

# Adult Education New Courses from April 2018



# 2 Contents & Introduction

Contents	Page
Access Courses	2
Counselling	3-4
Information Technology	5
Arts & Crafts	6-7
General Interest	8
Health & Personal Development	9-10
Languages	11
Music	12
Photography	12
Saturday Workshops	13-15
How to Enrol	16
Financial Information	17-18
Map & How to Find Us	19

## Advice and Guidance Helpline:

Tel: 01273 546602

E-mail: [commed@varndean.ac.uk](mailto:commed@varndean.ac.uk)

## To Enrol:

Tel: 01273 546604

E-mail: [study@varndean.ac.uk](mailto:study@varndean.ac.uk)

## Our Website:

[www.varndean.ac.uk/adult](http://www.varndean.ac.uk/adult)

## ACCREDITED (EXAMINATION) COURSES starting September 2018

If you are interested in taking up an examination course this autumn (e.g. GCSEs) please telephone 01273 546602 in the first instance for advice and guidance.

## Varndean in the Community

Please contact us for details of our summer offsite courses running across the city.

Want to study at university but do not have the necessary entry qualifications?



# ACCESS TO HIGHER EDUCATION COURSES

an alternative route to university for adults (19+)

### Medical Sciences

Paramedics, Dental Nursing, Nursing, Biology, Sports Science, Botany, Nutritional Science, Marine Biology, Forensic Science, Environmental Science

### Humanities & Social Science

Social Work, Social Policy, Politics, International Relations, Cultural Studies, Development Studies, Psychology, Criminology, Archaeology, Anthropology

### Health Studies & Social Care

Nursing, Speech & Arts Therapy, Teaching Mental Health, Occupational Therapy, Dental Hygiene, Podiatry, Physiotherapy



*To find out more about how an Access course can help you get a place at university, come along to one of our Open Evenings .....*

**21 February 5.30pm, 19 March 6pm, 26 April 7pm**

19+ loans are available. Your loan is written off if you pass your degree. Application forms are on our website: [www.varndean.ac.uk](http://www.varndean.ac.uk) or contact Admissions Enquiries on 01273 546607 or email: [study@varndean.ac.uk](mailto:study@varndean.ac.uk) for further information.

## Counselling Courses

Our accredited Counselling courses will provide you with a clear pathway either onto a Level 4 Diploma in Therapeutic Counselling or onto a Postgraduate course in Counselling if you wish to become a qualified counsellor. Alternatively you can study with us to enhance your listening skills in a personal or work related environment. Please ring 01273 546602 if you require more information or go to our website: [www.varndean.ac.uk](http://www.varndean.ac.uk).

Please note that entry to all counselling courses involves completion of an application form available from the adult education office or online at [www.varndean.ac.uk](http://www.varndean.ac.uk).

### CPCAB Certificate in Introduction to Counselling Skills

Concessions are available on this course for students on work-related benefits. The fee is made up of £175 tuition and £50 registration fee.

These courses introduce trainees to initial counselling skills which can be used in everyday life, as well as basic counselling concepts. They also allow progression to the CPCAB Certificates in Counselling Skills course. Students are assessed through a portfolio of evidence. Students do not need any prior knowledge of the subject.

### CPCAB Level 2 Certificate in Counselling Skills

Concessions are available on this course for students on work related benefits. The fee is made up of £400 tuition and £152 exam fee.

This qualification is the natural progression for students who are over 18 years old and have successfully completed an Introduction to Counselling course.

This course is for candidates who want to learn counselling skills to help and support others either in a voluntary or employed capacity. It will not qualify them to be counsellors but it will give them skills that can be used in a variety of roles. Roles might include support workers, nursing, key workers, community workers and teaching. Areas of work could include mental health, the homeless, substance misuse, education, youth and community work and health and social care. This course offers progression to the CPCAB Level 3 Certificate in Counselling Studies starting in September 2018.

<b>Course Code</b>	Z550
<b>Duration</b>	10 weeks
<b>Start</b>	24/04/2018
<b>Day</b>	Tuesday
<b>Time</b>	6pm - 9pm
<b>Tutor</b>	Cathy Davies
<b>Fee</b>	£225

<b>Course Code</b>	Z551
<b>Duration</b>	10 weeks
<b>Start</b>	25/04/2018
<b>Day</b>	Wednesday
<b>Time</b>	6pm - 9pm
<b>Tutor</b>	From our team of tutors
<b>Fee</b>	£225

<b>Course Code</b>	Z555
<b>Duration</b>	10 weeks
<b>Start</b>	23/04/2018
<b>Day</b>	Mon & Friday
<b>Time</b>	1.30pm - 5.30pm
<b>Tutor</b>	Deborah Mantuano
<b>Fee</b>	£552



# 4 Counselling Courses

## CPCAB Level 3 Certificate in Counselling Studies 2018-19

You will need to have completed the CPCAB Level 2 Certificate in Counselling Skills or an equivalent to enter this course. Weekly sessions will allow learners to further develop their practical counselling skills for use at work or in a personal capacity whilst at the same time giving them the opportunity to examine a number of theoretical counselling theories and models.

