



# Adult Community Learning

Hollingbury • Hollingdean  
Woodingdean • Moulsecoomb  
Whitehawk • Bevendean

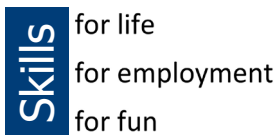
PLUS ONLINE LEARNING

April - July 2024



**Varndean**  
College Brighton & Hove

# Welcome to the summer Community Learning brochure



## How to Enrol

01273 546 604

study@varndean.ac.uk

## Enquiries

01273 546 602

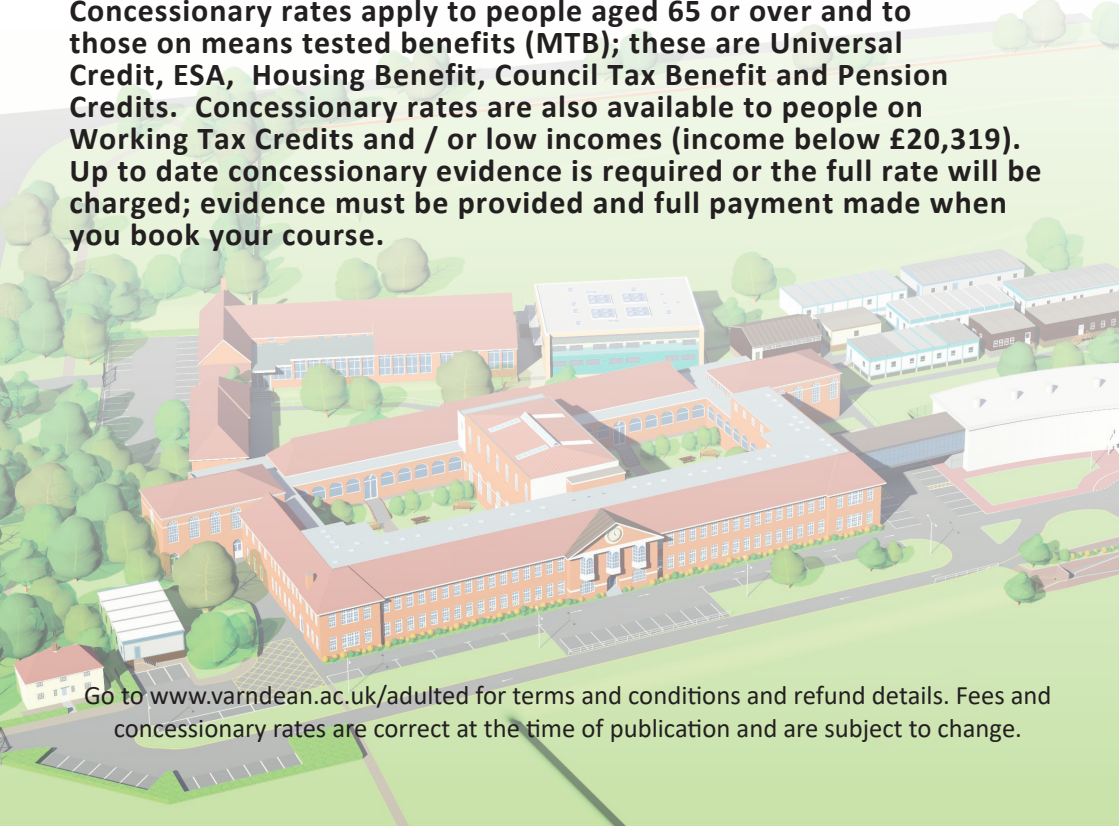
commed@varndean.ac.uk

**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.**

An aerial, isometric illustration of the Varndean College campus. The main building is a large, multi-story structure with a red-tiled roof and a central entrance. It is surrounded by other smaller buildings, parking lots, and green spaces with trees. The scene is set against a light green background.

Go to [www.varndean.ac.uk/adulted](http://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.

## Hollingdean: Exploring Art Z776

Cost: A) £16 B) £64

Monday 13 May. 8 weeks. 1-3pm

Hollingdean Community Centre, Thompson Road.

Tutor: Joel Sydenham

Whether you're a seasoned veteran or a new beginner this course offers the opportunity to try a new range of techniques in painting and drawing. We will explore fundamental topics like colour, proportion and abstraction in a warm and friendly environment guided by your tutor. Each individual will be guided to discover or develop their own style of art.

## Online: Drawing & Painting Skills Z765

Cost: A) £20 B) £80

Monday 22 April. 10 weeks. 10am-12pm

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, watercolour, pastel, pencil, mixed and more. For beginners and intermediate.

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





## Woodingdean: The Golden Summer of the Edwardians 2753

**Cost: A) £14 B) £56**

**Monday 13 May. 7 weeks. 10am-12pm**

**The Church of the Holy Cross, Downsway.**

**Tutor: Sarah Tobias**

Edwardians "saw themselves at the beginning of a new century of promise". The wealthy were extremely rich and the working-class were beginning to voice concerns. This was a time of struggle for women's rights and the courage of the Suffragettes. We will look at this very interesting period of social, domestic and working life. Illustrated with colourful powerpoint slideshows and lively discussion.

