10 weeks. 9.45am-11am

The Old Boat Corner Community Centre, Carden Hill. Tutor: Lee Spearpoint

See above for description of Gentle Yoga on P.4

Hollingbury: Collage & Mixed Media Y681

Cost: A) £16 B) £64

Thursday 25 January. 8 weeks. 11.30am-1.30pm

The Old Boat Corner Community Centre, Carden Hill. Tutor: Maia Eden

This fun, playful and creative course is for everyone, as there are no special skills required to take part. Using paint, ink, old books and magazines, the tutor will guide you through lots of exercises and techniques to create your own unique artworks.

Online: Drawing & Painting Skills Y687

Cost: A) £20 B) £80

Monday 15 January. 10 weeks. 10am-12 midday

Online. Tutor: Caroline Marsland

Explore your artistic skills in the comfort of your own home. This student-led course will inspire you to develop drawing and painting techniques through demonstration and sharing of ideas. We will be looking at historical and contemporary artists and using a variety of media such as acrylic, pastel, pencil and more.. For beginners and intermediate. This is an online course via Google Meet.



Varndean College: Female Entrepreneur Programme Y691

Cost: A) £12 B) £48

Starting 9 January. 2 weeks. 5pm-7pm

Tuesday, Wednesday & Thursday evenings.

Varndean College, Surrenden Road. Tutor: Carl Southwell

Want to work for yourself? This fantastic new course will help you understand the competition, prepare you for starting a business and will look at Social Media and presenting/storytelling. You will get the chance to collaborate with other female entrepreneurs as well as gain the early skills and mindset to develop your business idea.

Varndean College: Community Crochet Club for Improvers Y690

Cost: A) £20 B) £80

Wednesday 17 January. 10 weeks. 5pm-7pm.

Varndean College, Surrenden Road. Tutor: Hannah Nimmo

For those who are not beginners but still near the start of their crochet journey. We will get together over a cup of something hot and do either our own projects or charitable projects. Come and join this supportive group for help with reading patterns and to develop your skills in a relaxing space. Bring along what you would like to work on.

Varndean College: Create a Short Podcast Y660

Cost: A) £24 B) £96

Tuesday 20 February. 8 weeks. 6pm-9pm.

Varndean College, Surrenden Road.

Podcasting is part of the digital revolution. If you would like to develop your own podcast, this is the course for you. We will explore genres as well as the importance of structure and what makes a compelling story. By the end of the course you will have the skills to make your own short podcast episode

Varndean College: Start Your Own Business Y659

Cost: A) £24 B) £96

11 March. 2 weeks. 9.25am-12.25pm.

Monday, Tuesday, Wednesday & Thursday.

Varndean College, Surrenden Road. Tutor: Alan Vickery

We will help you bring your idea to life and take you through the step by step process of how to turn it into a successful business. Topics covered include exploring your idea, sales, marketing and financial aspects. By the end of the course you will be able to create your own personal business plan with expert guidance.

Varndean College: Level 3 Award in Education and Training Y657

Cost: £400.

Wednesday 17 January. 12 weeks. 5.30pm-8.30pm

Varndean College, Surrenden Road.

Ever wanted to be an Adult Education tutor? Do you have skills that you would like to share but lack the teacher training to do so? If so, this is the course for you. This level 3 qualification provides an introduction to teaching and aims to meet a range of needs for trainee teachers. Topics covered include inclusion, diversity, lesson planning, effective teaching methods and understanding roles, responsibilities and relationships in education.

Whitehawk Movement for Beginners Y708

Free Taster Session

Tuesday 12 March. 10am-11am

Manor Road Gym, Manor Road. Whitehawk. Tutor: Colette Kite

Join professional dancer Colette Kite for a beginner dance & movement class. There will be a 10 week course after Easter, incorporating an exciting fusion of dance styles and focussing on dance foundations, techniques, body awareness and enjoyment of moving. This class is open to complete beginners and all levels of fitness and ages.

Whitehawk Dance Fitness Y709

Free Taster Session

Tuesday 19 March. 10am-11am

Manor Road Gym, Manor Road. Whitehawk. Tutor: Colette Kite

Dance fitness is a fun, accessible and upbeat way to work on fitness levels and mobility. Exercises will incorporate dance, salsa, zumba and yoga elements with energising world music. These classes are a great way to build on fitness and boost energy in the most enjoyable way. All fitness levels and ages are welcome.

Other courses at Varndean College

We have a range of Adult Education classes at Varndean College. Please check our website for further details varndean.ac.uk/adulted or contact commed@varndean.ac.uk 01273 546 602 for a brochure.

ESOL Conversation Clubs

Please get in touch if you would like to join an ESOL conversation club. You will get a chance to meet people and socialise and can practise your English language skills in a fun and supportive space.

Contact Us

Tel: 01273 546 602

commed@varndean.ac.uk

**Varndean College, Surrenden Road,
Brighton BN1 6WQ**

www.varndean.ac.uk/adulted



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