This qualification allows progression to the CPCAB Level 4 Diploma in Therapeutic Counselling skills in September 2018. Entry to the course is by application form available at [www.varndean.ac.uk](http://www.varndean.ac.uk) or telephone 01273 546602 for further information.



<b>Course Code</b>	X439 and X440
<b>Duration</b>	30 weeks
<b>Start</b>	20/09/2018
<b>Day</b>	Thursday
<b>Time</b>	6pm - 9pm
<b>Tutor</b>	Lee Boyer or Chris Molyneux

## CPCAB Level 4 Diploma in Therapeutic Counselling Skills (2 Year Course) 2018-19

The fee is made up of £2,703 tuition and £297 exam fee per year. 19+ Advanced Learner loans may be available (see page 17 or our website [www.varndean.ac.uk](http://www.varndean.ac.uk) for details).

The Level 4 Diploma in Therapeutic Counselling is a two year course for those who wish to train to become a counsellor working in a counselling agency. Successful completion of this course will enable you to provide a therapeutic counselling service within the context of an agency's service framework.

The Diploma provides:

- coherent vocational and professional counselling training
- a competence based training which highlights the development of skilled practice via experiential learning
- specific training for the role of counsellor in an agency
- the opportunity to learn and deepen your knowledge of a wide range of counselling theories and approaches

It also provides a pathway onto the Open University Foundation Degree in Counselling. You must have obtained both the CPCAB Level 2 Certificate in Counselling Skills and the CPCAB Level 3 Certificate in Counselling Studies, or their equivalent to enter this course. Entry to the course is by application form available at [www.varndean.ac.uk](http://www.varndean.ac.uk). Telephone 01273 546602 for further information. You will be interviewed before being accepted onto the course.

<b>Course Code</b>	X438
<b>Duration</b>	64 weeks + 3 Saturdays
<b>Start</b>	19/09/2018
<b>Day</b>	Wednesday
<b>Time</b>	2.30pm - 8.30pm
<b>Tutor</b>	Lee Boyer & Chris Molyneux
<b>Fee</b>	£3,000 payable in Year 1 & Year 2 (£6,000 in total)

## IT Courses

### IT for Beginners

Come along to this introductory course for learners with little or no experience of using a computer. Groups are small and classes are tutor led. Build your confidence to safely browse the internet, send e-mails and use word-processing software.

<b>Course Code</b>	Z556
<b>Duration</b>	8 weeks
<b>Start</b>	25/04/2018
<b>Day</b>	Wednesday
<b>Time</b>	7pm - 9pm
<b>Tutor</b>	Tba
<b>Fee</b>	£65 (£20 concessionary fee MTB/over 65's)

### Next Steps in IT

Gain confidence in using the internet to shop safely and refine your search skills. Use Microsoft Word to produce professional documents, insert, and manipulate images. Learn about file management and online storage.

<b>Course Code</b>	Z557
<b>Duration</b>	8 weeks
<b>Start</b>	24/04/2018
<b>Day</b>	Tuesday
<b>Time</b>	7pm - 9pm
<b>Tutor</b>	Tba
<b>Fee</b>	£65 (£18 concessionary fee MTB/over 65's)

### Photoshop for Beginners

Learn new skills and gain confidence with Adobe Photoshop. Practical lessons with an experienced tutor will help to unlock the creative potential of the software. You will work with your photographs - adjust colour and brightness, retouch imperfections, combine parts of different images together, work with layers and add text. Experience of using a computer and a mouse is required, but you do not need any experience of Photoshop or have access to the package at home.

<b>Course Code</b>	Z558
<b>Duration</b>	8 weeks
<b>Start</b>	25/04/2018
<b>Day</b>	Wednesday
<b>Time</b>	7pm - 9pm
<b>Tutor</b>	Rob MacDonald
<b>Fee</b>	£105

There are no concessions on this course.





# 6 Arts and Crafts

## Arts and Crafts

### Flower Arranging for All

Learn how to use flowers to make beautiful arrangements in a fun, friendly environment. Starting with a demonstration, followed by guidance, create a new design each week. You will be expected to bring your own flowers (approx. £5) as well as some foliage.

Please bring scissors/secateurs and a notebook. Any floral sundries you require can be bought from the tutor.

<b>Course Code</b>	Z552
<b>Duration</b>	5 weeks
<b>Start</b>	24/04/2018
<b>Day</b>	Tuesday
<b>Time</b>	7pm - 9pm
<b>Tutor</b>	Nina Tucknott
<b>Fee</b>	£60



### Garment Making from a Commercial Pattern

Have you always wanted to make clothes using a commercial pattern? Our practical course will teach you how to adapt and change the pattern to fit. You will become confident and competent in modifying patterns using new skills to refit and restyle. Cutting out and working with different fabrics, you will use a sewing machine to construct your garment.