## Woodingdean: Gentle Yoga 2752

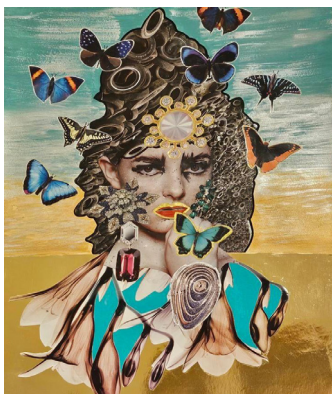
**Cost: A) £12.50 B) £50**

**Monday 22 April. 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 and Mixed Media 2773

**Cost: A) £18 B) £72**

**Tuesday 7 May. 9 weeks. 9.45am-11.45am**

**The Church of the Holy Cross, Downsway.**

**Tutor: Joel Sydenham**

Enhance your creativity with a range of accessible techniques and a rich variety of materials. Experiment with colour, form, shape and pattern in a fun, pressure free environment. The course will push you to develop while allowing you to have fun and express yourself creating artwork you love.

## Woodingdean: Drawing and Painting 2754

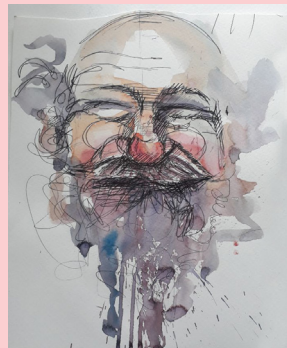
**Cost: A) £20 B) £80**

**Wednesday 1 May. 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 2) Refreshers and Improvers z758

Cost: A) £15 B) £60

Wednesday 1 May. 10 weeks. 10.30am-12 midday

Woodingdean Community Centre, Warren Road.

Tutor: Vicky Balmforth

Bonjour! This is a welcoming course for almost-beginners in French, and 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. This is the second term of a beginners class. A bientôt! .

## Woodingdean: Pilates for All z755

Cost: A) £11 B) £44

Thursday 18 April. 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: Pitch In; Community Choir z759

Cost: A) £15 B) £60

Thursday 2 May. 10 weeks. 11.30am-1pm

St.Patrick's Church, Broad Green.

Tutor: Nell Howe

'Pitch In' is for everyone who wants to sing. If you can say the words, you can sing them. No experience or know-how required. We will begin each session with a breath and vocal warm. There will be a range of songs for us to sing, explore and put our own stamp on. These will include folk, pop, songs from musicals and world music. Come along and have a go. A great course for enjoyment and well-being.



## Woodingdean: Qi Gong for All z756

Cost: A) £10 B) £40

Friday 3 May. 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.

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## **Moulsecomb: Art for All z763**

**Cost: A) £20 B) £80**

**Tuesday 30 April. 10 weeks.**

**10am-12 midday**

**St.Georges Hall, Newick Road.**

**Tutor: Isabel Mullery**

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.



## **Moulsecomb: Pilates for All z764**

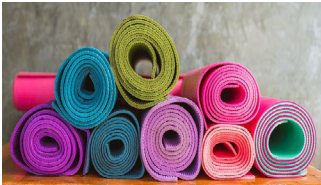
**Cost: A) £9 B) £36**

**Thursday 9 May. 9 weeks. 11.30am-12.30pm**

**St.Georges Hall, Newick Road.**

**Tutor: Nelly Lewis**

See description for Pilates on p.5



## **Moulsecomb: Mindfulness and Meditation z751**

**Cost: A) £9 B) £36**

**Thursday 9 May. 9 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.

## **Bevendean: Re-style and Upcycle Clothing z750**

**Cost: FREE**

**Wednesday 1 May. 10 weeks. 10am-12pm**

**The Bevy, Hillside.**

**Tutor: Jacqueline Linden**

Learn how to upcycle your own clothes into new items. We will cover applique, hand stitching and patchwork 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.





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## Hollingbury: Spanish step 2. Improvers & Refreshers z761

**Cost: A) £15 B) £60**

**Monday 22 April. 10 weeks. 7pm-8.30pm**

**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. This will be the third term of a beginners course.

## Hollingbury: Pilates for All z760

**Cost: A) £11 B) £44**

**Tuesday 16 April. 11 weeks. 6.45pm-7.45pm**

**Old Boat Community Centre, Carden Hill.**

**Tutor: Gemma Shrubbs**

See description for Pilates on p.5

## Hollingbury: Gentle Yoga z762

**Cost: A) £12.50 B) £50**

**Thursday 18 April. 10 weeks. 9.45am-11am**

**Old Boat Corner Community Centre, Carden Hill.**

**Tutor: Lee Spearpoint**

See description for Gentle Yoga on P.4

## Hollingbury: Collage & Mixed Media z777

**Cost: A) £16 B) £64**

**Thursday 9 May. 8 weeks. 11.30am-1.30pm**

**Old Boat Corner Community Centre, Carden Hill.**

**Tutor: Joel Sydenham**

See description for Collage and Mixed Media on p.4

## Accredited courses at Varndean College

Looking to gain skills for employment? We have a range of accredited courses at Varndean College, including Counselling Skills (Introduction to Level 4), Childcare, Teaching Assistant and GCSEs. Please check our website for more details or contact [commed@varndean.ac.uk](mailto:commed@varndean.ac.uk) for a 2024-2025 brochure.







