

# SPRING 2022 COURSE PROGRAMME



## ENGLISH CONVERSATION

(Have fun speaking & listening in English!)

PRE-ENTRY CONVERSATION: Mondays and Tuesdays 12:15pm - 2:15pm

BEGINNERS: Tuesdays and Wednesdays 9:30am - 11:30am

IMPROVERS: Tuesdays and Wednesdays 12:30pm - 2:30pm

INTERMEDIATE: Mondays 9:45 am- 11:45 am

## ENGLISH READING AND WRITING

(Improve your English with an emphasis on reading and writing)

BEGINNERS: Mondays 9:30am- 11:30am

IMPROVERS: Wednesdays 9:30- 11:30 am

## SEWING SKILLS

(Learn to make a skirt, dress or shalwar kameez)

BEGINNERS: Tuesdays 9:45am - 11:45 am

IMPROVERS: Wednesdays 9:45-am - 11:45 am

## LOOKING GOOD, FEELING GOOD

(Beauty care and confidence-building)

Thursdays 12:30-2:30pm

## BEGINNERS IT (If you have never used a computer before)

Wednesdays 12:30-2:30 pm

## ESOL SKILLS FOR EMPLOYABILITY FOR MEN AND WOMEN

(Learn how to apply for jobs and get into the job market)

Mondays: 12:30pm- 2:30pm

## MINDFULL STRESS MANAGEMENT- 3 day course

Fridays 9:30am-11:30am (4, 11, 18 Feb 2022)

## PSYCHOLOGICAL FIRST AID WORKSHOP- 1 Session only

Friday 11<sup>th</sup> March 2022 9:30am- 11:30am

## EXERCISE CLASS- 12 WEEK COURSE at Quakers Meeting House

Thursdays 12:30pm-1:30pm (starting on 4/11/2021- 10/2/2022)

**Enrolment dates: BY APPOINTMENT ONLY WITH PETRA NOV & DEC 2021**

From Monday 17<sup>th</sup> January 2022- Thursday 31<sup>st</sup> March 2022

Half Term: Monday 21<sup>st</sup> February 2022 - Friday 25<sup>th</sup> February 2022

Course Registration Fee: £15

Crèche Registration Fee: £15

Beauty class & sewing class resource contribution fee: £5