<b>Course Code</b>	Z595
<b>Duration</b>	10 weeks
<b>Start</b>	24/04/2018
<b>Day</b>	Tuesday
<b>Time</b>	7pm - 9pm
<b>Tutor</b>	Jacqueline Linden
<b>Fee</b>	£105



### Painting in Acrylic

A course to guide you through the process of landscape painting, looking at composition, tone, simplification, colour mixing and mood. Included will be instruction on skies, water, fields, trees, landscapes and more. The tutor will demonstrate a variety of techniques in acrylic to help you make informed decisions when creating your own dramatic landscape paintings. Students need to supply their own acrylics and canvas or acrylic paper.

<b>Course Code</b>	Z583
<b>Duration</b>	5 weeks
<b>Start</b>	24/04/2018
<b>Day</b>	Tuesday
<b>Time</b>	7pm - 9pm
<b>Tutor</b>	Caroline Marsland
<b>Fee</b>	£65





## Rag Rug Making

Re-visit the old art of rag-rug making. Using old fabrics and even plastic, you will learn three techniques that can be applied to a range of creations. We will also look at other ways of re-vamping material such as fabric wreaths. Suitable for all artistic levels. Fun, colourful, therapeutic and creative. Please allow £5 to purchase tools from the tutor.

<b>Course Code</b>	Z581
<b>Duration</b>	6 weeks
<b>Start</b>	25/04/2018
<b>Day</b>	Wednesday
<b>Time</b>	7pm - 9pm
<b>Tutor</b>	Debra Mallard
<b>Fee</b>	£65



## Watercolour Painting

Get the most out of your watercolours. Use colour theory to help you mix and match colours to create the effect of mood. Learn to lay on washes and try more experimental techniques using salt, cling film and spray. Use still life and photographs as inspiration to help you find your style. A £7 charge will be made for materials at the first lesson.

<b>Course Code</b>	Z562
<b>Duration</b>	5 weeks
<b>Start</b>	26/04/2018
<b>Day</b>	Thursday
<b>Time</b>	7pm - 9pm
<b>Tutor</b>	Caroline Marsland
<b>Fee</b>	£65



# 8 General Interest

## General Interest

No concessions are available on these courses.

### Bridge for Beginners

Students who wish to join this class in April must have some prior knowledge of the game and should contact the Adult Education Office on 01273 546602 to see if the course is suitable for them. Learn Acol bidding, duplicate scoring, sound card play and defence. Meet new friends and enjoy the company.

<b>Course Code</b>	Z563
<b>Duration</b>	10 weeks
<b>Start</b>	26/04/2018
<b>Day</b>	Thursday
<b>Time</b>	7pm - 9pm
<b>Tutor</b>	Monica Watts
<b>Fee</b>	£98

### Bridge Intermediate (continuation)

This summer course is a continuation of the autumn and spring classes and students joining in the last term should have a good knowledge of the game who are at second year level. Improve your bidding skills, card play, signals and defence. Conventions and score duplicate will be covered in order for you to enjoy a strong, sound game.

<b>Course Code</b>	Z564
<b>Duration</b>	10 weeks
<b>Start</b>	25/04/2018
<b>Day</b>	Wednesday
<b>Time</b>	7pm - 9pm
<b>Tutor</b>	Monica Watts
<b>Fee</b>	£98



## Grow Your Garden

This course will help you care for your garden with confidence. You will learn plant propagation, how to cope with weeds and pests, easy pruning techniques and how to save money by planting the right plants the first time. A course sprinkled with time saving and green gardening tips.

<b>Course Code</b>	Z565
<b>Duration</b>	5 weeks
<b>Start</b>	26/04/2018
<b>Day</b>	Thursday
<b>Time</b>	7pm - 9pm
<b>Tutor</b>	Sue Craske
<b>Fee</b>	£65



## Introduction to Psychology

An introductory journey through the key themes and issues within Psychology such as personality, criminological psychology, social psychology, cognitive psychology, sleep and dreams, relationships, abnormality, stress and illness.

<b>Course Code</b>	Z566
<b>Duration</b>	8 weeks
<b>Start</b>	24/04/2018
<b>Day</b>	Tuesday
<b>Time</b>	7pm - 9pm
<b>Tutor</b>	Liz Prince-Harding
<b>Fee</b>	£105



## Health & Personal Development

No concessions are available on these courses.

*Please note that during late May & June some of the following fitness classes may take place off-site due to public exams in the College.*

### Circuit Training

A fun workout for all levels, where participants move from station to station and perform a variety of exercises. The class is set to music and is a full body workout that focuses on conditioning, strength, power and speed. Perfect for those looking to tone up, lose weight or improve their overall fitness. The class allows each participant to work as hard as they choose.