## **Whitehawk: Digital Skills 2749**

**Cost: A) £16 B) £64**

**Monday 13 May. 8 weeks. 10am-12 midday**

**Whitehawk Library, Whitehawk Road.**

**Tutor: David Purkiss**

Do you need help building your computer skills? This 8 week course is for people who use a computer but need support to progress and expand their skills for everyday use. Topic options include online learning, creating and saving documents, managing files and folders, using the internet for general research and general email use.

## **Whitehawk: Exploring Art 2767**

**Cost: A) £20 B) £80**

**Tuesday 30 April. 10 weeks. 1pm-3pm**

**Manor Road Gym, Manor Road.**

**Tutor: Joel Sydenham**

Increase your conceptual and practical understanding of art in general. Have a go at a range of new techniques and styles while discovering and developing your own creative process. You will be guided to create art you love, in a warm, welcoming and relaxed space.

## **Whitehawk: Introduction to Batik and other Textile Techniques 2775**

**Cost: A) £16 B) £64**

**Tuesday 14 May. 8 weeks. 1pm-3pm**

**St. David's Hall, Whitehawk Road.**

**Tutor: Isabel Mullery**

A beginner's course in textile techniques. If you've ever fancied having a go at some batik and other related textiles techniques, then this course is for you. Suitable for beginners, this is a fun and creative course where a range of textile techniques will be demonstrated and you will be encouraged to develop your ideas through exploration and experimentation. Most materials will be provided but please get in touch to see what you need to bring along.

## **Whitehawk: Pitch In; Community Choir 2774**

**Cost: A) £15 B) £60**

**Tuesday 30 April. 10 weeks. 7pm-8.30pm**

**St. David's Hall, Whitehawk Road.**

**Tutor: Nell Howe**

'Pitch In' is for everyone who wants to sing. If you can say the words, you can sing them. No experience or know-how required. We will begin each session with a breath and vocal warm and there will be a range of songs for us to sing and explore and put our own stamp on. These will include folk, pop, songs from musicals and world music. Come along and have a go. A great course for enjoyment and well - being.

## **Whitehawk: Dance for Fitness 2797**

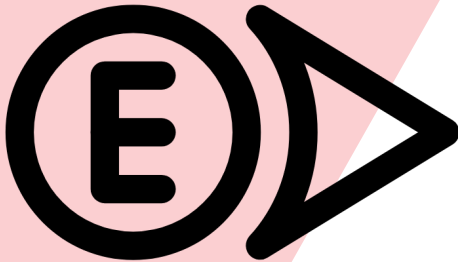
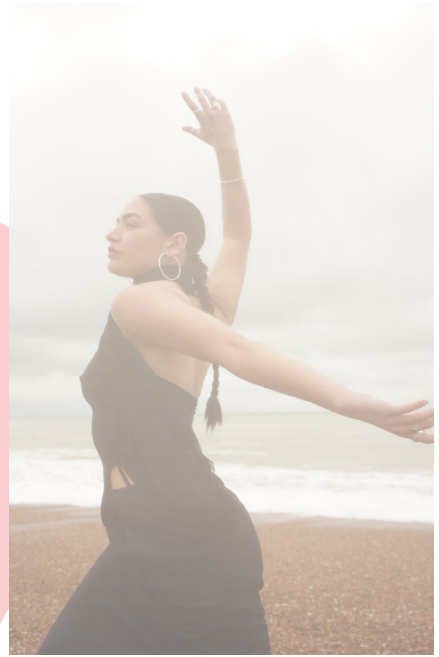
**Cost: A) £8 B) £32**

**Tuesday 7 May. 8 weeks. 10am-11am**

**Manor Road Gym, Manor Road.**

**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.



We do our best to keep course fees as low as possible; our concessionary fees are just £1 per hour. We recognise however that this can still be expensive for people on low incomes. Thanks to The Trust for Developing Communities and Due East, we have secured a small amount of funding for Whitehawk residents who wish to do a course but are struggling to afford it. If this is you, please get in touch or contact Due East directly on [feedbackdueeast@gmail.com](mailto:feedbackdueeast@gmail.com).

## **English for Speakers of Other Languages**

We offer a range of ESOL classes at Varndean College from pre-entry to Level 2. Please get in touch for more details.



## Contact Us

Tel: 01273 546 602

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

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



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