<b>Course Code</b>	Z567
<b>Duration</b>	10 weeks
<b>Start</b>	25/04/2018
<b>Day</b>	Wednesday
<b>Time</b>	6.40pm - 7.40pm
<b>Tutor</b>	Jodie Grantham Rix
<b>Fee</b>	£70

### Stretch & Tone

This class is perfect for those wishing to tone up and to improve their flexibility. Begin with a range of exercises to tone and firm muscles and improve core strength. The session takes you through a full body stretch, perfect for those wanting to improve posture, relax and de-stress from busy daily life and will leave you feeling relaxed and revitalised. Please bring a mat and wear comfortable clothing

<b>Course Code</b>	Z570
<b>Duration</b>	10 weeks
<b>Start</b>	25/04/2018
<b>Day</b>	Wednesday
<b>Time</b>	7.45pm - 8.45pm
<b>Tutor</b>	Jodie Grantham Rix
<b>Fee</b>	£70

### Pilates

Safe and effective for all including those with back problems (often recommended by osteopaths and chiropractors). We use postural symmetry, control and flow of movement, strength, relaxation and breathing to strengthen the postural muscles and body alignment will be covered.

Low impact exercises focusing on the back, stomach and pelvic floor. Please bring a mat and be prepared to work in bare feet.

<b>Course Code</b>	Z569
<b>Duration</b>	10 weeks
<b>Start</b>	24/04/2018
<b>Day</b>	Tuesday
<b>Time</b>	7.05pm - 8.20pm
<b>Tutor</b>	Susan Schiano di Collela
<b>Fee</b>	£75



### Fun Exercise to Music

You don't have to be a dancer to enjoy this fun & rhythmic style of low impact aerobic exercise suitable for anyone wanting to improve their fitness level in a friendly, enjoyable class. Tone, strengthen and shape your body, whilst burning calories. A combination of easy to follow moves with simple dance steps. Exercise to the beat of the music. Guaranteed to be fun! Please bring a mat.

<b>Course Code</b>	Z568
<b>Duration</b>	10 weeks
<b>Start</b>	24/04/2018
<b>Day</b>	Tuesday
<b>Time</b>	6pm - 7pm
<b>Tutor</b>	Susan Schiano di Collela
<b>Fee</b>	£70

# 10 Health & Personal Development

## Tai Chi

Suitable for all ages and body types from beginners to more experienced. A step by step guide to Tai Chi. Release tension, boost energy levels and improve flexibility, co-ordination and balance. Cover the main principles of the art and learn energy exercises (Qi Gong = 'chee gung') to warm up and maximise the benefits of the Tai Chi.

<b>Course Code</b>	Z571
<b>Duration</b>	10 weeks
<b>Start</b>	26/04/2018
<b>Day</b>	Thursday
<b>Time</b>	7pm - 8.15pm
<b>Tutor</b>	Emma Burnett
<b>Fee</b>	£75

## Yoga for All

Yoga will keep you strong, flexible and healthy, leaving you with feelings of inner calm, clarity and wellbeing. The tutor is passionate about yoga and hopes to inspire you and develop your desire to continue with the exercise. Revitalise your body and mind! Please bring a mat or blanket, wear comfortable clothing and be prepared to work in bare feet.

<b>Course Code</b>	Z572
<b>Duration</b>	10 weeks
<b>Start</b>	24/04/2018
<b>Day</b>	Tuesday
<b>Time</b>	7pm - 8.15pm
<b>Tutor</b>	Alex Golding
<b>Fee</b>	£75

## Cognitive Behaviour Therapy

Cognitive Behaviour Therapy is a form of psychotherapy that can help us use our minds in more productive ways. CBT techniques can be applied to our personal lives, helping us to bring about positive change in our thinking and behaviour. There are also useful skills to learn for those working in counselling, care or social work and youth work.

<b>Course Code</b>	Z573
<b>Duration</b>	6 weeks
<b>Start</b>	25/04/2018
<b>Day</b>	Wednesday
<b>Time</b>	7pm - 9pm
<b>Tutor</b>	Liz Prince-Harding
<b>Fee</b>	£75

## Life Coaching

A powerful self-development course to redirect your future. This course will empower you to feel more in control of your life by offering inspiring perspectives and techniques that will help you enjoy life more. Learn how to overcome your weaknesses and expand your strengths to thrive and cope with all that life brings. You will also learn how to enhance your diet, quality of sleep and overall health.

<b>Course Code</b>	Z574
<b>Duration</b>	6 weeks
<b>Start</b>	24/04/2018
<b>Day</b>	Tuesday
<b>Time</b>	6pm - 9pm
<b>Tutor</b>	Alistair Duncan
<b>Fee</b>	£98

## Unlock the Real You with NLP

Do you ever look at your life and feel that given the right break you could be and do so much more? Do you wish you could be happier, feel better about yourself and have better relationships with those around you? NLP (Neuro-Linguistic Programming) helps us discover and make the best use of our natural abilities. This course will provide rapid methods for changing how you feel about your life. It involves participation as well as learning practical tools and strategies that are

based on recent developments in our understanding of how mind, emotions and body play a part in us living more satisfying, joyful and successful lives.

<b>Course Code</b>	Z585
<b>Duration</b>	5 weeks
<b>Start</b>	12/06/2018
<b>Day</b>	Tuesday
<b>Time</b>	6.30 - 9pm
<b>Tutor</b>	Alistair Duncan
<b>Fee</b>	£70

## Languages

### Beginners Taster Courses

No concessions are available on these courses.

With holidays on the horizon why not take a taster course in Italian or Spanish? With the emphasis on fun, these beginner's courses will enable you to take part in simple conversations and get by in practical situations.

These courses are suitable for complete beginners or those who have a little knowledge and wish to go over the basics again.

#### Italian Level 1 (Beginners) Holiday Taster

<b>Course Code</b>	<b>Z554</b>
<b>Duration</b>	<b>8 weeks</b>
<b>Start</b>	<b>17/05/2018</b>
<b>Day</b>	<b>Thursday</b>
<b>Time</b>	<b>7.pm - 8.30pm</b>
<b>Tutor</b>	<b>Roberta Bonfa</b>
<b>Fee</b>	<b>£95</b>



#### Spanish Level 1 (Beginners) Holiday Taster

<b>Course Code</b>	<b>Z559</b>
<b>Duration</b>	<b>8 weeks</b>
<b>Start</b>	<b>17/05/2018</b>
<b>Day</b>	<b>Thursday</b>
<b>Time</b>	<b>7pm - 8.30pm</b>
<b>Tutor</b>	<b>Margarita Chamorro</b>
<b>Fee</b>	<b>£95</b>



### Become a Varndean Host Family

Hosting an international student gives you the opportunity to share your home and gain some extra income, whilst at the same time learn about new cultures, broaden your horizons and even maybe learn a new language!

**We need host families throughout the year**

To find out more details email: [international@varndean.ac.uk](mailto:international@varndean.ac.uk) Tel: 01273 508011

For further information on all our courses, go to [www.varndean.ac.uk/adult](http://www.varndean.ac.uk/adult)

## Music

No concessions are available on these courses.

### Singing Together

Enjoy the benefits of Community Singing. It's fun, healthy and will lift your spirits after a stressful day. Everyone is welcome from beginners to experienced singers. You will sing a wide variety of music touching on most genres from light classical to modern popular music. Come along and join in the fun! \*No classes on 22/5/18 and 26/6/18.

<b>Course Code</b>	Z577
<b>Duration</b>	9 weeks
<b>Start</b>	01/05/2018 - 17/7/2018*
<b>Day</b>	Tuesday
<b>Time</b>	7pm - 9pm
<b>Tutor</b>	Marina Perryman
<b>Fee</b>	£80



### Ukulele for Improvers

For those who have completed the Ukulele for Beginners course and want to learn more or who already have a basic knowledge of the instrument.

<b>Course Code</b>	Z578
<b>Duration</b>	5 weeks
<b>Start</b>	26/04/2018
<b>Day</b>	Thursday
<b>Time</b>	7pm - 9pm
<b>Tutor</b>	Steve Elston
<b>Fee</b>	£70



## Photography

No concessions are available on these courses.

### Black & White Photography

A short 5-week introduction to traditional black & white darkroom photography – a unique and engaging alternative to digital photography. You will shoot a black & white film and then learn how to process and print your negatives in the darkroom, creating an enlargement.

Beginners are welcome as well as more experienced photographers who would like access to wet darkroom processes. You will get some advice on basic camera technique, so no technical experience is necessary. You must bring your own 35mm SLR film camera. There is a charge of £20 for materials (a film, photographic paper and chemicals) to be paid at the first lesson.

<b>Course Code</b>	Z579
<b>Duration</b>	5 weeks
<b>Start</b>	21/06/2018
<b>Day</b>	Thursday
<b>Time</b>	7pm - 9pm
<b>Tutor</b>	Rob MacDonald
<b>Fee</b>	£75

### Creative Digital SLR Photography

Refine your digital photography skills through a range of practical and theory workshops designed to expand your knowledge and understanding of digital workflow, camera functions, composition, editing, file management, digital printing and photo shoots. You will need to have a digital SLR camera or a compact camera with full SLR capabilities and some computing skills.

<b>Course Code</b>	Z580
<b>Duration</b>	8 weeks
<b>Start</b>	26/04/2018
<b>Day</b>	Thursday
<b>Time</b>	7pm - 9pm
<b>Tutor</b>	Richard Gaskill
<b>Fee</b>	£120

Our workshops begin at 10am, end at 3pm, are held at Varndean College and cost £39 unless otherwise stated. You will need to bring a packed lunch. Cold drinks are available. No concessions are available on our Saturday workshops.

## Arts and Crafts

### Ceramics

Design and create your own ceramic piece. Please allow £10 for any materials you may wish to purchase from the tutor.

**Summer Course** Z590 9/06/2018  
**Tutor** Sabine Dahn

### Drawing the Portrait

Gain a solid foundation of observational techniques and an understanding of the face which you can use to achieve not only a likeness but also the personality and psychology of your model. This workshop will focus on developing drawing skills along with composition, proportion, tonal value and methods of shading. The tutor will demonstrate a variety of drawing exercises to enhance your ability to create drawings with impact in your own individual style. We will also discuss drawings of well known portrait artists. You should bring your own materials in order to use charcoal, pastel or pencil. You will be drawing from photographic sources provided unless you wish to bring your own.

**Spring Course** Y146 10/03/2018  
**Tutor** Caroline Marsland

### Mosaics

For all levels of ability. Work on your own creation. You will leave with a finished piece and the ability to continue on your own project. An assortment of tiles are available, but please feel free to bring along any broken crockery or treasures. Bring an object to decorate or use wooden boards. Allow up to £10 for materials, payable to the tutor.

**Spring Course** Y128 10/03/2018  
**Summer Course** Z587 19/05/2018  
**Tutor** Martina Tighe

### How to use your Sewing Machine

Want to use your sewing machine, learn about the machine functions and its capabilities to become a more confident machinist? We can show you the basics and then progress onto different techniques and a range of stitch variations your machine has to offer. You will need to bring along small scissors, plain fabric 50cmx50cm (old pillowcase, cotton shirt), polyester thread, a pen or pencil for notes and a notepad.

**Spring Course** Y158 3/2/2018  
**Summer Course** Z596 16/6/2018  
**Tutor** Jacqueline Linden



### Impressionist Painting in Acrylic

Discover how to use artistic licence and expressive brushwork to create loose, impressionistic painting in acrylic. We will look at and discuss the different techniques used by the Impressionists and tuition will be given in the properties of acrylic paint as well as composition, focal points and how to depict light and colour. Students will be shown how to work spontaneously, simplifying subject matter to capture the essence of the painting. Still life set ups and photographic resources will be provided. This workshop is suitable for beginners to intermediate. Students need to supply their own materials.

**Summer Course** Z584 23/06/2018  
**Tutor** Caroline Marsland





## Arts and Crafts Cont'd

### Painting with Oils

Suitable for beginners or those with some experience. Discover the magic of glazing with oil paints to create depth and light in your painting.

We will be painting like the old masters, applying coloured transparent layers of paint on to a monochrome painting and working into them to model form with opaque colours and create highlights. Working from still life initially in acrylics as their drying time is quicker. Please allow £10 for any materials you wish to purchase from the tutor.

<b>Spring Course</b>	Y129	17/03/2018
<b>Summer Course</b>	Z589	28/04/2018
<b>Tutor</b>	Lucy Parker	



### Rag Rug Seasonal Creations

Revisit the old craft of Rag Rug making. You will learn two techniques that can be applied to a range of creations from wall-hangings to brooches. Please allow £5 to purchase tools from the tutor.

<b>Spring Course</b>	Y141	10/03/2018
<b>Summer Course</b>	Z582	12/05/2018
<b>Tutor</b>	Debra Mallard	



### Watercolour Painting

Whether you are a beginner or you already have some experience of painting watercolours at home, you will find that this workshop starts with the basics and allows you to acquire a range of useful technical skills. Please allow £10 for any materials you wish to purchase from the tutor.

<b>Spring Course</b>	Y130	10/03/2018
<b>Summer Course</b>	Z588	12/05/2018
<b>Tutor</b>	Lucy Parker	

### Printmaking

Come and enjoy a fun and relaxing day experimenting with textures, colours and shapes, onto different papers & fabrics. Printmaking is for everyone, regardless of drawing ability and is a great way to make a bold & unique statement! This class will focus on screen prints.

<b>Summer Course</b>	Z586	28/04/2018
<b>Tutor</b>	Martina Tighe	



## General Interest

### “Beautiful and Useful” Victorian Arts and Crafts Movement

This workshop focuses on the group of craftsmen, artists, designers and architects of the Arts & Crafts Movement who reacted to increased mass production by producing beautiful and colourful items. We will study how the exponents of the movement aimed to raise the status of applied arts (useful) to that of the fine arts (aesthetically significant) by returning to the use of natural materials

and individualism. You will learn how the movement was inspired and led by William Morris, whose firm produced hand-made textiles, books, wallpapers and furniture. We will view illustrations of these alongside paintings of the period, including the Pre-Raphaelites.

<b>Summer Course</b>	Y556	3/03/2018
<b>Tutor</b>	Sarah Tobias	
<b>Time</b>	11am - 2pm	
<b>Fee</b>	£22	

## Health & Personal Development

### Mindfulness Meditation – How to Cope with Stress

Suitable for all, mindfulness meditation can help you wake up to what is happening in this moment, with an attitude of kindness towards ourselves and encouraging a shift from the ‘doing’ mode that can dominate in our lives to ‘being’. Participants will learn about the causes of stress and their own particular patterns, to develop a greater awareness of their thoughts and feelings.

<b>Spring Course</b>	Y150	03/03/2018
<b>Summer Course</b>	Z591	16/06/2018
<b>Tutor</b>	Sybille Barrett	

### Embracing the Shadow

Carl Jung identified that to be truly whole and healed we need to embrace and accept all our characteristics, ‘bad’ and ‘good’. This does not mean acting on our ‘negative’ traits, but accepting that we have all the characteristics, at least in potential. Using guided visualisations, exercises, discussion and activities, we will explore the nature of the ‘Shadow’ and how we are most judgemental about characteristics in others that we possess ourselves. We will examine techniques for embracing and ‘owning’ our shadow in order to promote psychological and spiritual healing and wholeness.

<b>Spring Course</b>	Y135	10/03/2018
<b>Summer Course</b>	Z594	19/05/2018
<b>Tutor</b>	Liz Prince-Harding	

### Singing Together Workshop

This enjoyable one-day workshop is suitable for beginners and more experienced singers. Designed to develop vocal and performance skills, whilst also demonstrating the benefits of group singing for one’s wellbeing. The musical repertoire will incorporate a variety of styles, including musical theatre, popular jazz, rock and pop. You will receive expert tuition through a series of exercises and selected pieces to strengthen your voice, confidence, posture and breathing technique.

<b>Spring Course</b>	Y136	10/03/2018
<b>Summer Course</b>	Z592	16/06/2018
<b>Tutor</b>	Marina Perryman	
<b>Time</b>	10am - 2pm	
<b>Fee</b>	£25	

### Synchronicity

Explore the fascinating Jungian concept of synchronicity (powerfully meaningful coincidences or recurring patterns in our lives). Explore some examples of astonishing synchronicities and look at how we can become more aware of them and use them for guidance in our lives.

<b>Spring Course</b>	Y134	17/03/2018
<b>Summer Course</b>	Z593	19/05/2018
<b>Tutor</b>	Liz Prince-Harding	

# 16 How to Enrol for one of our Courses

## For Qualification Courses

Please contact us either by email at [commed@varndean.ac.uk](mailto:commed@varndean.ac.uk) in person, or on the telephone if you are interested in one of our courses as we need to ensure that you are applying for the right course for you and will give you advice and guidance either on the telephone or face to face.

You will then need to complete an enrolment form and provide appropriate benefit or proof of age evidence on enrolment if you wish to claim fee remission or concessionary fees (see the financial information on Page 17 for further details).

Please note that for Access, Counselling, Teaching Assistant and Working With Children courses there is a separate enrolment form available on our website at [www.varndean.ac.uk](http://www.varndean.ac.uk)/adult or you can phone our advice hotline on 01273 546602.

For Health & Personal Development and Leisure courses you can enrol in the following ways:

### By Telephone (using a credit/debit card)

Call 01273 546604 Monday - Thursday 8:30am - 4:30pm or Friday 8:30am - 4:00pm. Please have your debit/credit card and course details ready.

### In Person

Fill in the enrolment form in this brochure and visit the Registry office at the college on Monday to Thursday 8:30am - 4:30pm or on Friday 8:30am - 4:00pm. (Opening times may vary out of term time).

### By Post

Fill in the enrolment form in this brochure and post it to us with full payment either by cheque (payable to 'Varndean College') or with debit/credit card details to: Admissions, Varndean College, Surrenden Road, Brighton, BN1 6WQ. You can also download enrolment forms from our website [www.varndean.ac.uk](http://www.varndean.ac.uk).

### Via Email

Send your completed enrolment form to [study@varndean.ac.uk](mailto:study@varndean.ac.uk).

**BOOK EARLY! Don't wait until the last minute to enrol as you may find the course is full or that we have had to cancel it due to low enrolment numbers!**

Please read the following information carefully:

- We do not send out acknowledgements of bookings. You should assume your enrolment has been accepted unless you are contacted by us.
- Tuition and examination fees are due on enrolment.
- No refunds are given once a course has started



## Financial and Fees Information

Please note that all fees and concessionary rates are correct at time of publication, but may be subject to change.

### Concessionary Fees

If you are studying an accredited course at Entry Level, Level 1 or Level 2 you may be eligible for a concessionary fee if you fall into one of the following categories:

- Claiming Job Seekers Allowance/Employment Support Allowance (work related activity group).
- It is your first full level 2 or Level 3 qualification and you are aged 19-23.
- You are unemployed and in receipt of a means tested benefit and wish to upskill to enter employment. (You will need to complete a self-declaration form).

You must enrol in person at the college and bring your means tested benefit or proof of age (passport/driving licence) with you. This must be dated within three months of the course start date. Please contact the Registry on 01273 546604 for further information.

### Learner Support Fund

If you are in receipt of a means tested benefit or on a low income you may apply to the Learning Support Fund for help with travel and childcare costs. You may also be able to get some help with tuition fees if you are working, but on a low income. You will be required to complete additional forms and will have to provide proof of benefit or income evidence to support your application. Please contact the Adult Education Office on 01273 546602 for further information.

### Paying in Instalments

If your course is longer than 1 term and costs more than £150 you may apply to pay in three instalments. You must complete and sign an instalment form. The first payment of 40% will be taken immediately, followed by two further payments of 30% each over the following 2 months. Please note that a handling charge of 10% of the course fee (up to a maximum of £30) is added to all instalment payments. You will still be liable for the full cost of the course if you leave the course prior to all instalments being paid. Please contact the Registry on 01273 546604 for further information.

### 19+ Advanced Learning Loans for Level 3 Qualifications

Students over 19 years old who wish to study a level 3 course (Access, CACHE, Counselling etc.) may apply for an Advanced Learning Loan from the UK Government. The minimum loan amount is £300 and loans do not have to be repaid until your income exceeds £21,000 per year. For further information visit [www.gov.uk/advancedlearningloans](http://www.gov.uk/advancedlearningloans). If you decide to fund all or part of your course in this way please advise us of this on enrolment on your application form.

# 18 Financial and Further Information

## Course Cancellations

Courses may not run if enrolments do not meet the minimum numbers required.

## Refunds

No refunds are given once a course has started. If a course is cancelled by the college you will receive a full refund of all fees paid. If you decide to cancel your enrolment before the class starts your payment will be refunded less a 20% administration charge. If you decide to cancel your enrolment for a Saturday workshop less than 48 hours before the class your payment will be refunded less an 80% administration charge. All refunds will be processed within 14 days.

## Non - EU Students

If you come from a country outside of the European Union, examination courses will be priced differently from the fees shown in this brochure. You may need to provide your passport or Home Office papers to see if you are eligible to pay the same fees as EU learners. Please contact Registry on 01273 546604 for further information.

## Gift Vouchers

Why not give your loved one or a friend a Varndean Adult Education gift voucher? They can use this towards a course of their choice. Prospective learners must be 16 or over. Please contact the adult education office on 01273 546602 or email [commed@varndean.ac.uk](mailto:commed@varndean.ac.uk) for more information.

## Further Information

### First Class

On the day or evening of your first class, please come to the main reception to be shown to your classroom.

### Class Cancellation

If we have to cancel a class due to staff illness, weather or other reasons, you will be contacted via text or email. There will also be notification if the College is closed on our website: [www.varndean.ac.uk](http://www.varndean.ac.uk) and our Facebook and Twitter pages.

### Refreshments

Cold drinks will be available to purchase from the canteen vending machines. In the evenings at Varndean College the canteen is open from 5.30pm for hot drinks and snacks.

### Damage

Varndean College cannot be held responsible for loss or damage to cars or other property brought onto the premises. Such property is brought entirely at your own risk.



**Who Can Attend** Anyone aged 16+.

**Smoking** Smoking is not allowed on the premises.

## Conditions of Enrolment

Varndean College reserves the right to amend the provision of courses or their content in light of changing circumstances. Courses may be cancelled if enrolments do not meet minimum number requirements. Fee payments are processed on receipt of enrolment but will only be refunded if a course is cancelled. All courses are attended at your own risk. You should speak to your GP if you are unsure about your health for a particular course. You must notify your course tutor of any health conditions you may have prior to embarking on an exercise class.

The Adult Education department must be notified in advance of any special requirements for exam based courses.

## How to Find Us

The 5B bus service can be used from the city centre



For further information on all our courses, go to [www.varndean.ac.uk/adult](http://www.varndean.ac.uk/adult)

Counselling Courses

Learning for Leisure

Access to Higher Education

Fitness, Health and Personal  
Development

Advice & Guidance: 01273 546602

Enrolments: 01273 546604

E-mail: [commed@varndean.ac.uk](mailto:commed@varndean.ac.uk)

Website: [www.varndean.ac.uk](http://www.varndean.ac.uk)

**Varndean**  
CollegeBrighton&Hove



LOTTERY FUNDED

**BRIGHTON & HOVE  
ADULT LEARNING  
GROUP**

Varndean College Surrenden Road Brighton BN1 6WQ